

## INTRODUCTION

- Physical inactivity leads to 5.3 million global deaths annually, mainly due to non-communicable diseases (NCDs).
- More than 580 million Chinese adults are estimated to have at least one NCD, which account for more than 80% of China's 10.3 million annual deaths and 68.6% of the total disease burden.

## AIM

- This study examines policy articles from China using data from a comprehensive review of "physical activity and health" publications spanning from 1950 to 2019.

## METHOD

- The Global Observatory for Physical Activity (GoPA!) review found 23,860 global articles from 1950 to 2019, including 610 from China.



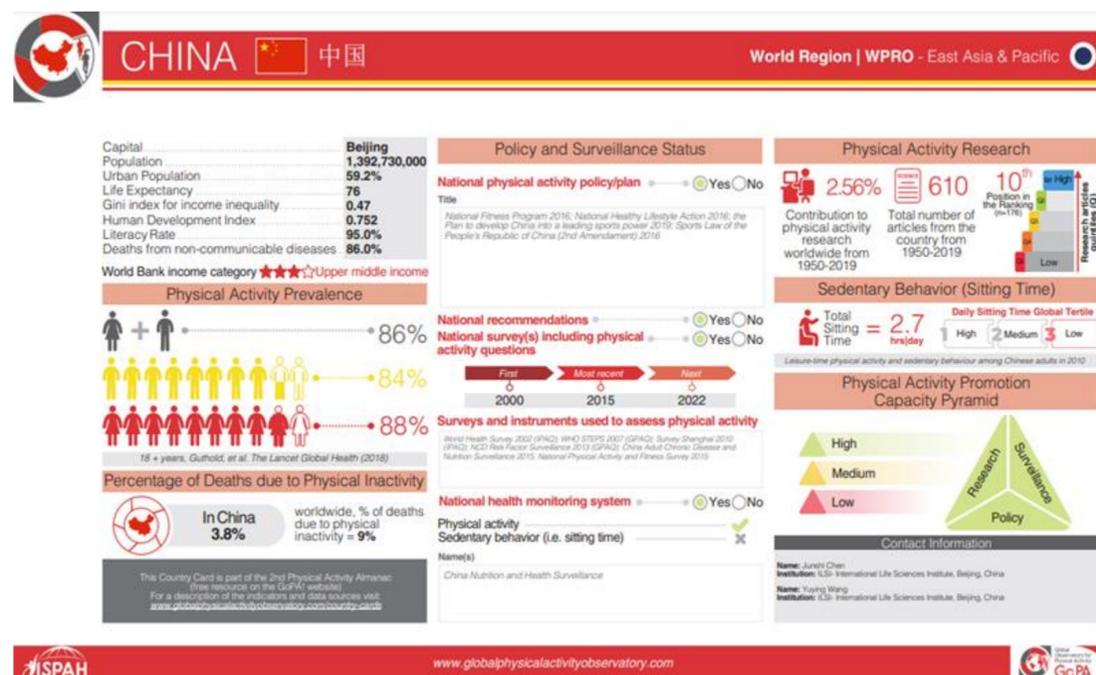
| Themes                          | Description   |
|---------------------------------|---|
| Physical Activity Challenges    | <ul style="list-style-type: none"> <li>Busy schedules prioritize academics/work over exercise.</li> <li>Pollution and traffic discourage outdoor activities.</li> <li>Limited green spaces hinder physical activity.</li> </ul> |
| Bicycling & Urban Planning      | <ul style="list-style-type: none"> <li>Long commutes reduce biking.</li> <li>Car-focused urban planning marginalizes cyclists.</li> <li>Socioeconomic status affects biking rates.</li> </ul>                                   |
| Environmental Concerns & Policy | <ul style="list-style-type: none"> <li>National policies lack reinforcement.</li> <li>Need for better air quality through tech and laws.</li> <li>Assessments needed for health impacts of pollution</li> </ul>                 |
| Community Solutions             | <ul style="list-style-type: none"> <li>Use social resources to improve sports facilities.</li> <li>Engage universities and volunteers for support.</li> <li>Society-wide effort needed to address shortages.</li> </ul>         |
| Chinese Sports Policy           | <ul style="list-style-type: none"> <li>Chinese investors in European football.</li> <li>Improving football standards.</li> <li>Potential World Cup bid; focus on winter sports.</li> </ul>                                      |

## CONCLUSION

- Existence of policy alone does not guarantee success.
- A systematic and integrated effort with schools, parents, students, and the government is essential to effectively promote physical activity policies.
- It is crucial to encourage interventions/policies at the community level to address low physical activity and high sedentary behavior.

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## Distribution of Study Type

GoPA Review of 23,860 Articles

