

## HEALTH and SPORT – ENGSO EU seminar, 5 May 2006

<b>Austria</b>	Following the studies “Sport 2000” and “Sport&Health – a socio-economic analysis” a new study was launched in 2004 with the theme “activation of people”. This study was presented in 2005 and could bring fundamental knowledge about obstacles for sport participation. Now the practical follow-up is of utmost importance!
<b>Belgium</b>	The Olympic Health Foundation enables it to spread the message to the wider public – the young, the physical educators and the medical profession in particular – of the inestimable value of sports as a catalyst for health for all. It thus meets the educational ideal through awareness-raising campaigns: Sports at School, the Olympic breakfast, ... publications and conferences.
<b>Bulgaria</b>	BUPCS produces the only magazine for sport and science in the country – “Sport and science”. The union has reclaimed his rights of ownership of some terrain for new building. Initially the idea was a specialized health institution to be build.  Health through sport is one of the main goals of BUPCS – quite a wide range topic related to the access to sport facilities, resources, motivation, media representation and devotion and systematic integration and incorporation with the interests of the community, private sport clubs, shools, universities, state etc.
<b>Croatia</b>	
<b>Czech Republic</b>	In the field of health care, new legislative norms, linked to the Health Care Act, are being prepared. The activity of the Center of Health Care for National Team may be regarded as significant and is, above all, a coordinating centre of health care for the country’s best athletes, inclusive talented youth. The continuing cooperation with the Czech Society of Sports Medicine [www.cstl.cz] has been very beneficial for the CSA and for National Federations, as well.
<b>Estonia</b>	Estonian Olympic Committee has ordered several sociological researches about sports clubs, people’s sports activities and voluntary sports leaders;  The sector of sports medicine is mainly covered by Sports Medicine Centre founded by Estonian Olympic Committee and financed by state budget.
<b>Finland</b>	Eurobarometer: Finns the most active in doing sports  The study done by the European Commission, <i>The Citizens of the European Union and Sport</i> , shows that Finns are the most active in Europe to do sport. 75 per cent of the Finnish population is doing sport at least once a week and 45 per cent is doing sport three times per week.  Only 30 per cent of Finns is exercising enough  Although Finns exercise a lot, only 30 per cent is exercising enough for their physical well being. The exercise is too light or the duration is too short.  In the research done by YLE and Finnish Sport Federation 97 per cent of the respondents said that they had done exercise during the pervious week. The most popular sports were walking and cycling. Popular sports were also gym exercise, running, ball games, gymnastics and dance.  Although the majority of Finns is not exercising enough for their physical well being, 68 per cent estimated that they are exercising enough for their mental and social well being.  A large sport and exercise research 2005-2006 started  The large sport and exercise research is done every four years. New information about Finns behaviour in sports will be received at the summer of 2006.  The main aim of the research is to get up to date information about the population’s behaviour is sports and participation in voluntary work. The research has been previously done in 1994, 1997-1998 and 2001-02 by the Finnish Sports Federation with its’ co-operation partners and the Finnish Gallup.
<b>Germany</b>	§ Sport pro health  The quality mark SPORT PRO GESUNDHEIT (sports pro health), developed in cooperation with the German Medical Association, is well established, meanwhile. This regards the certification and documentation of qualified programmes in the field of sport and health, which are organised by sports clubs.

	<p>With its campaign "Richtig Fit", DSB offers various services and information on the internet homepage <a href="http://www.richtigfit.de">www.richtigfit.de</a> in the field of health and fitness.</p> <p>§ Deutsches Sportabzeichen (German Sports Badge)</p>
<b>Hungary</b>	<p>It was held an international Sports Doctor Congress in Budapest. The theme was "In competition with the World".</p> <p>Sports hygienic open days were held in six country of Hungary, the theme was "The role of the sport to keep your health".</p>
<b>Latvia</b>	<p>On November 11-12, 2005 with financial assistance of ENGSO IV International Baltic Sports Medicine Congress took place in Riga. In this congress more than 250 sports medicine specialists from mainly Latvia, Estonia and Lithuania took part. Main subjects of the congress were sports injuries and newest rehabilitation and treatment techniques, sports physiology, sports in school and healthy life style promotion in society.</p>
<b>Lithuania</b>	
<b>Luxembourg</b>	<p>Under the patronage of the Sports Medical Commission of the I.O.C. the Medical and Scientific Commission of C.O.S.L. organised an international three-days seminar in October 2004 (Sportmedica 2004). Subject: "La pratique sportive chez l'enfant"</p>
<b>Netherlands</b>	<p>Even though more people are watching calories in their food and drink, overweight is becoming an increasingly bigger problem in Dutch society and healthcare. The main reason: Dutch people do not do enough exercise. Sporting activities are an excellent remedy. This is why NOC*NSF and sports federations signed the <i>Covenant on Overweight and Obesity</i> in January 2005. The national government, the business community, the catering industry and health insurers are partners to this covenant. To encourage people to take part in sport on a more regular basis, NOC*NSF has drawn up a Ten Point plan together with its sports federations with proposal for concrete actions.</p>
<b>Poland</b>	
<b>Slovakia</b>	
<b>Slovenia</b>	Healthy Life with Sport
<b>Spain</b>	
<b>Sweden</b>	<p>The Swedish Centre for Sports Research (CIF), whose primary task is to initiate, support and spread information about sports research, plays an important role in this field. The CIF's budget for the year 2004 amounted to €2,2 million. Of this sum, €1,4 million came from the SSC and some €774 000 from the Ministry of Education, Research and Culture. These resources have primarily been used in support of sport-related research projects and services. In the course of the year, €1,9 million were granted to 95 different projects and 27 fulltime doctoral students. Grants were also made to five organizations concerned with sports science. Among the publications produced by the Centre for Sports Research are the periodical <i>Swedish sports research</i> which appears four times a year. Two numbers have been devoted to sport for the disabled with articles based on the conference that the Centre arranged jointly with the SSC for the Disabled on the theme of "Sport-rehabilitation – public health – life-style".</p>
<b>Turkey</b>	<p>The NOC of Turkey's Health and Anti-doping Commission, cooperating with Universities, has been distributing the information on sport science and health to athletes and coaches and officials. The Sport Science Centers are located at the Universities in Turkey.</p>