



BEST PRACTICE EXAMPLES TO PROMOTE PHYSICAL ACTIVITY

ENGSO Forum

24-25 October 2008, Stockholm

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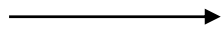


With the support of the European Union:
Support for organisations active at European
level in the field of active European citizenship



Background

- EU White Paper on Sport / Action plan Pierre de Coubertin
- EU working group „sport and health“
- EU Health funding programme
- ENGSO work programme 2008 / EU operating grant
- ENGSO member of the EU platform on Diet, Physical Activity and Health



A lot of programmes/initiatives but no real database/centralised information on sport and health projects



Questionnaire on best practices in the field of sport and health



Proposal for a questionnaire on best practices in the field of sport and health

In order to prepare the forum and the different working sessions on the sport and health issue, we would need to gather information on the ENGSO members' best practices in this field.

The aim is to describe one (or more) health enhancing action that takes place (or has taken place) in your country.

We would then present the best practices during the forum and use them as material for the drafting of the ENGSO health guidelines, which will also serve as recommendations to the EU.

Could you be so kind to full-fill this questionnaire and send it back to Sophie Christ (christ@eu-sports-office.org) before ... ?

We thank you in advance for your cooperation!

1. Project/programme title
2. Project leader
3. Duration
4. Content
 - a. Short description of the project
 - b. Objectives
 - c. Target group
5. Partners
6. Financing
7. Contact person / Internet Site of the project





Questionnaire on best practices in the field of sport and health

- Sent to ENGSO members in August
- Content:
 - Project/programme title
 - Project leader
 - Duration
 - Content (Short description of the project ; Objectives; Target group)
 - Partners
 - Financing
 - Contact person / Internet Site of the project
- Answers: 8 countries
13 national projects/programs



Contents of the projects : key words

Contents / Objectives:

-> education and training, public health guidance and guidelines, health courses/programmes for sport clubs, develop educational tools on health prevention

-> prescription for physical activity, prevention of diseases, get more people walking, encourage people to be more active, increase the number of young people who practise physical activity (mass youth sport event).

Target groups:

-> children, youngsters, adults, seniors, top level athletes, mental health patients, poor people, sedentary people,


-> sport clubs (education tools), educators, doctors, coaches, ...

Financing : sport organisations, public authorities, national institutes for public health, charities, lotteries, private sponsors, European funding programmes.

Contents of the projects : one example – The French pack „sport for health“

The prevention guide
Become used to referring to this guide !

Click on the top or bottom corner of the pages.



To get more information about how to use the guide, do not hesitate to click on the top right button

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Contents of the projects : one example – The French pack „sport for health“

- Content : information and communication document containing educational tools on health prevention
- Target groups:
 - Users : sport coaches, educators, doctors, teachers, school nurses,
 - Final target : young athletes (children and adolescents)
- Financing : sports movement, public authorities
- Available in English and Spanish!
- Frequently updated
- Website : www.franceolympique.com

Contents of the projects : one example – The French pack „sport for health“

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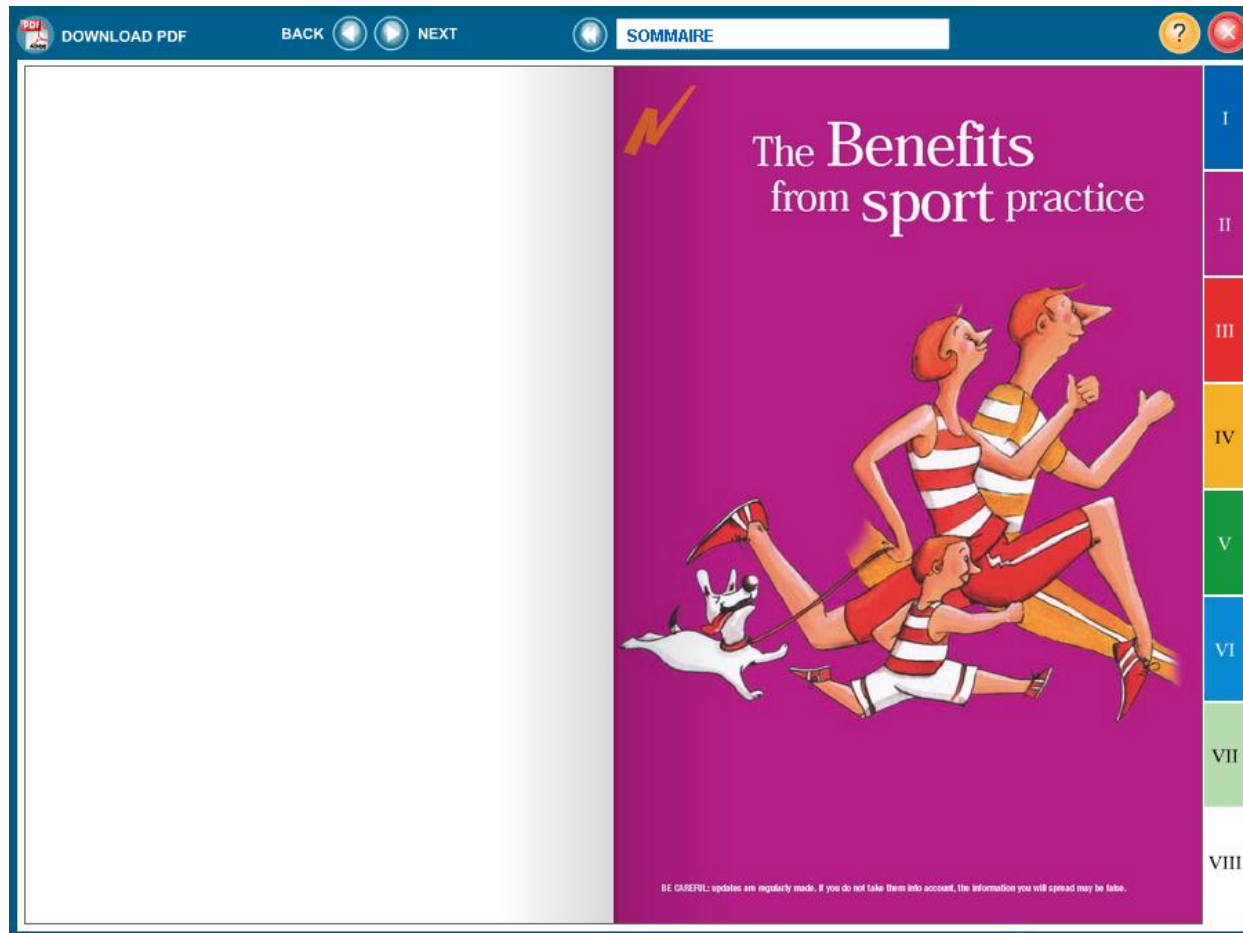
Sport
in Society

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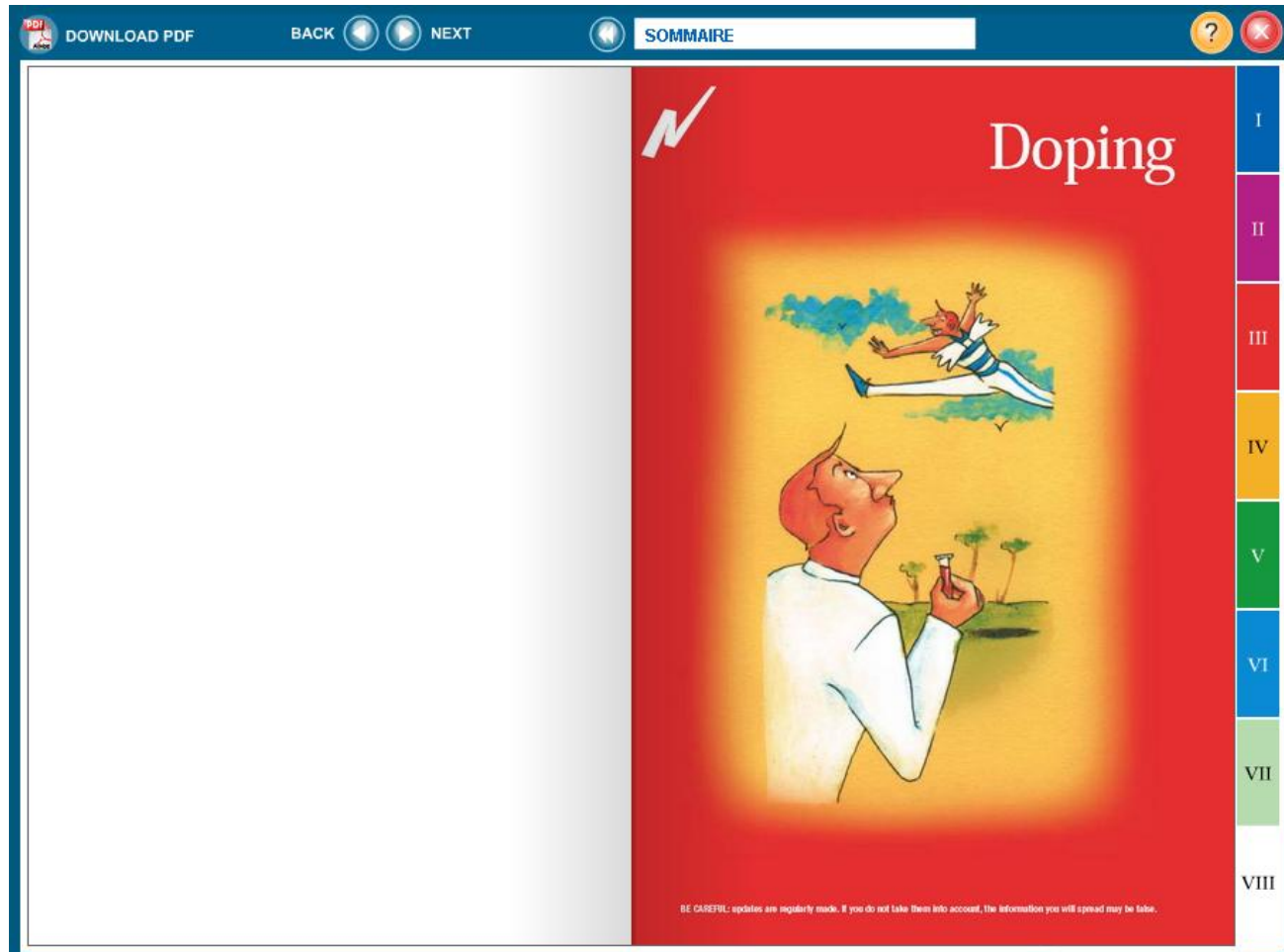
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Contents of the projects : one example – The French pack „sport for health“



Contents of the projects : one example – The French pack „sport for health“



Contents of the projects : one example – The French pack „sport for health“

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Doping

> **Current situation**

WADA 2005 out-of-competition controls

The WADA carried out 2114 out-of-competition controls among sportpeople from 119 nationalities and in 70 countries. These out-of-competition controls concerned 26 national Olympic federations of winter sports and 7 national Olympic federations of winter sports.

Precise and updated information about athletes' location is crucial for an effective programme of out-of-competition controls. Better information about athletes' location provided by the FI in 2005 enabled the WADA to control sportpeople out-of-competition and on the training sites.

2006 - OUT-OF-COMPETITION CONTROLS: SUMMER OLYMPIC AND PARALYMPIC FEDERATIONS (URINE SAMPLES)

Source: WADA - 2006 Annual report

2006 - OUT-OF-COMPETITION CONTROLS: ANALYSIS (TRANSFERRIN/ENDOGLYCOSAMINOGLYCAN) (T/EG)

2006 - OUT-OF-COMPETITION CONTROLS: RECOGNIZED INTERNATIONAL FEDERATIONS (URINE SAMPLES)

2006 - OUT-OF-COMPETITION CONTROLS: OLYMPIC FEDERATIONS (URINE SAMPLES)

SUMMER FEDERATIONS

ABA	International Amateur Boxing Association
FEI	International Federation for Equestrian Sports
FIBA	International Basketball Federation
FIG	Fédération Internationale d'Échec
FIFA	Fédération Internationale de Football Association
FIG	Fédération Internationale de Gymnastique
FIN	International Hockey Federation
FILA	International Federation of Associated Wrestling Styles
FIBA	Fédération Internationale de Basketball
FISA	Fédération Internationale des Sociétés d'Aviron
ITA	International Archery Federation
IFBB	Fédération Internationale de Bodybuilding
IAAF	International Association of Athletics Federations
IBAF	International Baseball Federation
ISF	International Badminton Federation
ICF	International Canoe Federation
IF	International Handball Federation
IJF	International Judo Federation
ISAF	International Sailing Federation
ISF	International Softball Federation
ISSF	International Shooting Sport Federation
ITF	International Tennis Federation

WINTER FEDERATIONS

ITF	International Table Tennis Federation
ITU	International Triathlon Union
IBF	International Biathlon Federation
UCI	International Cycling Union
UISP	Union Internationale de Pentathlon Moderne
WTF	World Taekwondo Federation

WINTER FEDERATIONS

FIIBT	International Biathlon and Skeleton Federation
FIGL	International Luge Federation
FIGS	International Ski Federation
IBU	International Biathlon Union
ISU	International Ice Hockey Federation
ISF	International Skating Union
WCF	World Curling Federation

RECOGNIZED FEDERATIONS

IDSF	International Dance Sport Federation
ISF	International Football Federation
ILS	International Life Saving Federation
ISF	International Shooting Federation
IRB	International Rugby Board
WKF	World Karate Federation

Vulnerability factors

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Chap 3 - B&B 00007-A

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Contents of the projects : one example – The French pack „sport for health“

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Diet and health

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Contents of the projects : one example – The French pack „sport for health“

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The key sheets

These sheets only include the plan of the various chapters. They are a pedagogical tool by themselves.

The moderator can use these sheets, which are written horizontally, by transforming the pack in a tripod.



[go to the key sheets](#)

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Follow-up

- Drafting a catalogue and recommendations to the EU :
 - Catalogue : ENGSO members answers + desk research
 - Recommendations : please participate in the workshops!

- Database to be updated!

Therefore, we still need information from:

Bulgaria, Cyprus, Czech Republic, Denmark, Estonia, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Spain,



Thank you for your cooperation!

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