

Proposal for EX-COM in Paris, March 2006

DRAFT

ENGSO contribution to the EU–green paper on nutrition, physical activity and health

The EU-commissioner Kyprianou have stated, when he launched the EU-Platform on nutrition, physical activity and health: “I am particularly alarmed at the continued rise of overweight and obesity among school children” and “Business, civil society and government must work together to stem the rise of obesity among our children”.

ENGSO - **E**uropean **N**on **G**overnmental **S**ports **O**rganisation – is constituted by the national umbrella organisations of sport in Europe, which means the existing national sport confederations, Olympic committees or a merger of these two.

We would on behalf of our organisation give the following contribution stressing that we represent the sport of Europe in the broadest sense – from children and youth sport over competitive and recreational sports for adult people to sport for disabled.

Many of our members, the national umbrella organisations of sport and their local sports clubs as well as so called “Sport for all”-organisations active on national and European level are since many years offering regular physical activities of different intensities and strengths as well as organising special campaigns for young and elderly people at large.

From ENGSO we strongly recommended the EU-commission and its Directorate for Consumer Protection and Health to actively try to involve the European Sports Movement – particularly the National Umbrella Organisations of Sport and their member organisations as well as the Sport for all- organisations in the fight against obesity and for better health!

We do this having so strong evidence from researches available concerning the positive affect as well as the need of physical activity as a counter balance to inactivity and sedentary lifestyle. Some researchers claim that if we don't act strongly against the increase of obesity and overweight there is a risk that the children of to-day will be the first generation in modern time that have an expected life-time which is shorter than that one of their parents.

We, ENGSO members, are convinced that the existing national sport organisations and their local clubs, most of them built on voluntary leaders, who are well educated for their responsibilities, must be seen as a resource in the Health promotion work all over Europe.

At the same time we want to underline the importance to improve the health education and practical physical activities in the compulsory school system, where “physical education” is given less and less time to disposal.

ENGSO and its member organisations look forward to a constructive and future directed co-operation in favour of increased physical activity among the inhabitants of the European continent.

A healthier Europe should be our common goal!

For ENGSO

Bengt Sevelius
President

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