

Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health

QUESTIONNAIRE

“Sport and healthy lifestyles as contributing factors to the right of everyone to the enjoyment of the highest attainable standard of physical and mental health”

Member States

1. To what extent, in your view, should United Nations Member States encourage individuals to participate in sport and adopt healthy lifestyles, to fulfil State obligations to respect, protect and fulfil the right to health? What is the minimum that must be done for this obligation to be met?

Obtaining the best health of individuals is the basic right of all the population of any country. In particular non-communicable diseases (NCDs) have been a threat to many developing and developed countries. Brunei Darussalam is not excluded from facing this major challenge.

In the prevention and control of NCDs, the encouragement of individuals to participate in physical activity (PA) is crucial as shown by numerous scientific evidence. According to the World Health Organization (WHO), Physical inactivity is the fourth leading risk factor for mortality worldwide. Nevertheless PA cannot be implemented by its own as it requires multiple approach which need the strong support from various agencies.

In order to encourage PA, member states need to be committed by introducing policies related to it. National guidelines need to be produced as reference documents for not only the use of the individuals but also for health professionals in prescribing the appropriate type and level of PA. Policies related to PA need to be owned by all relevant stakeholders and not only limited to health. This means member states need to make consideration in making individuals easier to do PA. This may include the introduction of relevant policy which makes doing PA more feasible and attractive such as the availability of parks, gyms, safe cycling lanes and legislations which make the healthy built environment.

The minimum that needs to be done for this obligation to be met are the development of the above mentioned National Physical Activity Guidelines and to promote and support physical activity across the country by working towards better policy integration with the use of whole-of-government approach.

2. Has your State introduced legislation or policy in relation to sport and/or healthy lifestyles? If so, please provide a brief description of the laws or policies adopted.

As part of the national agenda in the prevention and control of NCDs, the Ministry of Health, in 2011, introduced the National Physical Activity Guidelines which serves as an important policy document to promote and intensify the preventative and risk reduction towards NCDs. The development and socialization of this policy involved all the relevant internal and external stakeholders to ensure its effective and sustainable effects.

The Ministry of Education also mandates physical activity to be an important part of their curriculum from elementary to secondary education. At the tertiary level of education, students are strongly encourage to participate in various co-curricular activities which mainly are

involving physical activity. Necessary facilities for physical activity and sports are provided for all levels of education; facilities in government schools are provided through the National Development Plan and budget.

Community sports is also an important national agenda being continuously advocated and supported through the Community Sports policy of the Ministry of Culture, Youth and Sports. It is largely aimed at increasing community participation in sports activities as an important component of daily living.

3. What are the major challenges and opportunities that arise in adopting a right-to-health approach to participation in sport and adoption of healthy lifestyles?

In adopting a right-to-health approach to participation in sport and adoption of healthy lifestyles in Brunei Darussalam key challenges identified are as follows:

- i. Changing the behaviour and mindset of people is a complex process requiring enabling environments in addition to health education;
- ii. Physical activity is influenced by multisectoral domains related to education, transport, urban planning which require engagement and holistic integrated actions by all Ministries as well as other relevant stakeholders;
- iii. The lack of expertise and trained manpower to sustain the efforts in participation and management of sports and physical activity.

Opportunities do exist in Brunei Darussalam such as follows:

- i. Physical activity has gotten the highest political commitment in Brunei Darussalam;
 - ii. There is increasing trend of self-awareness and willingness to do physical activity and sports;
 - iii. Existing parks in Brunei Darussalam are designed and built so that they encouraged recreational physical activity; these are mostly located in strategic locations throughout the country.
4. What are the best ways that Member States can promote individuals' participation in sport and adoption of healthy lifestyles? Please provide and briefly describe any examples of "good practices" adopted by Member States in this respect.

In order to effectively promote participation in sport and adoption of healthy lifestyles, strong political commitment with dedicated financing mechanisms are needed. This needs to be incorporated into the policies and legislations of all relevant stakeholders. Specific national and institutional key indicators need to be developed, implemented and monitored to maximise the said participation.

Examples of the good practices from Brunei Darussalam:

- *PARK (Program Aktif dan Riadah untuk Kesehatan* or Active and Recreational Programme for Health) is a project in collaboration between the Health Promotion Center, Ministry of Health with other stakeholders, such as the Department of Environment and Recreational Parks as well as Municipal Boards and District Office to

raise awareness and promote physical activity among the community using existing recreational parks in the country.

- The provision of bicycle lanes in selected areas within the city to promote and ensure safe cycling
- All sporting goods are not imposed any kind of taxes.

5. Are there any targeted interventions that can be implemented to promote participation in sport and adoption of healthy lifestyles amongst populations who could face vulnerable situations, including women, children, and people with disabilities?

A holistic approach needs to be implemented in any work that is related to sports and adoption of healthy lifestyles. This is an important agenda as all demographic differences are inevitable and all the work that is put in place need to consider gender, age and ability level differences.

Some examples from Brunei Darussalam:

- Sports day, extracurricular activities (sports clubs) and walkathons are part of school activities that has already been implemented to promote sports among students/schoolchildren.
- Brunei Darussalam is active in participation in national, regional and international paralympics.
- People with special needs category are included in national and regional walkathons. This is supported by the Ministry Of Culture, Youth and Sports to provide equal opportunities for individuals with special needs to be integrated into the society.
- Women are encouraged to participate in most of the sports as professional athletes or as part of their interest on a plane equal to that of men.
- Walkathons organised by the specific non-governmental organizations (NGOs) such as annual 5 km Autism Walk in conjunction with the World Autism Awareness Day organised by SMARTER (Brunei Autism NGO centre) and fun walk event organised by Down Syndrome Association's (ABLE).

6. Other than Member States, which other actors should be taking steps to encourage individuals to participate in sport and adopt healthy lifestyles? What can Member States do to ensure this occurs?

Local, regional and international non – government organizations and interest groups should take part to encourage individuals to participate in sport and adopt healthy lifestyles. Any opportunities for funding and provision of expertise to help promote physical activity are welcome. Concrete inter-sectoral mechanisms, at the national, regional and international levels, need to be in place to ensure that the range of inter-related needs and rights of sports participants are addressed as well as the coordination of resources and the initiatives across sectors are synchronised.

Deadline for submission of responses to the questionnaire:

In order to give the Special Rapporteur the opportunity to take into account the different contributions, all parties are encouraged to submit their responses as soon as possible and at the latest by **15 October 2015**. (2 November 2015)

Answers can be submitted via email to the following address:

srhealth@ohchr.org

OR by postal mail or fax to:

Special Rapporteur on the right to health

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