



PHYSICAL ACTIVITY AS A TOOL FOR PROMOTING HEALTH

ATIVIDADE FÍSICA COMO FERRAMENTA DE PROMOÇÃO DE SAÚDE

ACTIVIDAD FÍSICA COMO HERRAMIENTA DE PROMOCIÓN DE LA SALUD

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EDITORIAL

It is well established that adequate levels of physical activity are associated with lower incidence of morbidity and mortality (Garcia et al., 2023; World Health Organization, 2020). In contrast, physical inactivity, defined as the failure to meet the recommended levels of physical activity (WORLD HEALTH ORGANIZATION, 2020), is a global pandemic (GUTHOLD et al., 2018) that contributes to the increased global burden of disease and mortality associated with noncommunicable diseases (NCDs) (AMMAR et al., 2023; WORLD HEALTH ORGANIZATION, 2022).

Physical inactivity is among the leading risk factor for mortality worldwide, being responsible for nearly 830,000 deaths annually (GLOBAL BURDEN OF DISEASE COLLABORATIVE NETWORK, 2020). Additionally, it has been estimated that 10% of all premature deaths due to NCDs may be averted if everyone met only half (75 min of moderate-intensity physical activity) of the weekly recommended levels of physical activity (GARCIA et al., 2023), representing the prevention of nearly 1.7 million deaths annually (GLOBAL BURDEN OF DISEASE COLLABORATIVE NETWORK, 2020). Indeed, nearly 10% and 5% of all incident cardiovascular disease and cancer could be prevented if everyone met the same quantity of physical activity (GARCIA et al., 2023).



The pandemic of physical inactivity is even more prevalent in children and adolescents. Although there are inconsistencies among the intercontinental initiatives assessing the physical activities in children and adolescents (AUBERT et al., 2021), the global prevalence of physical inactivity in children/adolescents is at least the double of the prevalence in adults (AUBERT et al., 2021; GUTHOLD et al., 2018). In addition, the prevalence of physical activity is greater in girls than boys, and it increases from the childhood to the adolescence (AUBERT et al., 2021).

It is also important to note that sedentary behavior, characterized by a low energy expenditure (≤ 1.5 metabolic equivalents) while waking in a sitting or reclining posture, has also emerged as a potential risk factor for many NCDs and mortality during the last decade (PINTO et al., 2023). Additionally, its negative effects on health appears to be independently of the levels physical of physical activity (PINTO et al., 2023). In this context, several national and global guidelines have addressed both physical activity and sedentary behavior recommendations for promoting health and counteracting NCDs (ROSS et al., 2020; UMPIERRE et al., 2022; WORLD HEALTH ORGANIZATION, 2020).

However, the pandemic of physical inactivity is still a worldwide reality that have remained static over recent decades (PRATT et al., 2023). In addition, the prevalence of physical inactivity is higher among women, older individuals, some racial/ethnic groups, and people living with disabilities (GUTHOLD et al., 2018; WORLD HEALTH ORGANIZATION, 2022). Therefore, to identify key gaps and to strengthen the promotion of physical activity, with special focus in these subgroups, should be a priority for scientists and policy makers.

Consequently, there is a need for developing effective physical activity and/or exercise programs interventions to reduce damage, improve function, and/or treat NCDs of different populations. Therefore, this special issue was proposed for studies investigating the relationship between physical activity (in most diverse practices) and the various health components (biological, psychological, social, etc...). In addition, it was also proposed for studies analyzing the relationship between physical activity/exercise and the prevention, control, and treatment/rehabilitation of NCDs.

The findings presented here can be also important for the progression of science in this field of knowledge. The editors considered the plurality nature of the papers welcome to enlarge the research concepts in the relationship between physical activity and the various health components. Finally, we feel that this is a unique opportunity to provide different views





in relation to biological and behavioral studies, presented in the scientific field of physical activity and health.

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