

ENGSO HEALTH ACTIVITIES

(2010-2011)

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1. Annual Report of the ENGSO health activities

- 1.1. EU Platform to Diet, Physical Activity and Health
ENGSO representatives; Romana Caput- Jogunica and Annuli Hamalainen

ANALYSIS OF THE ANSWERS RELATED TO THE HEALTH ISSUE IN SPORT

Key words: ENGSO members' interest, Platform activities, list of contact persons, commitment

Background

According to the conclusion made by the ExCom at its meeting held in London in November, ENGSO Secretariat has sent the 6-items questionnaire to all ENGSO members. The purpose of the „ENG SOPROHEALTH“ questionnaire was to identify the actual situation related to the health issue in ENGSO member countries, such as influence on the national strategies, health programmes, as well as main problems related to health issues, etc. Moreover, we would like to determine the interest of ENGSO members for the work following the EU Platform for Action on Diet, Physical Activity and Health activities in the future. All data that we have received shall be used for this Report as well as for the ENG SOPROHEALTH - ENGSO commitment on the Platform (2010-2011). According to the analysis of the ENGSO members interest we can create the guidelines for future work. Finally, we will send this Report to all ENGSO members who have expressed the interest for health issue as well as the Platform Annual Report for 2010. We are looking forward that some of the ENGSO members confirm the interest for active work in the EU Platform (interest for presentation their work, commitment, etc.)

In December 2010, we received 10 answers (25% members) from the following ENGSO members: Albania, Croatia, Czech Republic, Denmark, Estonia, Iceland, Norway, Sweden, Slovakia and Turkey.

One of the first results was the list of contact persons who have completed the questionnaire (Table 1). After the ExCom approval, this material will be send to all of

them and to the other ENGSO members as an information and the second call for cooperation.

Table 1 - contact persons in ENGSO members for health issue

ORGANISATION	NAME	POSITION	MAIL ADDRESS
NOC Albania	Mr. Stavri Bello	Secretary General	secretariat@nocalbania.org.al
Croatian Olympic Committee	Ms Mimi Vurdelja	Manager of Health Care Programmes - nutritionist	mimi.vurdelja@hoo.hr
Czech Sports Association	Mr. David Kovář	Local and Regional Organisations Consultant	kovar@cstv.cz
The National Olympic Committee and Sports Confederation of Denmark	Mr. Poul Broberg	Secretary to the Management	pbr@dif.dk
Estonian Olympic Committee	Mr. Peeter Lusmägi	Head of Sport for All	peeter@eok.ee
NOC of Iceland	Ms. Halla Kjartansdóttir	Office Manager	halla@isi.is
Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF)	Ms. Line Hurrød		line.hurrod@idrettsforbundet.no
Confederation of the Slovak Sport Federations	Mr. Zdenko KRÍŽ	Secretary General	office@sport-fed.sk
Swedish Sports Confederation	Mr. Lars Allert	Sport for All, HQ	lars.allert@rf.se
NOC of Turkey	Prof. Emin ERGEN MD	Chairman, Sports Health and Anti-Doping Commission	ergen@medicine.ankara.edu.tr

One of the EU Platform activities is the High Level Group meeting (for EU countries representatives) held with the actual EU Presidency. The last meeting was held on June 16, 2010, in Madrid. One of the main topics related to the physical activity was the discussion on the mapping and scoring of Member State policies on nutrition and physical activity. For this reason, we would ask from ENGSO members about their opportunities and possibility to influence on the national strategies or documents related to health. According to the answers analysis we were able to determine that some of ENGSO members have great influence on the national basis, especially related to the health legislation (Norway, Denmark and Turkey). Swedish sport organisation is a consultative body related to health issue on national basis.

Unfortunately, other organizations (Slovakia, Croatia, Iceland, Estonia, Czech Republic, etc.), did not have such position on the national level at this moment. Some of these organisations identified the main reason for this situation to be small budget from the GO and lack of the GO interest for promotion of health through sport and physical activities (Slovakia).

According to the Minutes of EU Platform meeting (in July, 2010) “the impact of the Platform on the EU and national policy appears limited but it has inspired national platforms, but as yet, there has been limited cooperation between the EU and national platforms.”

The purpose of this Platform is to provide a common forum for all stakeholders at the European level where they can explain their plans to contribute concretely to the pursuit of healthy nutrition, physical activity and the fight against obesity, and where those plans can be discussed.¹ For this purpose, we have tried to find out if ENGSO members provide the activities (programmes, projects, etc.) that are related to the prevention obesity. As we can see in the Table 2, ENGSO members provide different kind of activities. Some of them are directly connected with this issue, some of them indirectly. The websites for the projects are placed in the last column in the Table 2.

Table 2: Analysis of the ENGSO members activities related to the Platform key issues

ORGANISATION	ACTIVITIES	WEBSITE
Albanian Olympic Committee	- Roundtable on improvement of physical education programmes in schools - Olympic Day Run	www.nocalbania.org.al
Croatian Olympic Committee	- System of obligatory medical checkups and continued health control - Education and programmes of the appropriate athlete's nutrition	NO WEBSITE
Czech Sports Association	- Sport with (Us Sportuj s námi) – unorganised public (youth, adults, seniors) is purposed to bring people to sport on regular basis	NO WEBSITE
The National Olympic Committee and Sports Confederation of Denmark	Staevnesnack. Target groups: Sport clubs and sports facilities. Project objective: To get the sports clubs and the sports facilities to serve more healthy food for their members	http://www.staevnesnacks.dk/
Estonian Olympic Committee	National campaign „Estonia is moving“	http://www.sportkoigile.ee/kampaania-eestimaa-liigub/videod EstoniaSport for All web-site (training diary, events calendar etc) www.trimm.ee
Iceland Olympic Committee	Lífshlaupið “ (The Run of Life), a project for the public; Ongoing project, all year round, aimed for motivating people of all agegroups to fulfill the Icelandic Public of Health Institution's recommendations for daily motion. Participants can win bronze, silver and gold medal if they register their motion through the website and fulfill certain requirements of daily motion. “Hjólað í vinnuna” (Cycle to Work), a project for three weeks in May every year. Aimed for workplaces in Iceland, built up for teams to participate. “Kvennahlaup ÍSÍ” (Women's Run), a yearly run with over 15.000 female participants in	www.lifshlaupid.is www.hjoladvinnuna.is

¹ Document Diet, Physical Activity and health – a European platform for action, March 15, 2005

	approx. 90 places in Iceland.	
Norwegian Olympic and Paralympic Committee and Confederation of Sports (NIF)	- financial support to sport and health projects organised through it's regional organisations and member federations. NIF is supporting the projects with resources provided by The Norwegian Ministry of Health and Care Services and The Ministry of Culture. Target groups are inactive children, youth and adults, and social disadvantaged individuals. The aim is to reduce social inequalities related to health.	http://www.idrett.no/tema/folkehelseogskole/ Sider/folkehelseogskole.aspx
Swedish Sports Confederation	Lift for Sport (all sport federations, almost all sport clubs and some other partners Almost every regional sports confederations in collaboration with sport clubs are working with health-related project in collaboration with public authorities and organizations (overweight or obesity, promotion of physical activity for better health, drug prevention, nutrition, antidoping etc)	http://www.rf.se/Vi-arbetar-med/ldrottslyftet/

For the future activities of ENGSO representatives on the Platform it would be important to identify those ENGSO members (organisations and/or contact persons) who would be interested in knowing more about the EU Platform activities. The results are presented in the Table 3.

Table 3: Analysis of the ENGSO members interest for some Platform activities

Platform activities	Yes
Platform Annual report	Total 8: Albania, Czech Republic, Estonia, Iceland, Norway, Slovakia, Sweden, Turkey
Presentations from the meetings	Total 7: Albania, Czech Republic, Estonia, Iceland, Slovakia, Sweden, Turkey
Presentation of your work or organisation's achievements (Project results) related to the Platform's main goals	Total 4: Croatia, Estonia, Norway, Sweden
To be ENGSO representative in the future	Total 4: Albania, Czech Republic, Sweden, Turkey
To apply with a new commitment in 2011 on behalf of ENGSO	Total: 1-2 explanation to Sweden, Turkey

According to the results presented in the Table 3, a higher number of ENGSO members are interested in the document of the Platform Annual Report. Also, it is important for the ENGSO representatives on the Platform that 7 members have expressed the interest about the presentations from the Platform meetings. Four ENGSO members were interested in delivering the presentation of their work related to the Platform's main goals. The same number wished to be an ENGSO representative on the Platform in the future. Only two ENGSO member organisations were interested to apply to the Platform with a new commitment in 2011 which leads us to the conclusion that we would have to explain in a better way the basic

information about the Platform commitments as well as what are ENGSO obligations as the Platform member.

Table 4: The list of contact persons for delivering the Platform documents

Organisation	Contact related to the Platform activities
Albanian Olympic Committee	secretariat@nocalbania.org.al
Czech Sports Association	kovar@cstv.cz
NOC Estonia	peeter@eok.ee
Iceland Olympic Committee	isi@isi.is
Swedish Sports Organization	Mona.meijer@rf.se
NOC Turkey	ergen@medicine.ankara.edu.tr

HEALTH NETWORK

According to the analysis of the answers related to health network, only 2 ENGSO members participated in TAFISA network. This situation could be improved by negotiation with some of the Platform members (HEPA and other open network) with the purpose to identify some common interest for future cooperation.

ENGSOPROHEALTH NETWORK

The goal of the Network is to strengthen and support efforts and actions that increase the protection of athletes' health. Five ENGSO members, mainly the National Olympic Committees (Croatia, Estonia, Iceland, Norway as well as the Confederation of the Slovak Sport Federations), have already provided a specific programme related to training and competition of young athletes. The main objectives of these programmes for the young athletes are: prevention, anti-doping and educational programmes for the young athletes related to health protection and injuries.

The main reasons why some of the ENGSO members are not able to provide such kind of programmes are the lack of expertise and lack of sufficient funds for quality programmes. ENGSO members from Turkey and Sweden have pointed out that according to their organizational system, responsible institution or organization for health protection of young athletes are the ministries responsible for health in cooperation with the national sports federations.

Last question was related to ENGSO members' opinion about the most important factors in providing quality programmes for health of young and top level athletes. For this purpose, we used the 4-Lickert scale (1-less important 2-3-4 more important).

Analysis of their opinions confirmed that the most important factors were policy, governmental interest, sources, and quality cooperation between sports organizations and GOs responsible for health. Less important factors were educational programmes for athletes and anti-doping campaign. Some of the participants in this study emphasized other important factors, such as interest of young and top level athletes, cooperation between the national sports federations, financial support and institutionalization. All this data will be used for the discussion in the next ExCom meeting, as well as for the Platform activities (ENGSOPROHEALTH Report for 2010, etc.)

1.2. EU WG Sport & Health

2 meetings in Brussels and Cyprus (2 days: in Larnaka and in Nicosia)

Participants; DG EAC DG SANCO, representatives of the EU countries (15 countries are the WG members), observer: EOC EU office and ENGSO (representatives: Romana Caput-Jogunica and Annuli Hamalainen)

EU Physical Activity guidelines – state of play

The list of the ENGSO members from the EU states that are the members of EC WG Sport & Health

- AT - Österreichische Bundes-Sportorganisation
- BE - Comité Olympique et Interfédéral Belge
- CY - Cyprus Sport Organisation (observer) *
- CZ - Czech Sport Association
- DE - Deutscher Olympischer Sportbund
- DK - National Olympic Committee and Sports Confederation of Denmark
- ES - Comité Olímpico Español *
- FI - Finnish Sports Federation
- FR - Comité National Olympique et Sportif Français
- HU - Hungarian Sports Confederation
- LU - Comité Olympique et Sportif Luxembourgeois
- NL - Nederlands Olympisch Comité Nederlandse Sport Federatie
- PL - Polish Olympic Committee
- PT - Confederação do Desporto de Portugal
- SI - Olympic Committee of Slovenia - Association of Sports Federations
- UK - Confederation of British Sport c/o The Central Council of Physical Recreation (CCPR)
- GR – no

According to the EC WG Sport and Health document “Implementation table” in 2010, only a few of ENGSO members are involved in the process of the EU Physical Activity guidelines implementation: Nederland, Finland, Cyprus, and Germany.

For the purpose to improve the cooperation between NGO and GO sports umbrella organisation we have decided to present the update list of the GO representatives in EU countries - WG members.

Table: The list of EU Working Group on Sport and Health members (according to the EC data)

<p>EU Working Group on Sport and Health MEMBERS</p>
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Member State	Organisations		First Name	Last Name	Email (to be updated if necessary)
European Commission	DG EAC	Mr	Michal	Krejza	michal.krejza@ec.europa.eu
	DG EAC	Ms	Susanne	Hollmann	susanne.hollmann@ec.europa.eu
	DG SANCO	Ms	Natacha	Grenier	natacha.grenier@ec.europa.eu
	DG SANCO	Mr	Jaroslav	Waligora	jaroslav.waligora@ec.europa.eu
Austria	Federal Chancellery, Sport Division	Mr	Harald	Treiber	harald.treiber@sport.gv.at
	Federal Chancellery, Sport Division	Dr	Gernot	Wainig	gernotwainig@gmx.at
	Federal Chancellery, Sport Division	Dr	Ilan	Fellmann	llan.fellmann@sport.gv.at
Belgium (NL)	Ministry of Culture, Youth, Sport and Media	Ms	Ivana	Petričević	ivana.petricevic@cism.vlaanderen.be
	Ministry of Culture, Youth, Sport and Media	Ms	An	Vermeersch	an.vermeersch@cism.vlaanderen.be
	Ministry of Culture, Youth, Sport and Media	Ms	Nancy	Barette	nancy.barette@cism.vlaanderen.be

Czech Republic	Charles Univerzity (Faculty of Physical Education and Sport, Department of Pedagogy, Psychology and Didactics of Physical Education and Sport)	Prof	Antonin	Rychtecky	rychtecky@ftvs.cuni.cz
Cyprus	Cyprus Sport Organisation	Mr	Vassos	Koutsiondas	vassosk@csso.org.cy
	Cyprus Sport Organisation	Ms	Ioanna	Paraskevopoulou	paraskevopoulou.j@sportskoa.org.cy
	Cyprus Sport Organisation	Mr	Paris	Avraamides	pavramides@sportskoa.org.cy
Denmark	Ministry of Culture	Mr	Sune	Friis Karup	skp@kum.dk
	Ministry of Culture	Mr	Morten	Bloch Eidner	mbe@kum.dk
Finland	Ministry of Education	Ms	Päivi	Aalto-Nevalainen	paivi.aalto-nevalainen@minedu.fi
	Ministry of Education	Ms	Minna	Polvinen	minna.polvinen@minedu.fi
France	Ministry of Education, Sports Department	Dr	Sondès	Elfeki Mhiri	Sondes.Elfekimhiri@jeunesse-sports.gouv.fr
Germany	Bundesministerium für Gesundheit Referat G 22 - Grundsatzfragen der Prävention - Eigenverantwortung, Selbsthilfe Umweltbezogener Gesundheitsschutz	Dr	Ute	Winkler	G22@bmg.bund.de Helga.Haas@bmg.bund.de
	Federal Ministry of the Interior EU and international sport affairs	Ms	Silke	Schäfer	Silke.Schaefer@bmi.bund.de
	Senatsverwaltung für Inneres und Sport Berlin	Mr	Herbert	Dierker	herbert.dierker@seninnsport.berlin.de
Greece	Ministry of Health & Social Solidarity Deputy Minister's Office, responsible for Sports-for-all and Nutrition	Mr	Dimitrios	Apokis	dya1967@gmail.com
	Ministry of Health & Social Solidarity Deputy Minister's Office, responsible for Sports-for-all and	Ms	Anna	Papageorgiou	dya1967@gmail.com

	Nutrition				
	Ministry of Health & Social Solidarity Deputy Minister's Office, responsible for Sports-for-all and Nutrition	Mr	Chryssafo	Sinni	dya1967@gmail.com
	Secretariat General of Sport, Ministry of Culture and Tourism	Mr	Vasilis	Ntakouris	vntakouris@gga.gov.gr ntakourisbas@ath.forthnet.gr
Hungary	Sport State Secretariat, Ministry of National Resources	Ms	Henriett	Vass	henriett.vass@otm.gov.hu
	Sport State Secretariat, Ministry of National Resources	Ms	Réka	Veress	reka.veress@nefmi.gov.hu
Luxembourg	Département ministériel des sports (DMS)	Mr	Hubert	Eschette	hubert.eschette@sp.etat.lu
Netherlands	Ministry of Health, Welfare and Sport	Mr	Maarten	Koornneef	m.koornneef@minvws.nl
	Nederlands Instituut voor Sporten Bewegen	Mr	Remco	Boer	remco.boer@nisb.nl
Poland	Ministry of Sport and Tourism Department of International Cooperation	Ms	Agata	Dziarnowska	agata.dziarnowska@msport.gov.pl
	Medical University from Łódź	Mr	Wojciech	Drygas	wdrygas@cindi.org.pl
	Ministry of Sport and Tourism Department of International Cooperation	Ms	Anna	Zdunek	anna.zdunek@msport.gov.pl
Portugal	Sports Institute of Portugal	Mr	Luis	Bettencourt Sardinha	lsardinha@idesporto.pt

	Instituto do Desporto do Portugal	Mr	Joao Miguel	Oliveira	joao.oliveira@idesporto.pt
Slovenia	Ministry of Education and Sport	Mr	Zoran	Verovnik	zoran.verovnik@gov.si
Spain	Consejo Superior de Deportes	Mr	Fernando	Gutiérrez	fernando.gortega@csd.mec.es
	Consejo Superior de Deportes	Ms	Nieves	Palacios	nieves.palacios@csd.mec.es
	Consejo Superior de Deportes	Mr	Enrique	Lizalde	enrique.lizalde@csd.gob.es
	Consejo Superior de Deportes	Mr	Jose Luis	Terreros	joseluis.terreros@csd.gob.es
United Kingdom	Department for Culture, Media and Sport	Mr	Henry	Burgess	henry.burgess@culture.gsi.gov.uk
	Department for Culture, Media and Sport	Mr	Hitesh	Patel	hitesh.patel@culture.gsi.gov.uk
	Permanent Representation	Ms	Fiona	Coughlan	Fiona.Coughlan@fco.gov.uk
	Sport England	Ms	Laura	Graham	laura.graham@sportengland.org

During the meeting in Cyprus, EC has presented and analyzed the following projects in HEPA field.

1. S2-PORT, Regional Ministry for Youth and Sport of Extremadura (Spain)
1.1.21010 – 31.03. 2011 contact person: Mr Salido Cabo,
jori.salido@juntaextremadura.net
2. Healthy Children in Sound Communities, Deutsche Sportjugend im Deutschen Olympischent Sportbund e.V. , contact person: Martin Schonwandt,
Schoenwandt@dsj.de
3. Euro Sport health, Diputacio de Barcelona, Ramon Boixadera,
boixaderavr@diba.cat
4. Becoming the Hub; The Health and Fitness Sector and the future of Health Enhancing Physical Activity, EFHA, contact: Cliff Collins, c.collins@ereps.eu

5. SANTE (Sport Action Network of Europe) ISCA, Anders Tharsgaard, at@isca-we.org
6. NET-SPORT-HEALTH – Promoting networking, exchange and greater synergy between sport and health enhancing physical activity sectors (WHO, Regional Office for Europe...) Contact: Francesca Racioppi fr@ecr.ero.who.int
7. SPORT CLUBS FOR HEALTH (SCforH), Finnish Sport for All Association, contact: Jorma Savola, jorma.savola@kunto.fi
8. YOU NEED EXERCISE, Laundeshauptstadt Stuttgart, Sportamt, contact: Lena Knorr Lena.Knorr@stuttgart.de website www.citiesforsport.eu
9. ATHLE – SANTE French Athletic Federation, contact Julien Mauriat, julien.mauriat@athle.org website www.europeenforme.org

1.3. **SPORT CLUB FOR HEALTH PROJECT – Concluding Seminar**
February, 6.-8, 2011, Vantaa, Finland

Participants: Member of the Parliament: Eero Akkan-Penttila, Ministry of culture and education; Harri Syvasalmi, European Commission; Susan Hollmann, Sport Unit, Representatives of the countries; Spain, Italy, Croatia, Estonia and Poland, Representatives of the European NGOs; ISCA, ESFAN, HEPA, EFCS and ENGSO (Heidi Pekkola and Romana Caput-Jogunica)

1. The ScfH guidelines will be modified and utilized with the purpose to put in the practice (publication – short introduction about the Project; for example; tool kit for sports clubs, etc.)
2. In this process it is important to prepare in a different and most appropriate way for the sports club on the one side, and on the other side for the authorities.
3. The health insurance companies should be involved (Germany model) in process of evaluation and implementation.
4. According to all proposals from the European organisation, the opportunities for the ScfH Project are the following;
 - 4.1. HEPA Conference, Amsterdam, October 11-.13, 2011
 - 4.2. TAFISA World Congress, Antalaya, November, 10-14, 2011.
 - 4.3. MOVE 2011
 - 4.4. ENGSO FORUM (October, 2011)
 - 4.5. EFCS „Active workshop“
 - 4.6. EU Platform (May, 2011)
 - 4.7. ScfH Conference in 2012.

2. FUTURE ACTION RELATED TO HEALTH ACTIVITIES

1. Stimulating cooperation between ENGSO members and ensuring their involvement in particular concerning mutual exchange the knowledge and best practices (new commitment on the EU Platform, EU Physical Activity guidelines – implementation on national level, to organise high level seminars or workshops during the ENGSO events, etc.)
2. Supporting the research (cross-disciplinary) and analysis of the relation between sport and health fields.
3. Monitoring and evaluating the existing documents in order to improve future actions, according to the ENGSO members' interest.
4. Support the actions involving a strong link between the sport and health sector for the purpose to motivate physically inactive people.
5. Encourage, in collaboration with all relevant stakeholders to make efficient use of the funds for health programmes in sport sector available in the EU.