

Table Priority actions to promote physical activity recommended by the High-level Regional Forum on a Life Course Approach to Promoting Physical Activity in the Eastern Mediterranean Region held in Dubai, United Arab Emirates, 24 to 25 February 2014

Sector	Recommended priority actions to promote physical activity
Health	<ul style="list-style-type: none"> • Make promotion of physical activity an integral component of prevention and treatment of noncommunicable diseases at primary and secondary health care service. • Advocate and engage healthcare professionals in addressing physical inactivity.
Education	<ul style="list-style-type: none"> • Ensure adequate legislation and effective implementation supporting delivery of quality and daily physical activity as a key component of comprehensive education in schools and universities, for both boys and girls alike. • Implement a whole-school approach providing greater opportunities for physical activity during the school day (before/during/after school hours). • Develop programmes aimed at reducing time spent in sedentary activities.
Workplace	<ul style="list-style-type: none"> • Establish taskforce/committee at workplace to review and propose interventions to promote physical activity at work. • Develop a set of standards/guidelines promoting physical activity at workplace, including facility/building design, availability of sport facilities and programmes facilitating access to offsite facilities. • Develop and implement best practice workplace programme models based on international and regional experiences. • Improve linkages with healthcare, such as engaging health personnel at workplace and screening workers for risk factors.
Sport	<ul style="list-style-type: none"> • Promote and deliver “Sport-for-All” programmes with a focus on outreach to vulnerable and disadvantaged groups. • Implement “National Sport Days” engaging multiple sectors, including schools, and promoting links with sporting opportunities within the community. • Engage athletes and other public figures as role models to increase awareness and participation in “Sport-for-All” across the life course. • Increase availability of and accessibility for participation in “Sport-for-All” programmes, including facilities, equipment, public open space and shared use of school facilities.
Communication, information and cultural affairs	<ul style="list-style-type: none"> • Conduct a national mass media and social marketing campaign as part of an integrated national physical activity strategy to address cultural and gender barriers, increase knowledge and build the skill-set of the general public for physical activity promotion.
Urban design and transport	<ul style="list-style-type: none"> • Design urban environments that encourage people to rely less on personal motorized vehicles and support access to safe, gender-sensitive and age-friendly public transport, cycling and walking. • Enforce security and road safety legislations reducing risks linked to road traffic accidents/injury and street violence. • Develop and implement urban planning policy with natural and recreational spaces.