

The Regional Committee,

Having reviewed the Technical Discussions document, "Healthy Lifestyles",*

Convinced that lifestyles are of crucial importance for the promotion of health as well as for the prevention and treatment of disease,

Aware that psychosocial and behavioural factors have to be given sufficient attention as determinants for health by health care authorities and those responsible for the training of health workers,

Appreciating the importance of the spiritual dimension in the promotion of healthy lifestyles,

Having read with appreciation the Amman Declaration on Health Promotion,

1. URGES Member States to:

1.1. incorporate within existing development and health programmes, policies and strategies to promote healthy lifestyles in their countries;

1.2. involve the different sectors and non-governmental and voluntary organizations in the implementation of these strategies;

1.3. take guidance in the development of these strategies from the Amman Declaration on Health Promotion which is considered suitable for the majority of the countries of the Region;

2. REQUESTS the Regional Director to:

2.1. carry out a review of current training of health workers in behaviour and psychosocial factors to make recommendations about improved training in this field;

2.2. stimulate and support operational research on healthy lifestyles and behavioural factors at Regional and country levels;

2.3. help Member States to produce educational material in national languages that can be used in the training of health personnel and by the media in promoting healthy lifestyles;

2.4. convey to the WHO Executive Board the wish of the Regional Committee to mediate with the International Civil Aviation Organization (ICAO) to inform air travellers upon the switching off of the "No Smoking" sign that "smoking is very harmful to health, and a proven cause of a number of serious diseases, and that not only the smoker, but those around him/her are at risk. Smokers are, therefore, kindly requested to refrain from smoking during the flight or to reduce their smoking to a minimum";

2.5. help Member States to promote all forms of participatory sports and to see to it that sports do not promote products that are harmful to health. Also, to convey to the WHO Executive Board the wish of the Regional Committee for the Eastern Mediterranean to mediate with World and Regional Sports Unions and organizers of sports matches, so as not to allow the exploitation of sports events or prominent sports persons in promoting smoking and other unhealthy behavioural patterns;

2.6. report to the Regional Committee in 1992 about the progress of programmes to promote healthy lifestyles.

* Document EM/RC36/Tech.Disc.1.