

REPORT ABOUT THE ENGSO WORKSHOP - HEALTH

Tallinn (Nordic Forum hotel), Friday, 20th May, 2011

Time: 16.30-17.15 pm

Workshop moderator: prof. dr. sc. Romana Caput-Jogunica (ENGSO ExCom member)

Invited speaker: prof. dr. Roland Naul (Germany)

Workshop participants: Eva Szanto (Hungarian Sports Confederation), Luis Kilcoyne (Olympic Committee of Ireland), Jan Holze ENGSO Youth Chair, **ENGSO Youth:** Rebekka Kemmler-Muller (Secretary general ENGSO Youth), Agnez Kainz (policy officer), Corina Korner, Harald Springfeld (Austria), Dragana Majcen (Croatia), Merete Spangsberg Nielsen (Denmark), Stephan Sternberg, Inken Hihnagen, Paul Wedeleit (German Sports Youth), Liis Kaibald (Estonia), Kristiina Kangas, Heidi Tamminen, Saara Naumanen, Miikka Neuvonen (Young Finland Association), Maiianne Isaksen (Greenland), Aiga Dombrovska, Liga Avena (Latvia), Ozge Yuzer, Cigdem Ozkaya (Turkey), Agnieszka Krukowska (Poland), Andrej Pavlovic and Biljana Danicic, and dr. Paolo Adamy (Italy).

In the frame of the EU ENGSO Seminar, during the Friday afternoon, one of the parallel sessions was the workshop about the health. Invited guest was **prof. dr. Roland Naul** University professor for sport science and sport pedagogy at the University of Duisburg-Essen, Germany, Director of the Willibald Gebhardt Research Institute, Essen, Germany. He presented the main results of the Project „Healthy Children in Sound Community“ (www.hcsc.eu). The project started in January 2010 in six European countries (UK, Italy, Poland, Czech Republic, Nederland and Germany) and is supported by the European Union in the program Preparatory Actions in the field of Sport 2010-2011. One of the partners on the Project was ENGSO Youth (www.youth-sport.net).

Discussion:

Workshop participants have raised the questions to professor related to the measuring methods and results. According to discussion the participants have identified the huge problem and many of them have expressed the interest for the cooperation, especially in realization the idea to find the way how to extend the Project to other local environments in Europe. Actual situation related to obesity and physical inactivity in children and young people have shown a growing trend towards increasing sedentary style coupled with the inadequate diet.

Due to timetable and preparation for the ENGSO Youth GA, the workshop was finished in 17.15.