

【Practice Article】

**Introduction of the “NON COMMUNICABLE DISEASE PREVENTION:
Investments that Work for Physical Activity” Japanese version**

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Abstract

“NON COMMUNICABLE DISEASE PREVENTION: Investments that Work for Physical Activity” was published as a complementary document of the “Toronto Charter for Physical Activity: A Global Call for Action (May, 2010)” in February, 2011. The document was also suggested by the Global Advocacy Council for Physical Activity and leading academics in the International Society of Physical Activity and Health. The authors participating in the 4th International Congress of Physical Activity and Public Health (Sydney, Australia in October-November, 2012) translated the document into Japanese. Related information, background, procedure of translation, and contents of the document were introduced in this article.

In this new document, 7 best investments for physical activity promotion which are supported by good evidence of effectiveness and that have worldwide applicability were suggested: 1) ‘Whole-of-school’ programs, 2) Transport policies and systems that prioritise walking, cycling and public transport, 3) Urban design regulations and infrastructure that provide for equitable and safe access for recreational physical activity, and recreational and transport-related walking and cycling across the life course, 4) Physical activity and NCD (non communicable disease) prevention integrated into primary health care systems, 5) Public education, including mass media to raise awareness and change social norms on physical activity, 6) Community-wide programs involving multiple settings and sectors and that mobilize and integrate community engagement and resources, and 7) Sports systems and programs that promote ‘sport for all’ and encourage participation across the life span. To reduce the burden of NCD and contribute to improving the quality of life (QOL) and the living environments, it is emphasized that these 7 investments for physical activity promotion should be implemented in many countries with adequate resources and at a population level. The Japanese and original (English) version are attached as the Appendix. We expect this new document to be used in various ways as well as the ‘Toronto Charter’.

Key words: non communicable disease, investment, physical activity promotion, Toronto Charter

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