

# American College of Sports Medicine and Exercise Is Medicine Initiative Support UN Commitment to Reducing Noncommunicable Disease

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## *ACSM Vision Aligns with UN and WHO's Special Focus on Physical Activity*

**New York, NY (September 27, 2018)** – The American College of Sports Medicine (ACSM) and its Exercise Is Medicine Global Health Initiative (EIM) applaud today's United Nations High-Level Meeting (HLM) on Noncommunicable Diseases (NCDs). ACSM and EIM support and commend the world's governments for additionally affirming their commitments to reducing the burdens of NCDs, including a priority to emphasize physical activity and healthy lifestyles as ways to prevent this leading cause of disease, disability and premature death worldwide.

The United Nations General Assembly is staging the third High-level Meeting on the prevention and control of NCDs today in New York City. Meeting participants will undertake a comprehensive review of the global and national progress made toward putting measures in place to prevent premature deaths from heart and lung disease, cancer and diabetes.

The value of this meeting over time will be its translation into vital actions by governments, civil society and funders to accelerate implementation and success of what will be deliberated today, and for which the World Health Organization (WHO) recently issued a *Global Action Plan on Physical Activity 2018–2030: More Active People for A Healthier World*.

This action plan identifies four strategic objectives achievable through 20 policy actions that are universally applicable to all countries: create active societies, create active environments, create active people and create active systems. As a global leader in exercise science, sports medicine and the promotion of physical activity and its cobenefits, ACSM and its EIM initiative can lend their full support to helping countries meet these objectives and reduce the dangerously high levels of physical inactivity around the world.

ACSM is uniquely positioned to advocate for physical activity internationally due to its global network of partnerships and initiatives. ACSM members are in 100 countries and its Exercise is Medicine initiative has a presence in more than 40 countries around the world, actively working with leaders from health care, medicine, public health and fitness organizations to make physical activity assessment and promotion a standard in clinical care.

#### About the American College of Sports Medicine:

The American College of Sports Medicine is the largest sports medicine and exercise science organization in the world. More than 50,000 international, national and regional members and certified professionals are dedicated to advancing and integrating scientific research to provide educational and practical applications of exercise science and sports medicine. More details at [www.acsm.org](http://www.acsm.org)

#### About Exercise Is Medicine

The American College of Sports Medicine (ACSM) co-launched Exercise is Medicine® (EIM) in 2007 with the American Medical Association. ACSM continues to manage the global health initiative, which seeks to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere of all abilities. EIM is committed to the belief that physical activity promotes optimal health, is integral in the prevention and treatment of many medical conditions and should be regularly assessed and included as part of health care. Visit [ExerciseisMedicine.org](http://ExerciseisMedicine.org) for additional information.