



European Union PA Focal Points “Marketplace”

Improve alignment between HEPA research, policy, and practice



Kremlin Wickramasinghe

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Austria

 Federal Ministry
Republic of Austria
Arts, Culture,
Civil Service and Sport

bmkoes.gv.at

Daily Physical Activity in Kindergartens and Schools in Austria



Copyright: BMKÖS/HBF/Tripodolt

- Pilot Project 2022-2024



- Research Question:
“How can programs effectively be implemented nationally in a federal state with different legislative competences and a multitude of players?”



Belgium (Flanders)

Belgium (Flanders) - Unaffiliated athlete/sportsperson



- Largest group of people practising sports / PA
- Diverse profiles, unstable behaviour
 - Few data available (participation, behaviour, needs)
 - **Large group with start/stop behaviour**
 - Group where health gains can be made
- How can we engage, support... them into a more stable/qualitative sports / PA practice?
- How do we measure sports / PA participation (besides survey-research)?

Sports policy context: [EU Council conclusions on the contribution of self-organised sport to supporting active and healthy lifestyles in the EU](#)
Contact Sport Vlaanderen, Belgium: kics@sport.vlaanderen



SPORT.
VLAANDEREN

Results EU Expert Meeting Join the LinkedIn Network



Belgium
(Wallonia)

D'ici les Jeux 2024, relevez votre #ParisGagnant avec l'ADEPS!



PARCOURS LA DISTANCE D'UN MARATHON
Parcourez la distance d'un marathon (42,195 km) à travers différents sports : à pied, à vélo, en course, en natation, ou autres disciplines. Parcourez la distance de 42,195 km plusieurs fois.

MONTE LES 1665 MARCHES DE LA TOUR EIFFEL
Fini les escalators et les ascenseurs.
Prends les escaliers tant pour monter que descendre ! Cela renforce les jambes, améliore la santé cardiovasculaire et brûle des calories.

LA PLANCHE !
Pour découvrir la planche.
C'est un excellent exercice pour la sangle abdominale et l'équilibre. Le but ici est de tenir la planche et de muscler son ventre.

www.parisgagnant.be



Bulgaria



Contact:
Lorentso Karo, Head of "International
Cooperation" Department, "European
Programmes, Projects and International
Cooperation" Directorate, Ministry of Youth
and Sports

E-mail: Lorentso.Karo@mpes.government.bg

BULGARIA - PROGRAMMES FOR PROMOTION OF PHYSICAL ACTIVITY MINISTRY OF YOUTH AND SPORTS HEPA FOCAL POINT

- "Sports Class" Programme - Free of charge physical exercise, games, sports and sports activities under the guidance of qualified sports specialists at educational institutions;
- "Sport - a way of life" Programme - Financial support for the organisation and holding of mass sports competitions;
- Good practice - within the #BeActive Tour, part of the European Week of Sport, initiative of the European Commission, outdoor trainings and demonstrations as well as friendly matches in various sports are being organized which engage local community members (schools and sport clubs) in physical activity.



Croatia



CROATIA



COSI - Physical activity validation study

- 8 elementary schools
- 2 from 4 regions
- 225 students (8.0 – 8.9 years)
- school year 2023/2024
- accelerometry + questionnaire

Research questions:

- monitoring
- evaluation



Single Dock



ActiGraph Link



Link Wrist Band





Cyprus



MINISTRY OF EDUCATION
SPORT AND YOUTH

CYFIT ARISTOTELIS NATIONAL PROJECT

Timeline



- ☐ National fitness assessment project for school children and adolescences 12-17 years old for first time ever
- ☐ 8 fitness tests based in Eurofit test battery
- ☐ 3 anthropometric measurements
- ☐ 2 student questionnaires IPAQ & KIDMED
- ☐ Compulsory for all schools/students (from school year 2024-2025), once a year, by PE teachers in PE settings, standardized test equipment, raw data uploaded to CYFIT online platform
- ☐ Frederick University data processing, scientific analysis, national reports etc.

More info: apoiriazi@schools.ac.cy; loucaides45@hotmail.com; e.papacosta@frederick.ac.cy;



Czech Republic





Denmark



Monitoring of PA recommendation and activities in municipalities

Danish Health Authority are developing recommendations on physical activities targetet the municipalities. The recommendation have focus on selected domains and also what kind of activities they have to fokus on to make citizens more physically active.

The selected domains, can be e.g:

- Schools
- Day care
- Employment and education
- Plants and facilities for PA

Question:

How is it possible for the municipalities to monitor the outcome of the activities on a local level when it is given that:

- 1) There is no national funding to the design or organization of the datsacollection.

Contact: tuk@sst.dk





Estonia

ESTONIA



Tegevuskava

[Liikumisaktiivsuse hetkesaals Eestis](#)[Vaade tulevikku](#)[Sihtrühmad](#)[Tegevuskava](#)[Tegevused](#)



Loome aktiivset ühiskonda



Loome aktiivset keskkonda



Loome aktiivset inimest



Loome aktiivseid süsteeme

- **National cross-sectoral physical activity action plan**
 - *What have been the facilitators/barriers to implementation?*
 - *What sectors/how many actors should be involved in further development?*
- <https://liigume.ee/tegevuskava/>

• Contact: norman.poder@kul.ee / (+372) 53339934



Finland

Finland: Get Finland Moving programme

- The Government Programme 2023–2027: aim is to increase physical activity in every age group. A cross-administrative Get Finland Moving programme was drawn up to promote physically active lifestyles and functional capacity.
- Includes 16 actions which are targeted at the branches of different ministries.
- Working group consisting of ministers steers the programme. The Coordination body for sport policy consisting of public officials and experts works in the preparation and implementation of the programme.
- An annual appropriation of EUR 20 million is allocated for the implementation (2024–2027).
- Questions for researchers:
 - What is the (cost-)effectiveness of different measures to promote physical activity?
 - What is the (short/long-term) cost-effectiveness of physical activity counselling?
 - What kinds of taxation measures could promote physically active lifestyles?

More information: [Getfinlandmoving.fi](https://getfinlandmoving.fi)

Päivi Aalto-Nevalainen, Dr, Senior Ministerial Adviser, Sports Division, Ministry of Education and Culture, paivi.aalto-nevalainen@gov.fi

Minttu Korsberg, Secretary General, Get Finland Moving programme, [@gov.fi](https://twitter.com/gov_fi)



MINISTRY OF
EDUCATION AND CULTURE
FINLAND

**Get Finland Moving
programme**



Germany

Round Table on Physical Activity and Health



Objective	Improving HEPA Indicator 4: National government coordinating mechanism and leadership to promote HEPA
Participants	<ul style="list-style-type: none">9 different federal ministriesRepresentatives from local, regional and national levelsOrganised sport, NGOs and academia
Procedures	<ul style="list-style-type: none">HiAP Dialogue on HEPA hosted by the Federal Ministry of HealthGuided by a steering group from the Ministry of Health and national health authorities6 plenary sessions chaired by State Secretary Dittmar5 additional workshops on different target groups and settingsConsensus paper published in 2024
Next steps	<ul style="list-style-type: none">Implementation of measures based on voluntary commitmentsMonitoring the implementation of committed measuresPlenary follow-up session in 03/2025

Potential research questions:

Q1: What measures are appropriate to promote and monitor the implementation of voluntary commitments and their impact?

Q2: Has a higher level of coordination and leadership been achieved in the promotion of HEPA? How can this be visualised and measured?

Q3: What are the simplest but most effective measures to continue and strengthen the HiAP dialogue in the future?



more info

Get in touch:
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Greece

GREECE



I love Sports – “Kids’ Athletics”

Policy: Promote Physical Activity in Schools

Best Practice: I love Sports – “Kids Athletics”

Collaboration: Hellenic Olympic Academy, Hellenic Olympic Committee, Ministry of Education Religious Affairs and Sport, Ministry of National Defense, Hellenic Athletics Federation

Where: Panathenaic Stadium

Who: All Greek Primary Schools

Scope: Promote Physical Activity, Learn about the history of Stadium and the values of Olympism

Description of the Programme: Pupils have the opportunity to get to know about the sports of track and field, basketball and volleyball by Physical Education Teachers and Olympians and at the same time to learn about the history of Panathenaic Stadium.

When: Every Day: 3 times a week field and track and 2 times a week basketball and volleyball



Question: How could we measure and evaluate the impact of these kind of good practices on whether they are actually delivering on their purpose, which is to get more children involved in sports for leisure in long term?

eaxioti@gga.gov.gr



Hungary



HUNGARY

More info:

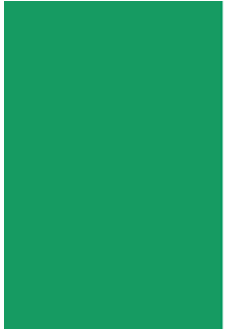
Concept of the Hungarian Active Lifestyle Strategy

Mission	Improve the percentage of the Active Hungarians with 15% by 2033					
Global goals	Active living	Active leisure time	Creating active sytems			
Sectoral goals	Active children, schools	Active work places	Active aging	Active special populations	Preventive Health Sector	Active settlements
	Accessible Nature	Active tourism	HEPA promotion, Communication campaigns			
Horisontal goals	Active, preventive lifestyle on personal, community and system levels					
	Policy making, creating sytems	Knowledge base and database	Stable financial background	Quality management and monitoring	Research and Innovation	
	Supporting sectoral cooperations, system thinking			Following international quidelines		

Q1: What could be the most simple but effective monitoring and evaluation framework of the strategy? Which indicators are needed?

Q2: How can such a broad strategy be effective?

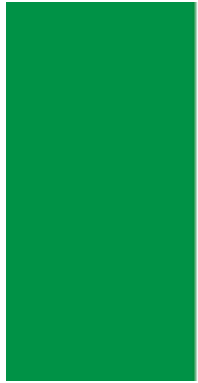
Contact:
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reka.veress@ndhsz.hu



Ireland

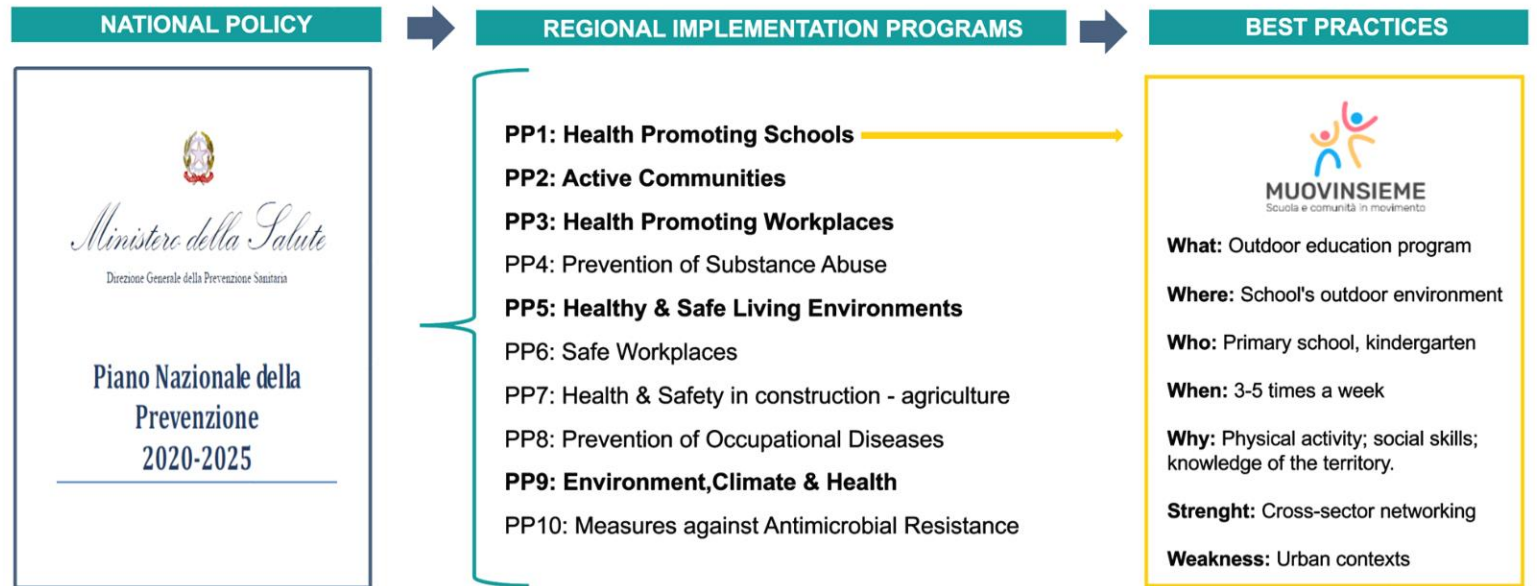


- Identified as a need in first National Physical Activity Plan
 - National Physical Activity Framework 2024-2040
 - Development of an overarching framework
- Cross-sectoral collaboration on messaging, campaigns
 - To be chaired by Department of Health



Italy

The promotion of health-enhancing physical activity in ITALY

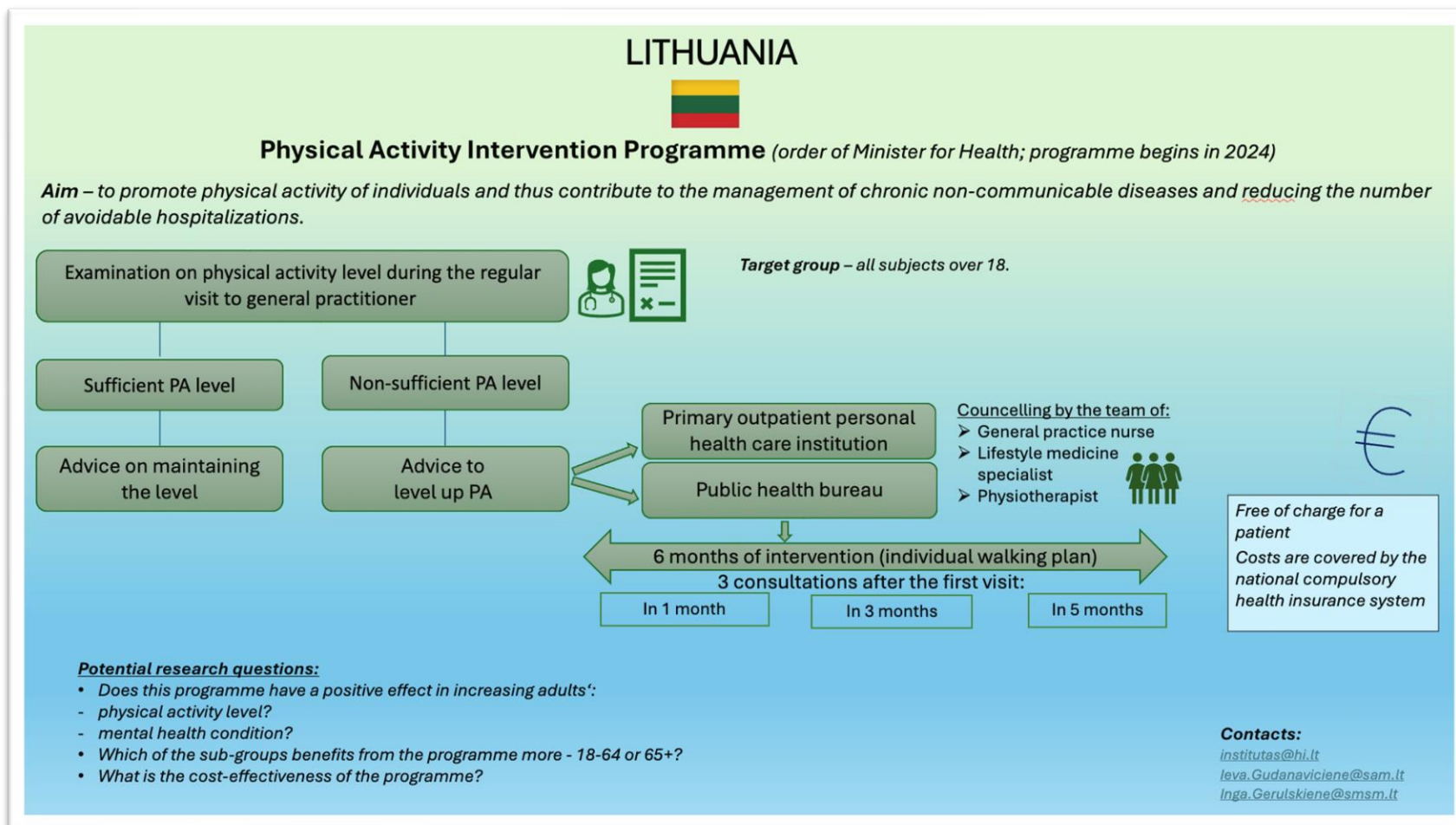


Research Question: To what extent do School Best Practices influence children's physical activity behavior/motivation?





Lithuania





Luxembourg



Luxembourg

☐ **Planned policy**

- Defining a national framework for increasing health-enhancing physical activity at all levels (« action plan »)

☐ **Questions to you**

- What have been the facilitators/barriers you met for the implementation of such strategy ?
- Which policy makers were involved at your country level?

☐ **Contact**

- christophe.meyer@inaps.etat.lu



Malta



A week full of activities to serve as a catalyst to incorporate physical activity within different settings of life.



Let's Move Malta



Target groups:

- 3 groups at risk of marginalization
- 2 settings where people spend most of their time

- How does workplace participation in the “Let’s Move Malta” initiative influence employee productivity, job satisfaction, and workplace culture?
- What are the effects of integrating the “Let’s Move Malta” initiative into school curriculums on students’ academic performance and overall well-being?
- How does regular physical activity through the “Let’s Move Malta” initiative affect the quality of life and social interaction among elderly residents in care homes?
- What role does physical activity play in the rehabilitation and recovery process for substance abusers involved in the “Let’s Move Malta” initiative?
- How does participation in the “Let’s Move Malta” initiative impact the physical and mental health of people with disabilities?



Netherlands

Dutch HEPA Action Plan 'Netherlands on the move'



Long-term goal

75% adherence to the Dutch PA Guidelines

Aim

To create the proper conditions to stimulate PA throughout the day in a healthy living environment for the whole population with special attention to groups that tend to be less active.

Strategic objectives 2022-2025

Area of action		Activities
1.	To increase attention and awareness for the importance of PA and active environments (national level)	1. PA in all policies 2. Public campaign 3. PA conference 4. Knowledge transfer science, policy and practice
2.	To create more societal initiative for PA through the 'PA alliance'	1. Encouraging organizations to take action 2. Grant program (ZonMw) to strengthening of (promising) societal initiatives
3.	To increase the use of a regional/local (integral) PA approach	1. Supporting municipalities 2. Learning what works (best practices) among frontrunner municipalities

What is the impact of the activities and how does this impact contribute to getting more people more active?





Poland



 POLAND

A PROGRAMME DEDICATED TO PUBLIC SCHOOL GOVERNING BODIES AND LOCAL AUTHORITIES

 **ACTIVE SCHOOL**

A programme designed to achieve the strategic objective in the area of physical culture - Active and healthy society

Free classes conducted by qualified staff

The largest programme in the history of the Ministry of Sport and Tourism designed for children, young people and adults!

 Ministry of Sport and Tourism

kontakt@aktywnaszkola.pl ds@msit.gov.pl



The poster features a blue background with a large white 'AS' logo. Three children are shown in action: one jumping, one sitting on the 'A', and one holding a basketball. The text is in white and orange, providing information about the program's goals, staff, and contact details.



Portugal

PORTUGAL (PT)

SUAVA - Universal Active Life Support System (2021-2026)



AIM - Promote physical and emotional well-being in Portugal by increasing the levels of physical activity practice and contributing to better disease prevention and management of the burden of non-communicable diseases.

Objectives/measures

- A **national communication campaign and a technological platform** to promote physical activity, increasing citizens' knowledge about the benefits of regular physical activity at all ages and encouraging the adoption of healthier lifestyles. *(on preparation, foreseen for 2025)*
- An **extending of school sports to the community** by promoting active mobility from younger ages and throughout life, and sports in the family context, to promote student success and healthier lifestyles. *(on-going, in partnership with the Directorate-General for Education, around 20.830 bicycles and helmets are available in 863 public primary schools and 200 upper secondary schools to support the 'School Sports on Community' and 'School Sports on Wheels' projects)*
- **Encouraging the practice of physical activity in the workplace** promoting the implementation of measures and programmes. *(on preparation, foreseen for 2025)*

Programme funded by the Recovery and Resilience Plan: 10 million €



Potential research questions

What are/have been the facilitators/ barriers to implementation?

What are the local contextual factors?

suava@ipdj.pt



Romania



Institutul Național pentru Sănătatea
Mamei și Copilului
„Alexandru-Rusescu” București



Helsedirektoratet



World Health Organization
Iceland
Liechtenstein
Norway grants



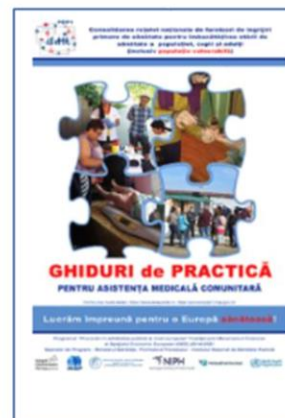
ROMANIA

Project - Strengthening the national network of primary health care providers to improve the health status of the population, children and adults (including vulnerable population)

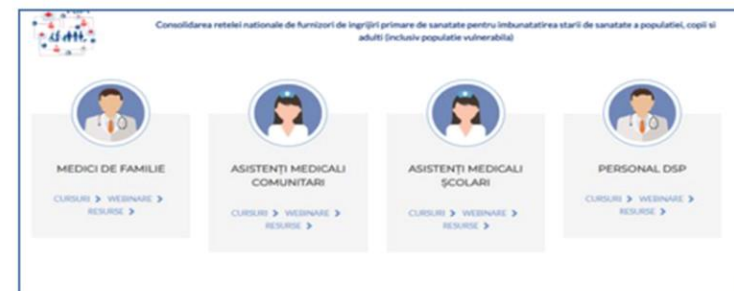
Prevention guidelines for the
Family Doctor
Preventive interventions aimed at
a healthy lifestyle – Food &
Physical Activity



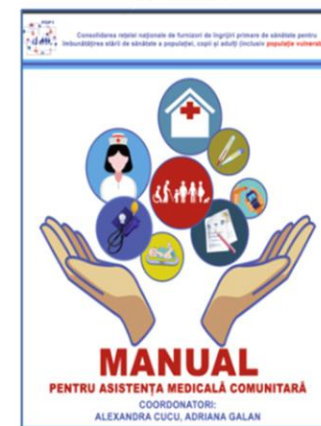
Prevention guidelines for
community medical
assistance



PROJECT E-LEARNING PLATFORM
SUPPORT COURSES for family doctors, community nurses, school nurses and staff
from local public health authorities

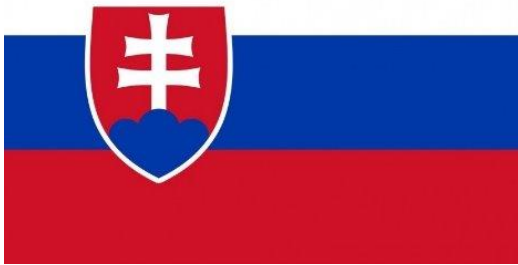


Manual for community medical
assistance



Manual for school medical
assistance





Slovakia

Slovakia



National action plan for the promotion of physical activity for the years 2024-2030

-was adopted in June 2024 by the government of the Slovak Republic

The main purpose of the new National Action Plan for the promotion of physical activity for the years 2024-2030 is:

- improving the level of public health through the support of physical activity across sectors,
- increasing the level of physical activity beneficial to health for all residents of the Slovak Republic,
- participation in the prevention of chronic non-communicable diseases

The goals of the National Action Plan will be met through new tasks.

The national action plan for the promotion of physical activity for the years 2024 - 2030 emphasizes the multi-sectoral nature of the solution to the support of physical activity and at the same time it is based on the possibilities and competences at the level of individual departments of ministries and other organizations



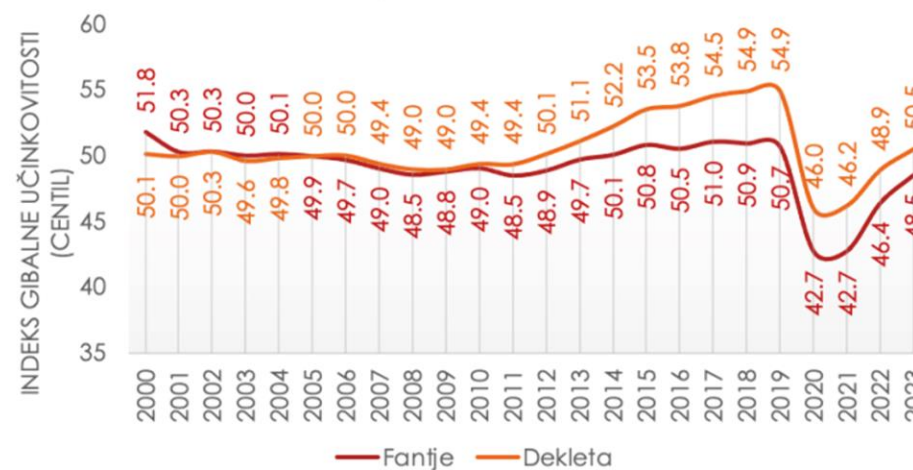
Slovenia

Slovenia



zMiGAJ!
[MOVE ON!]

Physical fitness index of 6- to 18-yr olds
in period 2000-2023



Sofinancira
Evropska unija



REPUBLIKA SLOVENIJA
MINISTRSTVO ZA VZGOJO IN IZOBRAŽEVANJE



ZAVOD ZA
ŠPORT RS
PLANICA



UNIVERZA
V LJUBLJANI
Fakulteta
za šport



Spain

DIGITILITILATION PLAN IN THE SPORT SECTOR

20th Meeting of the European Union Physical Activity Focal Points Network

SPAIN



1. **DIGITILITILATION PLAN IN THE SPORT SECTOR. PHYSICAL ACTIVITY AND SPORT PRACTICE FOR HEALTH, FOR ALL CITIZENS: "HEALTHY, SAFE AND INCLUSIVE SPORT".**
2. **QUESTIONS:**
 - a) How to create, implement and evaluate a National Physical Activity and Exercise Prescription Plan incorporating a digital toll for exercise prescription?
 - b) How to increase physical activity levels in the community (active environments, active people, active societies, active policies)?



Sweden



Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN

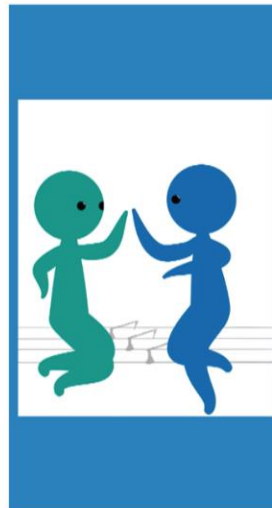


ÖSTERSUNDS
KOMMUN
STAAREN TJIELTE

SWEDEN

Physical activity and intellectual disabilities

An example of collaboration between authorities, research institutes and the civil sector.



People with intellectual disabilities (ID) rarely participate in physical activities offered in society. What can we do to change the situation?

Enablers are needed at all levels in the chain of responsibility

Rights under law

According to Swedish law, people with ID have the right to live like others and must be given the opportunity to participate in community life. They also have the right to support and help with initiatives for good health.

Barriers and facilitators

There are many barriers to physical activity for people with ID. All actors in the chain of responsibility can contribute to overcoming barriers and facilitate physical activity

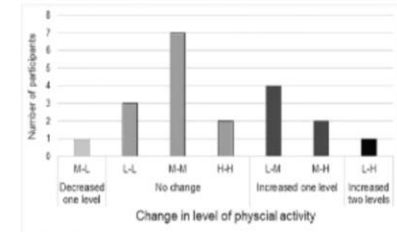


Web-based intervention to increase physical activity and improve health for adults with ID

Objective: to explore the feasibility and effectiveness of a web-based programme, 150 min of PA per week, for 12 weeks, for people with ID. A secondary outcome was to evaluate the enjoyment of the training programme and QoL.

Interviews with staff before and after the intervention period

Objective: to explore the staff's experiences regarding the feasibility of adapted web-based exercise for people with intellectual disabilities..



Fjellström S, Hansen E, Hølttä J, Zingmark M, Nordström A, Lund Ohlsson M. Web-based training intervention to increase physical activity level and improve health for adults with intellectual disability. J Intellect Disabil Res. 2022 Dec;66(12):967-977 doi: 10.1111/jir.12984. Epub 2022 Oct 10. PMID: 36217301



Fjellström S, Hølttä J, Nordström A, Flygare Wallén E, Lund Ohlsson M, Hansen E. Increasing physical activity through an adapted web-based exercise program for people with intellectual disabilities: Support staff are crucial for feasibility. J Appl Res Intellect Disabil. 2024 Mar;37(2):e13191. doi: 10.1111/jar.13191. PMID: 38369314

Thank you!

For more information, please contact:

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