



International Pharmaceutical Students' Federation

Since 1949 | Students today, pharmacists tomorrow.

9.1 Promoting Physical Activity in the South-East Asia Region

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Established in 1949, IPSF is the leading international advocacy organisation for pharmacy and pharmaceutical science students and recent graduates that promotes improved public health through the provision of information, education, networking, and a range of publications and professional activities.

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Honourable Chair, distinguished delegates,

It is a great honour to speak on behalf of the International Pharmaceutical Students' Federation (IPSF) which represents over 500,000 pharmaceutical students and recent graduates from more than 90 countries worldwide.

Physical inactivity is a major contributing factor in the development of non-communicable diseases and subsequent effects on emotional and mental wellbeing. IPSF supports the initiative to promote physical activity and acknowledges the global commitment to reduce the prevalence of physical inactivity by 10% in the region.

During the COVID-19 pandemic, IPSF became increasingly aware of the drop in physical activity amongst our members due to the policies imposed by local governments to limit the spread of the virus. As the situation reverts to a new normal, there is a need to promote new methods of maintaining physical activity to avoid a habitual, sedentary lifestyle.

IPSF calls for extended collaboration between policy-makers and health professionals to promote physical activity and a non-sedentary lifestyle. In January 2020, IPSF Asia Pacific Regional Office launched a regional campaign to boost physical activity amongst our members. More than 7,500,000 steps were collected within a month and educational materials on inactivity-related health complications were disseminated online.

The role of pharmacists has evolved to be more patient-centred and easily accessible. IPSF calls for member states to utilise the key role of pharmacists in the community to advocate for healthier lifestyles by advising exercise regimens most suitable for the patient. IPSF urges the need for extensive multi-sectoral initiatives to promote physical activity and active participation from all stakeholders in the global action plan to increase physical activity.

Thank you for your attention.