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## ЦЕЛИ УСТОЙЧИВОГО РАЗВИТИЯ, СПОРТ И ФИЗИЧЕСКАЯ АКТИВНОСТЬ: ЛОКАЛИЗАЦИЯ ОТНОСЯЩИХСЯ К ЗДОРОВЬЮ УСТОЙЧИВЫХ ЦЕЛЕЙ С ПОМОЩЬЮ СПОРТА В КИТАЕ – ОПИСАТЕЛЬНЫЙ ОБЗОР

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**Аннотация:** Установленные до 2030 года цели устойчивого развития признают спорт важным инструментом для достижения ЦУР. Правительство Китая запустило план «Здоровый Китай 2030» в качестве отклика на новые ЦУР, связанные со здоровьем. Правительство Китая ввело различные меры в рамках плана «Здоровый Китай 2030» для достижения ЦУР, связанных со здоровьем, посредством популяризации спорта и физической активности. Программа «Здоровый Китай» совместима с ЦУР в отношении здоровья, спорта и физической активности. После внедрения программы с устойчивым воздействием на среду спорта и физической активности пожилое население Китая повысило вовлеченность в занятия спортом и физической активностью, чтобы улучшить национальный уровень физической подготовки и предотвратить появление НИЗ. Спорт играет жизненно важную роль в профилактике неинфекционных заболеваний за счет повышения физической активности китайцев. Спорт и физическая активность играют решающую роль в реализации ЦУР, связанных со здоровьем, и в дальнейшем должны помочь в достижении цели «Здоровый Китай» к 2030 году. Направленная на реализацию ЦУР политика Китая имеет значительный успех благодаря глобализации в странах-участницах ОПОП и поддержке в обеспечении безопасности их систем общественного здравоохранения и содействию глобальному управлению здравоохранением.

**Ключевые слова:** Здоровый Китай, Искусственная среда, НИЗ, Пожилое население, Здоровый Китай, Глобализация.

## SUSTAINABLE DEVELOPMENT GOALS, SPORTS AND PHYSICAL ACTIVITY: THE LOCALISATION OF HEALTH-RELATED SUSTAINABLE GOALS THROUGH SPORTS IN CHINA – A NARRATIVE REVIEW

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**Abstract:** Sport has been recognized as an essential tool for the implementation of the SDGs by The Agenda 2030 for Sustainable Development. The Chinese government has launched a *Healthy China 2030 plan* in response to the health-related SDGs. The Chinese government has introduced different kinds of measures under *Healthy China 2030 plan* to achieve health-related SDGs through sport and physical activity. The Healthy China program is compatible with SDGs regarding health, sport, and physical activity. After introducing the program with sustainable built environment intervention for sport and physical activity, the elderly population of China started participating in sport and physical activity to improve the national fitness level and prevent NCDs. Sport is playing a vital role in preventing NCDs in the shape of increasing physical activity among the Chinese people. Sports and physical activity play a crucial role in the implementation of health-related SDGs and further help in the achievement of 'Healthy China' 2030 goal. China's localization policies for the realization of SDGs have a global impact through globalization in the BRI participant's countries and supporting them to make their public health system secure and promoting global health governance.

**Keywords:** Healthy China, Built Environment, NCDs, Elderly Population, Healthy China, Glocalization.

### Introduction

In this paper, we analyze how physical activity and sports are helpful in achieving a healthy society under the sustainable development goals (SDGs). The UN acknowledged Sport as a vital promoter and facilitator of SDGs. The agenda 2030 for sustainable development and SDGs summit of the UN was indicated sport as an essential contributor in every SDG<sup>1</sup>. Physical activity and sport are significantly crucial for the improvement of health and wellbeing to achieve the MDGs. Physical activity and sports can help prevent and treat any world's leading non-communicable diseases (NCDs). Regular physical activity outcome shows that people who participate in the sport and physical activity have social, physical, and mental wellbeing benefits<sup>2</sup>.

The Sustainable Development Plan 2030 acknowledged sport as “an important and cost-effective enabler” for the achievement of SDGs globally. Sport provides a “peaceful and soft way” for vital developmental actions

such as sustainable environment development, education, and health promotions as mentioned in the figure 1.

The post-2015 development agenda on sport for development shows that SDGs provide several opportunities to sport for development such as:

- The sport could establish skills and toolkits that play a substantial role in independent and healthy living and contribute to earnings-generating practices and economic participation (SDG1).

- Sport may encourage poverty eradication and raise funds and foster alliances for that aim (SDG 1)<sup>3</sup>.

- Sport may stimulate global food production, food protection, a balanced diet, and organic farming. Sporting enterprises should set a precedent by purchasing food from liable suppliers and mitigating the effects of food waste (SDG 2).

- Curriculum programs focused on sports will seek to transform behavior for a sustainable society (SDG 2)<sup>4</sup>.

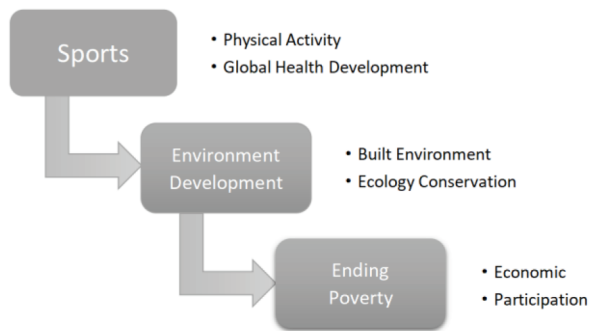


Fig. 1. Sports Contribution in Vital Development Actions

Sustainable Development Goals (SDGs) for 2030 would obviously assist with investment in policies to promote walking, biking, sports, outdoor recreation, and play. The physical activities policy interventions have multiplicative healthcare and socioeconomic benefits. They would lead directly to SDG3 (wellness and good health), and also other goals, including SDG2, for example (ending malnutrition in all aspects of health); SDG4 (education for quality); SDG5 (equality between men and women); SDG8 (decent job and economic development); SDG9 (industry, innovation, and infrastructure); SDG10 (reduced inequality).

### Chinese Government Initiative for Localization of Health-Related SDGs through Sports

In different era's Chinese government introduced various programs for the national fitness of Chinese society through promoting sports culture and physical activity. The Chinese government introduced multiple measures to increase the physical activity level for the promotion of good health under SDGs, based on the four strategic objectives (create active societies, active environments, create active people, create dynamic systems) of WHO Global Action Plan of Physical Activity 2018-30. The central facilitator or "building block" is necessary to establish the conditions needed for SDGs to be localized. These include developing, implementing, and monitoring integrated approaches to SDGs. China is doing well in the localization of health-related SDGs through sports and physical activity. The names of the measures are given below:

1. The 13<sup>th</sup> Five-year plan for Sports Development
2. Healthy China 2030 (Health Infrastructure and Built Environment for Physical Activity Promotion)
3. National Fitness Program (NFP) 2016-2020
4. Measures for the Improvement of People's Fitness and Health by the Chinese State Council 2019

### China's Progress towards Healthy China under SDGs

China unveiled China's National Strategy for the adoption of the 2030 Sustainable Development Agenda in September 2016. The Government of China has launched at national and international levels the 13th Five-Year Plan for Socio-Economic Growth to successfully pursue the Sustainable Development Agenda 2030. The vision of

China's national plan is "innovative, coordinated, green, open and shared development." The Chinese government has implemented the Agenda of 2030 SDGs in every sector, and several targets (SDGs) have been achieved as early harvest<sup>5</sup>. Healthy China-related progress under SDGs is outlined below:

– China is making substantial strides to attain SDGs for health, and maternal mortality has dropped to 19.9 per 100,000. In comparison, the child mortality rate was lowered to 7.5 and 10.2 per 1000, respectively. It will be of sufficient assistance in achieving the correct SDG goal. The Chinese government has launched a "Healthy China" program to tackle severe illnesses<sup>6</sup>. The targets for MMR, U5MR, and NMR had already been met for the SDG of 2030 by China, which had a high institutional distribution rate and almost universal coverage of the vaccine in 2016. However, the achievement index of the family planning needs does not meet the modern contraception methods, which is expected to reach 76.6 by 2030 because of the unmet needs of single mating women<sup>7</sup>. In recent decades, children's undernutrition has significantly improved, while overweight and obesity in China have emerged as a new threat to public health. The stunting rate decreased from 16.3% to 8.1% for children aged 6 and under and wasting decreased from 2.6% to 2.0% for the years 2002 to 2013. However, from 6.5% to 8.4% from 2002 to 2013, overweight rates increased<sup>8</sup>.

– The NCDs become the leading life hazard for Chinese citizens. The Chinese government concentrates most on eradicating NCDs by strengthening the mental and physical wellbeing of the population by promoting physical exercise and sports events. In the health field, an early assessment, early detection, and first care centers have been set up by the Chinese government for chronic diseases. Health administration incorporated obesity and diabetes in public health programs to provide rural and metropolitan people with free care. 'Good life for everyone' has been placed into action in line with health-related SDGs under the subject "three reductions and threefold health" to encourage health awareness and a safe lifestyle to enhance Chinese people's fitness<sup>6</sup>. China's coverage of maternal, neonatal, and child health care, infectious diseases and NCDs has improved significantly while the treatment and control rate for hypertension and diabetic disease remains small. China has produced tremendous results. China may still face significant challenges when controlling NCDs by reaching the SDG 3 target for NCDs (i.e., by 2020 to reduce almost one-third the number of premature deaths from NCDs)<sup>7</sup>. Premature mortality by men with NCDs has not been expected to substantially decrease by 2030 due mainly to ongoing risk factors such as smoking, alcohol, and insufficient physical activity. There is no evidence that China would also soon reduce its overweight and obesity rates.

– In addition to providing funding, China faces many barriers to widening its access to health services. In its 12th five-year plan, the Chinese Government substantially increased its health spending. The average annual increase in government health spending over the 2011–2016 period

has been 17.3 percent significantly higher than the rate of economic growth<sup>9</sup>. The Healthy China 2030 Agenda, the 13th Five Year Public Health Policy, the 13th Five Year Strategy for Promoting the Promotion of Fair Access to Essential Public Health Facilities, and demographic and family planning regulation all covered sexual health. The Decision on the adoption and improvement of the two-child national policy and the administration of family planning services was released to guarantee access to reliable family planning services.

### Conclusion

Agenda 2030 acknowledged sport as an essential tool to implement the SDGs. The 13th socioeconomic development five-year plan has been introduced by the Chinese government, which is compatible with SDGs. The biggest life threat to Chinese people is NCDs due to physical inactivity. The Chinese government is focusing more on the promotion of physical activity through sports to achieve the SDGs regarding health. The Chinese state council introduced a national fitness strategy in June 2016 to improve the whole nation's physical fitness and then further improve the health level by 2020. Sport is a vital tool to promote healthy living and physical activity in Chinese society. China is developing a "Soft Power" by supporting sports and physical activity under The Agenda 2030 for sustainable development, further strengthening the global partnership of China in global matters. A program "Healthy Living for all" has been implemented with the theme of "three reductions and threefold health" under the health-related SDGs to achieve the target of Healthy China 2030. China is making tremendous progress towards the goal of Healthy China in multidimensional. To meet challenges and achieve health-related SDGs, China must take more coordinated steps. In those areas where the SDG targets (in maternal and child health & nutrition) have already been achieved in China, the government should summarize the experiences and best practices be distributed to other low- and middle-income nations

which, through cooperation under the Belt and Road Initiative, develop their national strategies for advancing the SDG in health. Moreover, the Chinese government should make more investment in public transport, renewable energy, and public sports facilities to achieve health-related SDGs more comprehensively.

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