



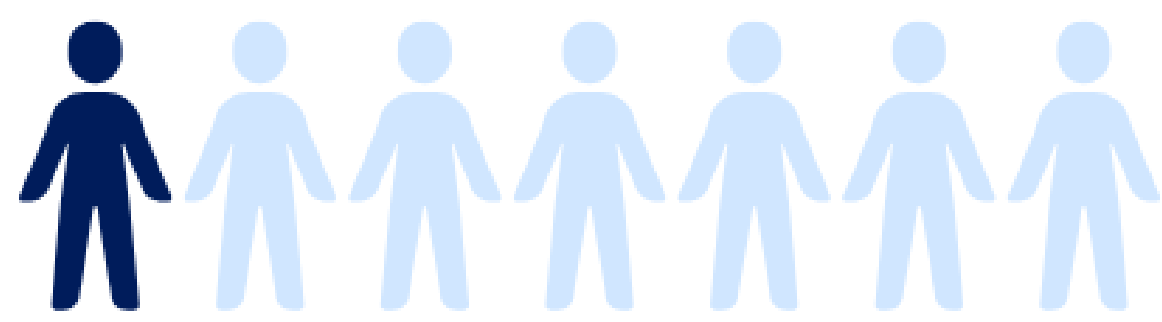
# National Policies Targeting Sedentary Behavior in South America

**II-P-H-40**

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## INTRODUCTION



*“Sedentary behavior affects 1 in 7 South American adults”*

(Werneck et al., 2023)

## NATIONAL POLICIES



Fundamental for reducing sedentary behavior.

Creating support programs, infrastructure, and environments that enable greater active engagement.

Strategy to address the rising rates of non-communicable diseases (NCDs).

## OBJECTIVE

To analyze policy documents specifically focused on reducing sedentary behavior in South America.

## METHODS

### IDENTIFICATION

- Systematic search for national policies in South America.
- Keywords: "Physical Activity" and "Sedentary Behavior"
- PT, EN, ES

### SELECTION

- Restricted to the health sector and specifically focused on **sedentary behavior**.
- Exclusion of duplicates and documents without full access.

### INSTRUMENTS

(Klepac Pogrmilovic et al., 2019)

- Application of the CAPPa Framework.
- Evaluation of policy type, scope, target audience, and objectives.

### DATA EXTRACTION AND ANALYSIS

- Independent extraction by two reviewers, consensus via a third reviewer.
- Descriptive analysis.

## RESULTS

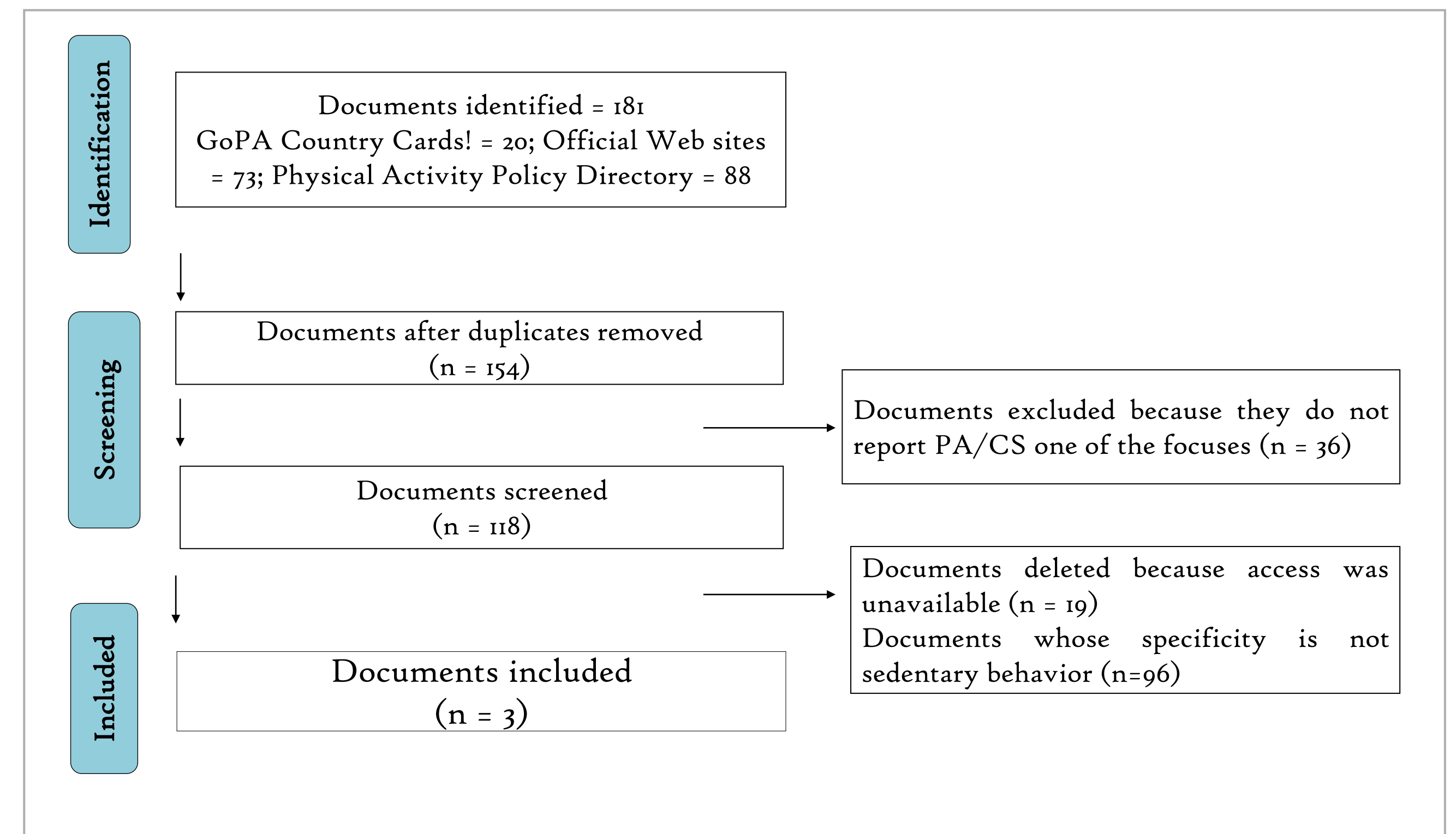


Figure 1. Flowchart of the document search stages.



**Brazil,**  
Guide on the Use of Digital Devices to provide evidence-based guidelines and recommendations for the healthy and balanced use of digital devices among the youth population (children and adolescents).

**Argentina,**

**National Program to Combat Sedentary Behavior,** to reduce the prevalence of sedentary behavior in the general population

**National Law to Combat Sedentary Behavior,** focuses on health promotion through physical activity.

## CONCLUSIONS

- A clear shortage of public policy documents specifically aimed at reducing sedentary behavior within the South American context.
- A confusion regarding the definition of the term, which may hinder the understanding of its real impact on health outcomes, as well as the discussion and decision-making processes related to public policy proposals.

## REFERENCES

Klepac Pogrmilovic, B et al. The development of the Comprehensive Analysis of Policy on Physical Activity (CAPPa) framework. International Journal of Behavioral Nutrition and Physical Activity 2019, 16, 60.

Werneck AO et al. Physical Activity and Sitting Time Patterns and Sociodemographic Correlates Among 155,790 South American Adults. Journal of Physical Activity and Health. 2023 May 9;1(aop):1-1.

## ACKNOWLEDGEMENT

This study was financed in part by the Coordenação de Aperfeiçoamento de Pessoal de Nível Superior - Brasil (CAPES) - Finance Code 001

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