

## TAFISA Active City Development Strategy

The world today is challenged by the reduction of physical activity in daily life and growing levels of inactivity. The latest projections estimate that the world's urban population will increase from its present figure of 54% up to 66% by 2050. This would mean an additional 2.5 billion people living in and around cities. This increase dictates that the city setting has an increasingly important role to play in tackling inactivity and fostering sustainable participation in Sport for All and physical activity. In particular, municipalities have a leading role to play through the wide range of relevant services they provide. This includes departments for sport and recreation, events, parks and open spaces, public health, education, urban planning, community safety, neighbourhoods.

The health related dangers arising from sedentary lifestyles are well documented and include reduced levels of wellbeing, higher prevalence of chronic diseases and premature death. This is the case in developed as well as in developing countries. Sport for All and physical activity provide a strong counterforce against these dangers.

There is evidence from many different parts of the world on how Active City approaches led by municipalities are proving to be an investment in developing greater human, economic, social and environmental capital. Whilst organised sport continues to play an important role in increasing activity levels, it is one of a number of activity options which people can consider, with other activities including walking, cycling, dance, play etc. Therefore, the goal of increasing participation in physical activity must focus on a range of settings, including travel, workplaces, leisure amenities, education establishments and the natural environment.

TAFISA is in agreement with organisations such as the International Olympic Committee (IOC), the United Nations (UN), the European Union (EU) and the World Health Organization (WHO) on the importance of encouraging and enabling people to be more active, more often, and commit to a partnership for action.

In acknowledgement of the above concerns, TAFISA and its member organisations will work to meet these emerging challenges, and therefore:

- will extend their understanding of all forms of sport and physical activity
- will build on the successes of the Triple AC and European SportCityNet programmes and will continue to be a partner of the Designed To Move "Active Cities" initiative
- will increase their efforts to reach out to the presently inactive parts of the population through a new Active City Development programme, which will include a

global approach to health management (sport, physical activity, nutrition, personal development, etc)

- will support TAFISA in delivering this programme in conjunction with expert partners, including pioneer Active Cities such as the City of Liverpool in the UK, and with the Swiss based Non-Governmental Organization (NGO) Evaleo, which specialises in creating a comprehensive sustainable health management system which can be used by cities and organisations and lead to positive outcomes for cities and positive behaviour change in individuals
- will help to highlight and communicate the many benefits of the Active City approach across the world. These benefits include economic development, enhanced safety, environmental improvement, health outcomes, social inclusion and community cohesion
- will use their influence to advocate for a strong role of physical activity and sport in public life
- will advocate that sustainable legacy for local, national and international sporting events is a key component of the overall Active City approach
- will focus on contemporary challenges, including the growing obesity of children, inactivity in the retired population, low income groups and minority communities, and the resulting increase in the prevalence of non communicable disease and premature death
- will integrate the Active City approach into the education programmes as delivered by TAFISA for professional leaders and volunteers in Sport for All management
- will report on the status of implementing the before mentioned tasks to the future TAFISA World Congresses.

Adopted in Budapest by the TAFISA General Assembly, on the 16<sup>th</sup> of October 2015