

The role of physical activity in the prevention of non-communicable diseases through WHO publications

دور النشاط البدني في الوقاية من الأمراض غير المعدية من خلال منشورات منظمة الصحة العالمية

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Abstract:

The World Health Organization (WHO) has long been interested in physical activity as a means of preventing what are known as non-communicable diseases. Since 1995, WHO has published a number of recommendations focusing on this subject.

These are recommendations addressed to member countries, governments and decision-makers for the promotion and modelling of their health systems in the direction of giving greater importance to physical activity as a remedy for some of these diseases; In this paper, we will take stock of this subject from a very specific point of view, and therefore the prevention of metabolic diseases, through some of this organization's publications.

Keywords: WHO, physical activity, non-transmissible diseases.

ملخص:

لطالما أولت منظمة الصحة العالمية اهتمامًا كبيرًا بالنشاط البدني كوسيلة للوقاية من الأمراض غير المعدية. ومنذ عام 1995، نشرت المنظمة عددًا من التوصيات التي تركز على هذا الموضوع.

وهذه التوصيات موجهة إلى الدول الأعضاء والحكومات وصناع القرار لتعزيز أنظمتهم الصحية وتطويرها بما يولي أهمية أكبر للنشاط البدني كعلاج لبعض هذه الأمراض. في هذه الورقة، سنستعرض هذا الموضوع من منظور محدد، وتحديدًا الوقاية من الأمراض الأيضية، من خلال بعض منشورات المنظمة.

كلمات المفتاحية: منظمة الصحة العالمية؛ النشاط البدني؛ الأمراض غير المعدية.

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I - Introduction:

The World Health Organization (WHO) reports that non-communicable diseases (NCDs), the biggest killer in the world

Based on the 2002 World Health Report mortality, morbidity and disability caused by Major NCDs accounted for about 60 percent of all deaths and 47 percent of the global burden of disease. In 2005, 35 million people were infected. died from NCDs, accounting for 60 percent of all deaths(11,2002,28)

That year. The WHO's 2014 report on NCDs gives alarming figures: these diseases were responsible for the deaths of 56 million people worldwide in 2012 (12,2008,41), with diseases of the cardiovascular system, cancers and chronic respiratory diseases in first place(10,2008,39). Risk factors such as a Risk factors such as a person's medical history(, lifestyle (diet and exercise) and environment are known to increase the likelihood of developing certain NCDs. (14,2014,09)

Lack of physical activity, a major risk factor for NCDs and the fourth leading cause of NCDs Death in the World, is on the rise in many countries, with a major impact on the public health of the population.

II – Method and Materials:

This is due to the importance of physical activity for this health issue, and the importance of various documents published by the WHO, our study will be based on a series of texts and reports published by the latter; and especially as Algeria, being a member of this organization, is stron-gly concerned by this scourge.

We will limit our study to six (06) documents, as follows:

- Physical exercise and health”(04,1996,281-282).
- Obesity: Preventing and Tracking a global epidemic. (09,2003,62)
- Global Plan on Food, Activity and Health.(08,2004,45)
- Global suggestions on physical activity for health.(07,2010,51)

- Materializing a school policy on eating and movement.(1,2010,48)

Définitions:

(WHO): A specialized organization of the United Nations concerned with world health, established in 1948, headquartered in Geneva, Switzerland, in the municipality of Prigny-Chambzy.(02,2015,35)

Physical activity: “Any movement of skeletal muscles resulting in a significant increase in expenditure compared to energy expenditure at rest”(13,1995,288-303).

Physical inactivity (sedentary lifestyle): “a state in which movement is reduced to a minimum and energy expenditure is roughly equal to the energy metabolism at rest(MER)”.(4,1996,829-840)

III- Result:

1.The first document :

Entitled “exercise and health”, this statement appeared in the “bulletin de l'organis

The first document :

Entitled : “This declaration appeared in the “bulletin of the world health organization” in two (02) pages only, it is a declaration which appeared in 1995, it relates to the beneficial repercussions which physical exercise has on health it was worked out by a joint committee of the International Federation of sports medicine and the World Health Organization have prepared a report on health promotion and physical activity (03,1995,281), held in Cologne (Germany) from 07 to 10 April 1994 ; WHO and the International Federation of Sports Medicine note with concern that about half the world's population is not sufficiently active, and therefore urge governments to promote and strengthen physical activity programs as part of social and public health policy.

Although this short declaration contains ten or so recommendations aimed at promoting physical activity for health, it does not go into any further detail on

what physical activity should be practised by different age groups or special classes of the population, nor does it provide any statistics on WHO member countries on this subject.

2.The second document :

Entitled: “Obesity: Prevention and management of the global epidemic”; this document appeared in the ‘WHO technical report series’ in 284pages, its general objective was to review epidemiological data on obesity.

Although its objective appears different from our theme, it is one of the first documents drawn up by the WHO to give importance to physical activity as a means of preventing and combating one of the public health problems, “overweight”(09,2003,02).

This document states that “there is an inverse relationship The relationship between body mass index (BMI) and physical activity, which shows that thin people are less active than their obese counterparts”(09,2003,124)

and that “reduced physical activity and/or increased sedentary behaviour are among the factors playing a role in the development of overweight and obesity”.

This document states that “Physical activity plays a positive role in the physiological regulation of weight. It influences total energy expenditure, lipid balance.

“ The definition of physical inactivity and the concept of 'physical activity levels' were first introduced in World Health Organization documents in WHO documents

There are three main components of physical activity:

- Occupational work: Job-related activities.
- Housework and other household chores.
- Recreational physical activity: Activities performed during leisure time, including exercise and sports.

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The "physical activity score" expresses daily energy expenditure as a multiple of the basal metabolic rate, The Movement Score expresses the daily energy expenditure as an addition to the Basal Metabolic Rate (BMR) enabling approximate adjustment according to the build of the subject; (10,2008,54)

and three(03) lifestyles are defined according to this:

- Sedentary lifestyle: with a level of physical activity less than or equal to 1.4 .

A sedentary Lifestyle: A physical activity level between 1.55 and 1.60.

- Physically active lifestyle: Your activity level is above 1.75.

To improve your physical activity from 1.55-1.60 (a limited-activity lifestyle)

to 1.75 (a physically active lifestyle), the document suggests a number of sports and leisure activities.

In a later WHO document (2010), the WHO forum and technical meeting affirmed that comprehensive and coordinated interventions that support and facilitate physical activity and healthy eating as part of a social determinants of healthy lifestyle is the best way to prevent childhood obesity.

The panel developed a set of suggestions on how to effectively combat childhood and adolescent obesity in The report points to the causes of obesity, i.e., those that contribute to overweight and obesity, including changes in the type of food consumed, the affordability and commercialization of food, as well as low physical activity. (12,2009,06)

Average Body Mass Index (BMI) for 2010 was 25.9 kg/m² for the general population (aged 18 and over) In Algeria : 25.1 kg/m² for men, compared with 26.7 kg/m² for women. Whereas in 2014, the figure given for the general population is 26.2 Kg /m² (BMI): 25.5 Kg/m² for males, against 27Kg/m² for females. (14,2014,200-201).

3.The third document:

Entitled: “Global Strategy on Diet, Physical Activity and Health”,

It appeared in 2004, 20 pages; this strategy has four (04) objectives:

- Reduce risk factors for non-communicable diseases associated with unhealthy eating and physical inactivity through basic public

Disease prevention measures;

- Raise awareness of the impact of diet and exercise on health.

- Develop sustainable policies and action plans to improve nutrition and increase physical activity, involving civil society, the private sector and the media;

- Applying the results of scientific research and exercise; support studies in all types of related fields; and develop the necessary human resources in this field to promote and protect health.(08,2004,04)

This publication was supplemented (in 2008) by two other documents concerning, successively, the workplace and the school environment:

- For the workplace: “Preventing non-communicable diseases through diet and exercise in the workplace”. This document is a report of a joint WHO/World Economic Forum meeting. The report summarizes available information on how to approach the workplace in its various dimensions as an essential means of combating NCDs through diet and exercise.(09,2008,02)

This report summarizes the available information on how to approach the workplace in its various dimensions as an essential means of combating NCDs, through diet and exercise. It cites a number of objectives in this respect: improving employees' state of health, giving the company a positive and preventive image, raising the state of mind, reducing staff turnover and absenteeism, increasing productivity and limiting sick leave and medical insurance costs as well as compensation and disability benefits.(06,2008,02)

- School Policy Framework:

Implementing the World Health Organization (WHO) Plan on Diet, Physical Activity and Health”(10,2008,03).

4.Fourth document:

A 57-page document representing “Global Proposals on Physical Activity for Health” at the population level, and are aimed primarily at decision-makers at national level (07,2010,07) .

A range of definitions are provided for the concepts used for the recommended physical activity scores, such as: Type, frequency, volume, intensity, rate and duration of physical activity, or vigorous intensity physical activity, or endurance activity.

These public health recommendations summarize the health benefits, in terms of an active lifestyle, and provide clear indications of how much physical activity is required, i.e:(07,2010,16)

- How often you need to be in motion;
- To practice physical activity how much time do you need.
- What types of activities are good for health.
- Physical activity suggestions are developed separately for different population groups.

The levels of physical activity necessary for health for different age groups:

1)Age group 05 to 17 years.

2) Age group 18 to 64.

3) Age 65 and older.(07,2010,20)

- Adults with mobility impairments impairment should engage in physical activity to improve balance and prevent falls at least three (03) days per week.
- Exercises to strengthen the muscles of the major muscle groups should be practiced in least two days a week.
- Older adults who are unable to that their abilities allow Doing the recommended amount of physical activity due to their health condition

As far as statistics are concerned, recent data show that physical activity declines from the age of school entry onwards: worldwide in 2010, 81% of teenagers aged 11 to 17 were too inactive. In this age group, girls are less active than boys: that year, 84% of girls did not meet the WHO recommendation (60 minutes of moderate to intense daily physical activity), compared with 78% of boys.(05,2016,31)

In Algeria, the rate of physical inactivity is estimated at 84.6% of the general population (over 18), of which 75.9% is male, compared with 92.4% female.(14,2014,180)

5.The fifth document:

Entitled: “ l’élaboration et la mise en œuvre d’une politique scolaire sur l’alimentation et l’exercice physique; Guide pratique pour’, published in 2010; 30 pages.

As the best places to promote children's health, schools are strategic points for reinforcing health education on diet and physical exercise.(02,2015,05)

Governments, too, need to encourage schools to create environments in which healthy choices can be made; and their policies need to encourage students to eat healthy and exercise at school by providing healthy food services and sports facilities.(01,2010,05-06)

6.The sixth document:

Entitled: “ Promoting lifelong physical activity’,

This publication was prepared by the WHO Regional Office for the Eastern Mediterranean as part of work to reduce the risk factors associated with non-communicable diseases, particularly sedentary lifestyles.(02,2015,05)

This document has just given statistics on the prevalence of physical activity in the region, as well as the determinants of physical activity, and also give a summary on the national measures taken by the member countries of this region on physical activity, and the different challenges encountered to intensify national action on physical activity.

IV - Conclusion:

- Non-communicable diseases (NCDs) are now the world's leading health problem. Data indicate that the prevalence of certain NCDs,

such as diabetes and chronic hypertension are on the rise in developed and other countries.

- In order to minimise the impact of key risk factors such as physical inactivity and unbalanced diet.

- The recommendations provide for the primary prevention of non-communicable diseases non-communicablediseases

through population-based physical activity, and are aimed primarily at decision-makers at national level.

- In the workplace, NCD prevention plan through diet and physical activity has a

number of objectives, including: improving employees' state of health, giving the company a positive and preventive image, raising the state of mind, , Reduce employee absenteeism, increase productivity, and reduce sick days and medical insurance costs

as well as compensation and disability benefits.

- As the ideal place to promote children's health, schools are strategic points for reinforcing health education on diet and physical exercise.

- As a WHO member state, Algeria is going through a period of transition and a shift in the new lifestyles of members of society; hence the need to understand the effects of malnutrition, sedentary lifestyles and making healthy choices.

Malnutrition, sedentary lifestyles and making healthy choices.

- Although official statistics on this problem are still lacking, we can say that the situation is alarming, hence the importance of implementing national measures on physical activity and identifying the various challenges encountered in order to intensify national action on physical activity.

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