



WORLD FEDERATION OF CHIROPRACTIC | FÉDÉRATION MONDIALE DE CHIROPRACTIQUE | FEDERACIÓN MUNDIAL DE LA QUIROPRÁCTICA

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WFC POLICY STATEMENT

Support for WHO's Global Strategy on Diet, Physical Activity and Health

Proposed for Adoption by WFC Council
Vilamoura, Portugal
May 13-14, 2007

WHEREAS it is now well established by international scientific evidence that obesity and inactivity are serious risk factors for early mortality and morbidity, and research has shown that poor nutrition, undernutrition and inactivity have significant negative impacts on health and are among the most serious and pervasive but preventable threats to individual health.

AND WHEREAS the World Health Organization is responding to these threats by establishing a global strategy to promote physical activity and healthy nutrition, and WHO is seeking support for this global strategy from all stakeholders in the health care community.

AND WHEREAS the World Federation of Chiropractic recognizes that physical activity and healthy eating are among the most important parameters that affect an individual's health, and that the chiropractic profession worldwide promotes healthy lifestyle choices such as good nutrition and being physically active as an essential component in patient care.

NOW THEREFORE IT IS RESOLVED THAT the World Federation of Chiropractic endorses and supports the World Health Organization's Global Strategy on Diet, Physical Activity and Health. The WFC considers that this strategy is of major importance in the prevention of cardiovascular disease, malnutrition, diabetes and other significant preventable diseases and in the promotion of global health. Additionally, the WFC encourages its member associations and others to take the steps necessary towards the promotion of healthy eating and physical exercise, thereby improving individual health and supporting the WHO's Global Strategy on Diet, Physical Activity and Health.

As part of this endorsement, the WFC supports the "Move for Health Initiative" and encourages the participation of all chiropractic organizations in "Move for Health Day".

Explanatory Notes – for support WHO’s Global Strategy on Diet, Physical Activity and Health

1. One of the World Health Organization’s major public policy initiatives, which commenced in May 2002 is the Global Strategy on Diet, Physical Activity and Health.

The strategy addresses two of the main risk factors for non-communicable diseases, namely, diet and physical activity, while completing the long-established and ongoing work carried out by WHO and nationally on other nutrition-related areas, including undernutrition, micronutrient deficiencies and infant- and young-child feeding.

This strategy focuses on the importance of healthy eating and daily exercise in the prevention of obesity, (which is approaching epidemic proportions), and avoidable health disorders such as cardiovascular disease, diabetes and malnutrition, for example.

The WFC acknowledges that the promotion of healthy lifestyle inclusive of proper nutrition and physical activity, has always been an integral part of chiropractic patient management and is the responsibility of all health professionals. Our support of the GSDPAH also supports the WFC policy on reducing the use of tobacco and tobacco products. Ideally this focus on health promotion and prevention, through proper diet and exercise, both from an individual and public health perspective, will result from a multidisciplinary patient care approach.

2. The overall goal of the GSDPAH is to promote and protect health by guiding the development of an enabling environment for sustainable actions at individual, community, national and global levels that will lead to reduced disease and death rates related to unhealthy diet and physical inactivity. These actions support the United Nations Millennium Development Goals and have immense potential for public health gains worldwide.
3. The Global Strategy has four main objectives, all of which the WFC can support. These are:
 - a. To reduce the risk factors for noncommunicable disease that stem from unhealthy diets and physical inactivity by means of public health action and health promotion.
 - b. To increase the overall awareness and understanding of the influence of diet and physical activity on health and the positive impact of preventative intervention
 - c. To encourage the development, strengthening and implementation of global, regional, national and community policies and action plans to improve diet and increase physical activity that are sustainable, comprehensive and actively engage all sectors, including civil society, the private sector and the media.
 - d. To monitor scientific data and key influences on diet and physical activity to support research in a broad spectrum of relevant areas and to strengthen the human resources needed in this domain.
4. The Public Health Committee recommends that the WFC promote “Move for Health Day” in conjunction with “World Spine Day”, an international effort promoted by United Nations Bone and Joint Decade. This should be promoted in collaboration with the “Straighten Up” health program supported by the WFC and numerous chiropractic professional associations worldwide.