



Institutional stakeholder to develop community
Observer member at works of the U.E.



Progetto per le Municipalità italiane

proposta di adesione al programma European Social Sport Coach

iniziativa

"Città Europea dell'educazione ai Diritti Umani, occasione di sviluppo economico e sociale della comunità"



Dr. Jessica Micaela Genova
Head of Department of Human Rights
Union of Professional Ki Life aisbl (UPKL)
4 rue de la Presse
1000 Bruxelles
Belgium

10 January 2017

Dear Dr. Genoa

Re: Human rights education

Congratulations to UPKL and your outstanding dedication, tenacity and work in proposing that human rights be taught through physical education as set out in the HEPA Recommendation of the Physical Education Curricular Content marks a significant leap forward to teaching our youth respect. While sport naturally promotes sportsmanship it also serves as a valuable medium for teaching human rights as your initiative clearly embraces.

The purpose of Youth for Human Rights International is to teach youth about human rights, specifically the United Nations Universal Declaration of Human Rights, and inspire them to become advocates for tolerance and peace.

Thanks to UPKL for potentially bringing the Universal Declaration to hundreds of millions of students in Europe. Congratulations!

Sincerely,

Mary Shuttleworth, Ed.D
President

Freedom, Dignity, Humanity.

U.P.K.L. Institutional stakeholder to develop community
Observer member at works of the U.E.



**DG COMM - Visitors House of the European Citizens.
2014 May 18 born to UPKL process**

Works of the XG HEPA Commission

**XG HEPA
13.10.2014**

LA COMMISSIONE
XG HEPA
DELIBERA
L'AMMISSIONE
DEGLI
STAKEHOLDER AI
LAVORI IN
PROGRAMMA A
BUDAPEST 9-10
FEBBRAIO 2015.

The XG
HEPA
Commission
approves
the
admission of
UPKL to the
Works as an
Observer
Member

EU Work Plan 2014-

Expert Group "Health-enhancing physical activity"
Report from the 1st meeting

**BUDAPEST
9-10
FEBBRAIO
2015**

SU PROPOSTA DI
U.P.K.L. I DIRITTI
UMANI ENTRANO
NELL'AGENDA DEI
LAVORI DELLA
COMMISSIONE
XG HEPA

On UPKL's
proposal,
Human Rights
are on the
agenda of the
Commission's
work

DECEMBER 2014
Topic 15 created by the Commission

Works of the XG HEPA Commission

EU Work Plan 2014-
for sport 2017

Expert Group recommendations to encourage physical education in schools, including motor skills in early childhood, and to create valuable interactions with the sport sector, local authorities and the private sector.

Answers to Questionnaire

Paulo Rocha, Portugal

Expert Group "Health-enhancing physical activity"
Deliverable 1 – DRAFT Document (November 2014)

La Commissione XG HEPA delibera la Raccomandazione

The Commission approves the HEPA Recommendation

LISBONA
25-26
GIUGNO
2015



Physical education curricular content

5. The practice of **outdoor physical activities** and sports should be promoted at all education levels. Along with extracurricular activities, physical education curriculum should instill lasting habits of moving regularly in outdoor settings

6. Physical education and extracurricular activities should foster an **ethical education** by teaching values such as fair play, cooperation, equity, integrity, peace, human rights, and respect of others' capabilities. Through sport participation, they should also develop relevant skills like team work, social inclusion and leadership, avoiding sport stereotypes

Expert Group on HEPA health-enhancing physical activity

Recommendations to encourage physical education in schools, including motor skills in early childhood, and to create valuable interactions with the sport sector, local authorities and the private sector

Council Working Party on Sport
6 July 2015

Jean-François Toussaint
Chairman, Expert Group on HEPA

Recommendations (2/3)

Valuable interactions between schools and the sport sector

- Sharing of infrastructures and facilities
- Sport minded school label
- Contribution of certified sport coaches

EU Work Plan for Sport 2014-2017

Expert Group on Health-enhancing physical activity

Fifth meeting (12 April 2016)
Report by the European Commission

would be organised in June with these countries to discuss further about expected involvement, implementation details and timetable.

The Council Conclusions invited in particular the European Commission to *develop physical activity guidelines for children in ECEC settings, schools and sport clubs, in collaboration with scientific experts including the WHO, targeting in particular policy makers, local authorities, parents, family and wider community.* UK informed that it had already defined such guidelines, in line with recommendations from the World Health Organization.

Observers informed about relevant initiatives, including UPKL, and their European Social Sport Coach programme, and EuropeActive and the objective of the fitness sector to have 80 million members in health and fitness centres by 2025.

7. REFLECTION & FEEDBACK ON THE WORK OF XG HEPA IN VIEW OF THE FUTURE EU WORK PLAN FOR SPORT

The European Commission recalled that, in the Resolution on a European Union Work Plan for Sport (2014-2017), the Council and the representatives of the governments of the Member States invited the Commission to "adopt by November 2016 and on the basis of voluntary contributions from Member States, a report on the implementation and relevance of the Work Plan" as a basis for the preparation of a possible EU Work Plan during the first half of 2017. It informed that consultations of relevant stakeholders had started at the recent EU Sport Forum in March in The Hague, with a dedicated discussion panel, and were currently going on. Member States and sport organisations would receive soon a detailed questionnaire in order to collect their views in a structured way on different aspects of the EU Work Plan for Sport and suggestions for the future.

Besides these formal questionnaires, this session of the XG HEPA allowed experts and observers to share already their own thoughts and views. The importance to keep HEPA in future priorities was voiced explicitly and strongly by the group.

The too high time pressure for the first deliverable of the XG HEPA was raised. Exchanges of good practices and networking taking place in the XG HEPA were considered very useful, as well as contributions from observers during the works (an even more active participation was suggested). Deepening these exchanges of good practices on very specific aspects of HEPA was suggested. Cooperation with health, education and sport systems was considered an important dimension to be further strengthened. Cooperation across Member States on measurement of physical activity prevalence was also considered useful to deepen, in order to ensure comparability of data across Europe. Finally, a suggestion to rename the EU Work Plan for Sport into *EU Work Plan for Sport and Physical Activity* was made.

8. CONCLUSION OF THE NEXT MEETING

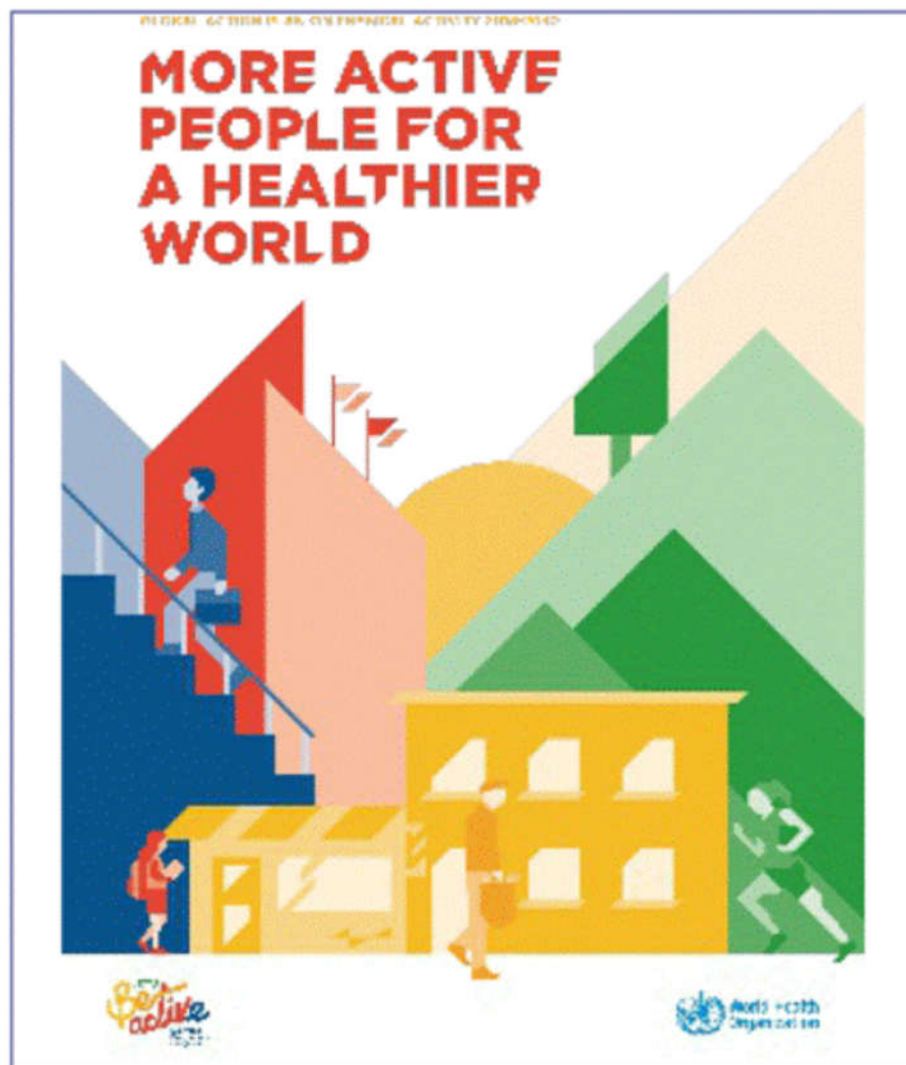
It was agreed that a sixth and last meeting of the XG HEPA under the EU Work Plan 2014-2017 could be organised in January-February 2017 if necessary, with a view to take stock of recent developments and align views in view of a possible new EU Work Plan for Sport.

Dr. Clea Hadjistefanou Papaellina, Chairwoman of the Cyprus Sport Organization, addressed the group and expressed the interest of Cyprus in increasing cooperation with other Member States, the World Health Organization and the European Commission, with the view to address the worrying level of physical inactivity in Cyprus.

Il WHO presenta il programma
MORE ACTIVE FOR PEOPLE A HEALTHIER WORLD

BRUSSELS
2018 - 2030

LINEE
GUIDA DEL
MODELLO
SOCIALE
FONDATO
SUI
DIRITTI
UMANI.



**Guideline
To social
model by
Human
Rights
approach**

A Ospitaletto

la svolta educativa

sui Diritti Umani

Lunedì 25 novembre la sala polifunzionale Bergamini di Ospitaletto di Brescia ha ospitato un incontro di grande qualità a conclusione di un Corso articolato in cinque serate - altrettanti lunedì consecutivi - promosso dall'amministrazione Comunale di Ospitaletto e da U.P.K.L., associazione internazionale con sede a Bruxelles che promuove la figura dell'European Social Sport Coach in ossequio alla promozione dei Diritti Umani nei Paesi dell'Unione Europea in ambito di Arti, Mestieri, Professioni e Discipline Sportive.

Il corso ha visto la partecipazione di 19 operatori che hanno conseguito la certificazione di European Social Sport Coach, unitamente a 9 società del territorio che hanno ricevuto la targa che ne attesta la conduzione nel rispetto dei Diritti Umani.

In conclusione di serata, animata dalle performance di due artiste come Marcia Sedoc e Ausilia Minasi in ossequio alla Giornata contro la violenza sulle Donne, la città di Ospitaletto è stata insignita della targa di **“Città Europea dell'educazione ai Diritti Umani”**, consegnata al primo cittadino Giovanni Battista Sarnico, affiancato dall'assessore allo Sport Massimo Reboldi, che molto si è speso nell'iniziativa, d'intesa con Francesco Bonometti, Presidente del Coordinamento Associazioni Sportive del territorio.

L'appuntamento di Ospitaletto ha visto l'adesione del Capo di Gabinetto della Prefettura di Brescia, dottor Stefano Simeone e dell'onorevole Alfredo Bazoli, oltre al dottor Alessandro Felloni, presidente dell'Istituto Italiano per la Certificazione della Qualità. Tutti hanno plaudito alla nuova identità di Ospitaletto, prima città italiana che promuove l'educazione dei giovani all'insegna dei Diritti Umani, in ossequio alle Raccomandazioni della Commissione Europea XG HEPA che sin dal 2015 ha sancito la svolta educativa nel segno dei Diritti Umani.

Il percorso illustrato da Corrado Genova, Segretario Generale di U.P.K.L. ha messo in evidenza il valore, attribuito e riconosciuto da parte della Commissione Europea, del programma European Social Sport Coach strumento per realizzare il modello sociale di Comunità Attive, articolate da Sistemi Attivi in Ambienti Attivi abitati da Cittadini Attivi che basano le relazioni sul rispetto dei Diritti Umani.

Corrado Genova ha reso visibile lo spirito del binomio Sport-Educazione suggellando il patto sociale tra i giovani e le istituzioni attraverso il passaggio di mano della targa di **“Città Europea dell'educazione ai Diritti Umani”** da U.P.K.L. ai giovanissimi sportivi di Ospitaletto, al Sindaco.

Un segno: i Diritti Umani la normalità del bene.



Libertà Dignità Umanità

per la sensibilità e l'impegno di tutta la Cittadinanza
nel realizzare una comunità sociale aperta e inclusiva

è conferita al Comune di Ospitaletto

l'onorificenza di

Città europea dell'educazione ai Diritti Umani

Ospitaletto 25/11/2019

U.P.K.L. Institutional stakeholder to develop community
Observer member at works of the U.E.



U.P.K.L. Institutional stakeholder to develop community
Observer member at works of the U.E.



**For service given to change the social model and realize a
Community of citizen that living and respect the Human Rights
Crown of honor**



conferred to

Giovanni Battista Sarnico



Ospitaletto (BS) Italy 2019 /11/25

Place and date

n. 2019.0016 it

U.P.K.L. General Secretary





the spirit of human rights makes flying the Sport - education

Certified number: 000272 S.SS. ESF.2013
Quality System Certificate
Rep. KL - RL - UPKL 1802071
issued on November 25th, 2019

European Social Sport Coach

Extension Perspective and Statement of Quality Management System
UNI EN ISO 9001: 2008 Certificate No. SQ n. 1802071 - FA018

European Social Sport Coach, in discipline Karate

CASACCIO SALVINA

Italian tax code **CSC SVN 61E 50L 388P**

is certified in Quality Management System and Ethics of UPKL and he has been assessed and recognized in accordance with the rules of the organization. He pertains to the requirements of the International Standard Educational Jitakyoei CEN 14:2010UNI CEI EN ISO / IEC 17024:2012

This certificate is valid for the following categories: Sports Social Education in martial arts, fighting disciplines and eastern disciplines in sport area. It complies, in Italy, the Law No 4 / January 14th, 2013 and it is compliant with the Memorandum of Understanding M.I.U.R. - U.P.K.L.

The digital seals of Secretary General validate the originality of the certificate.

U.P.K.L.
Secretary General

**CORRADO
GENOVA**

Firmato digitalmente da CORRADO
GENOVA
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UFF. SEGRETARIO GENERALE,
C=UPKL, E=sg@europe-upkl.eu
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Istituto Italiano Certificazione Qualità

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Web: www.ica.i.it - Mail: certificazioni.qualita@gmail.com

Ospitaletto diventa città dell'educazione ai diritti umani

Formazione

Lunedì la cerimonia e un convegno al Centro sociale Bergamini

OSPITALETTO. Lunedì 25 novembre a Ospitaletto si svolgerà la manifestazione che concluderà un percorso partito con il corso formativo per operatori e dirigenti sportivi e docenti scolastici e si concluderà con una serata che si preannuncia fin d'ora interessante.

Per quel che riguarda il corso, iniziato lo scorso 21 ottobre e proseguito nei cinque lunedì successivi, il tema di fondo è stata l'analisi dei vincoli che possono e devono unire diritti umani, socializzazione, educazione e sport.

Lunedì nella sala polifunzionale del Centro sociale Bergamini a Ospitaletto si terrà la consegna degli attestati di partecipazione, cerimonia che si terrà all'interno di un nutrito programma che vivrà un momento di assoluto significato quando il

Consegnati anche i diplomi del corso rivolto a dirigenti sportivi e docenti

Comune sarà insignito con la targa di «Città Europea dell'educazione ai diritti umani». Dalle 20.30, inoltre, si terrà un incontro pubblico dal titolo «I diritti umani: occasione per lo sviluppo sociale ed economico delle comunità». Un approfondimento che vedrà la partecipazione del sindaco di Ospitaletto, Giambattista Sarnico, e dell'assessore allo Sport, Massimo Reboldi, e di Francesco Bonometti, presidente del Coordinamento delle associazioni sportive.

Saranno comunque diversi gli ospiti che interverranno, compreso il presidente provinciale dell'Aics, Antonio Parente, con il preciso intento di far comprendere il vero valore dello sport. Ovvero non solo una gara da vincere a tutti i costi, ma soprattutto uno strumento privilegiato di educazione dei giovani e di socializzazione. //

Consegnati a Ospitaletto gli attestati per la qualifica di European Social Sport Coach

Consegnati ieri sera gli attestati ai Biper attori sportivi che hanno partecipato al corso proposto da amministrazione comunale e UPKL.



Consegnati a Ospitaletto gli attestati per la qualifica di European Social Sport Coach. Nella foto: i certificati, riconoscimenti approvati per la partecipazione a 1 società insignite di targa.

Consegnati a Ospitaletto gli attestati per la qualifica di European Social Sport Coach

Il corso formativo per operatori e dirigenti sportivi che hanno partecipato al corso proposto dall'amministrazione comunale e UPKL.

Il programma, articolato nella sala polifunzionale Bergamini, ha visto il conferimento della targa al Comune "Città Europea dell'educazione ai Diritti Umani" e la consegna delle certificazioni "European Social Sport Coach" alla presenza di numerosi ospiti d'eccezione.

Gli ospiti

Durante la serata sono intervenuti il sindaco di Brescia, Dr. Stefano D'Amico e l'on. Alfredo Bazzoli, entrambi dal mondo sportivo. Sergio Meda, il quale ha ricordato come lo sport sia una delle grandi più importanti attività formative, nonché una «nuova cultura» e un modo di vivere.

Intorno la partecipazione delle artiste Marzia Sedoc e di Ausilia Minasi, che in occasione della serata hanno cantato le canzoni della loro band. In seguito ha parlato il presidente della società sportiva Francesco Bonometti, che ha parlato della sua esperienza di presidente del Coordinamento delle società sportive Francesco Bonometti, Corrado Cecchi di Cigliè e Alessandro Felloni, presidente dell'Ente Nazionale Certificazione Qualità.

«Nello sport c'è il piacere di far parte di un gruppo, di lavorare insieme. Spesso si parla a sproposito di diritti, le parole sono piene di parole e hanno una funzione, ma il esempio che ci serve veramente. Questo serve a dare un contributo valido e importante, ecco perché ho il piacere di far parte di questo corso».

Logo unico: Stelle della Stella con la Cavalletta (Stella S&S)

L'amministrazione

Su indicazione del Comune di Ospitaletto, l'amministrazione di Ospitaletto, rappresentata dal sindaco Giovanni Battista Sarnico e dall'assessore allo Sport Massimo Reboldi.

«Dobbiamo nello sport come infrastruttura sociale e sportiva per la promozione della salute - ha affermato Reboldi - in questi appuntamenti abbiamo cercato di interpretare lo sport ospitaletto come un'attività sociale, nella quale ogni ragazzo o ragazza possono trovare il suo spazio e potersi essere esposti a un'esperienza del suo sport e della sua condizione sociale».

Sport, formazione e diritti umani: lunedì la consegna degli attestati a Ospitaletto



Lunedì 25 novembre, a partire dalle ore 20.30 si terrà, presso la sala polifunzionale del centro sociale "G. Bergamini" di via Martiri della Libertà 40/A, la consegna degli attestati ai 28 operatori sportivi che hanno partecipato al corso proposto da Amministrazione Comunale e U.P.K.L., alla presenza del viceprefetto dr. Stefano Simoneo e dell'on. Alfredo Bazzoli. Il programma prevede il conferimento della targa al Comune "Città Europea dell'educazione ai Diritti Umani", la consegna delle certificazioni "European Social Sport Coach", la partecipazione di Marzia Sedoc e l'esposizione delle opere artistiche di Ausilia Minasi. «L'amministrazione comunale crede nello sport come infrastruttura sociale e veicolo per la promozione della salute - afferma Massimo Reboldi, assessore allo Sport del Comune di Ospitaletto - In questi appuntamenti abbiamo cercato di interpretare lo sport Ospitaletto come un'attività sociale, nella quale ogni ragazzo o ragazza possa trovare il suo spazio e potersi essere accolti a prescindere dal suo capacità e dalla sua condizione sociale». «Abbiamo inoltre fatto rete tra le società mettendo insieme dinanzi a reali questioni che accadono ogni giorno in campo o in palestra, cercando di fornire strumenti per gestire al meglio i rapporti umani all'interno di ciascuna società da un lato, di creare sinergie tra le società di Ospitaletto dall'altro - il commento di del Presidente del Coordinamento delle società Sportive Francesco Bonometti che sarà presente all'incontro. Per il sindaco Giambattista Sarnico è stato un grande successo: «Un grazie agli organizzatori e ai partecipanti al corso, che hanno voluto mettersi in gioco. E grazie al loro impegno che avremo una comunità più vicina e inclusiva». Modererà l'incontro il giornalista Sergio Meda.

Ospitaletto, il Comune forma i dirigenti sportivi ai Diritti umani

Ospitaletto, il Comune forma i dirigenti sportivi ai Diritti umani



Partirà lunedì, a Ospitaletto, il primo "Corso formativo per operatori e dirigenti sportivi e docenti scolastici", rivolto ai dirigenti sportivi delle società locali. Ad annunciarlo è stato l'assessore allo Sport Massimo Reboldi, in una conferenza stampa che si è tenuta alle 14.30 di oggi nel palazzo municipale, alla presenza di Francesco Bonometti, presidente del coordinamento delle società sportive ospitalettesi, e di Angela Tomasini, nuova responsabile dello staff del sindaco.

Gli incontri si terranno nella Casa delle associazioni di via Martiri della libertà ed avranno come tema "Giovani per l'Europa: Diritti Umani i cardini delle relazioni sociali", basandosi sul principio "che tutte le discipline sportive, così come le arti, i mestieri e le professioni possono supportare, promuovere e sostenere il percorso formativo dei giovani europei".

«Il Comune - ha spiegato Reboldi - ha stanziato oltre 6 mila euro per avviare questi corsi, rivolti esclusivamente agli operatori dello sport, con l'obiettivo di alzare l'asticella della qualità dell'insegnamento nelle nostre palestre e sui nostri campi da gioco. Crediamo molto in questo progetto, che punta a diffondere una cultura di inclusione sportiva».



European
Commission

EU Work Plan
for Sport | 2014-
2017

Expert Group on Health-enhancing physical activity

*Fifth meeting (12 April 2016)
Report by the European Commission*

Sport



1. PARTICIPANTS

- Experts from 25 Member States: Austria, Belgium (French and Dutch-speaking Community), Bulgaria, Croatia, Cyprus, Czech Republic, Estonia, Finland, France, Germany, Hungary, Italy, Latvia, Lithuania, Luxemburg, Malta, The Netherlands, Poland, Portugal, Romania, Slovak Republic, Spain, Sweden, UK
- European Commission: DG EAC, DG SANTE, JRC
- Observers: ECF, ENAS, EUPEA, EuropeActive, HEPA Europe, UPKL, WHO Europe

2. INTRODUCTION

As part of their introductory words, the chairman and the European Commission warmly thanked the Cyprus Sport Organization for hosting the meeting, and recalled that the meeting was organised back-to-back with the fourth meeting of the network of Physical Activity Focal Points, who had been invited to stay for the Expert Group meeting, to foster opportunities for networking.

The group adopted the agenda without comments.

The Commission recalled that all presentations and relevant meeting documents would be made available in the collaborative platform set up for the XG HEPA:

<https://circabc.europa.eu/w/browse/5f7b94ab-3391-4309-a1cf-5734cca4efdf>

3. INFORMATION POINT FROM THE EUROPEAN COMMISSION

Several services from the European Commission were invited to give an update on recent relevant developments at EU level, with a view to promote cross-sector and cross-policy approaches in promoting physical activity.

DG EAC informed about recent events that it had organised. It noted that internal works regarding the European Commission's evaluation of the implementation of the 2013 Council Recommendation on HEPA were ongoing. It also informed that the High Level Group on Grassroots Sport set up by Commissioner Navracsics was addressing health benefits of grassroots sport and that final recommendations from that Group would be released mid-2016¹. The information point also included an update on funding of projects in the field of HEPA through the Erasmus+ programme (which would include, as from 2016, small projects with simplified administrative requirements) and through an upcoming call for projects on *Promoting HEPA policy measures and actions for refugees*, linked to a recently adopted Pilot Project on HEPA from the European Parliament². DG EAC informed about the data protection legislation reform, about the implications for national anti-doping legislation, and informed about a conference on the topic organised by the Dutch Presidency on 15 June in Amsterdam. Finally, a brief overview of the concept for the European Week of Sport 2016 was presented.

¹ http://ec.europa.eu/sport/news/2015/1112-high-level-group-grassroots-sport_en.htm

² A pilot project is an initiative of an experimental nature designed to test the feasibility and usefulness of action. It is meant to try different approaches, develop evidence-based strategies to address a problem, identify good practices, and provide policy guidance for the benefit of possible future initiatives, in this case, in the area of HEPA.



DG SANTE gave an update on their policy on physical activity, recalling that it was based on the EU Strategy on Nutrition, Overweight and Obesity-related Health Issues (2007)³. He informed that Member States were cooperating in the framework of the *High Level Group on Nutrition and Physical Activity*. The *EU Platform for Action on Diet, Physical Activity and Health* was a forum for European-level organisations, ranging from the food industry, health NGOs, consumer organisations, research organisations and health professionals to cooperate and take voluntary commitments, including related to physical activity (38 registered actions on physical activity, 14 ongoing). An independent external evaluation in 2012 validated its continuation while suggesting an increased focus on children, physical activity and low socio-economic groups. The adoption of the Action Plan on Childhood Obesity in 2014 by the High Level Group - a way to contribute to the implementation of the Strategy - consists of voluntary actions in several areas, including encouraging physical activity, and sets up a monitoring framework. DG SANTE finally informed about the Joint Action on Nutrition and Physical Activity ('JANPA'), an action involving 25 Member States for 2,5 years, to support the implementation of the Action Plan on Childhood Obesity.

DG EAC informed that efforts to avoid overlaps between the monitoring frameworks under the Council Recommendation on HEPA and under the Action Plan on Childhood Obesity had been undertaken and led to the agreement that the source for 2 indicators related to physical activity would be the Council Recommendation on HEPA. Joint meetings between the network of Physical Activity Focal Points (DG EAC) and the High Level Group on Nutrition and Physical Activity (DG SANTE) would be envisaged.

The Joint Research Centre of the European Commission, Public Health Policy Support Unit, made a presentation about its activities, i.e. providing EU policies with independent, evidence-based scientific and technical support throughout the whole policy cycle. He explained that the policy areas covered were including Public Health, with notably behavioural studies on health and taxation. Their focus was to use an economic approach and experimental tools (with monetary incentives) in order to measure and quantify human behaviour or/and to achieve behavioural change. They were covering physical activity, with initiatives such as laboratory experiments, field experiments or surveys.

A research project aiming at creating Network Interventions for Increasing Physical Activity in Preadolescents was presented (PEER ACTIVE project), as a contribution to tackling the obesity crisis. The project aimed at testing different interventions and at understanding gender differences. Physical activity measurement had been measured with accelerometers for 7 consecutive weeks. Results showed that unlike individual interventions, network interventions had a significant effect on the Moderate to Vigorous Physical Activity (MVPA) of the preadolescents participating in the study. In addition, males' MVPA was maximized under a team rewards scheme while females' under a direct reciprocity scheme (male preadolescents were more interested in playing team games and forming larger networks while females had a preference in small intimate groups usually including two or three reciprocated friendships).

A project proposal to be launched by the JRC was also presented (Bike Prints), aiming at using social based incentives to attract more people in cycling and to make existing bikers to cycle more (change routine).

3

http://ec.europa.eu/health/archive/ph_determinants/life_style/nutrition/documents/nutrition_wp_en.pdf



4. COORDINATION OF THE IMPLEMENTATION OF THE COUNCIL RECOMMENDATION ON HEPA (DELIVERABLE 2)

4.1. APPROACH AND MS CONTRIBUTIONS

HU, as lead expert in charge of deliverable 2, recalled that the XG HEPA was mandated to coordinate the implementation of the Recommendation from the Council on promoting HEPA across sectors. The coordination role of the XG entailed compiling and sharing national good practices and lessons learned. Good practices would serve as good examples which could inspire and inform the elaboration of national cross-sector HEPA policies, implementation plans and actions. HU summarised what had been done since the fourth meeting. She informed that 22 Member States and 4 observer organisations had provided good practices, and that a section summarizing the implementation of the Council Recommendation had been added.

The XG supported the proposed approach, and the format and structure of Deliverable 2. The group asked for the section on the EU overview to be more elaborated, and to include in particular more information on the context and on the outcome of the monitoring framework.

The lead expert informed that she would send a revised version of Deliverable 2 addressing these comments, which the group would be invited to validate, offering also a last opportunity for the Member States that did not provide a good practice to contribute. The objective was to complete the work on Deliverable 2 by end of May.

4.2. PRESENTATION OF GOOD PRACTICES AT NATIONAL LEVEL

This fifth meeting of the XG HEPA gave the opportunity to three experts and one observer organisation to inform about initiatives in the field of physical activity promotion.

ES presented the A+D Action Plan, an action plan aiming to guarantee the global access of the Spanish population to physical exercise and sport, in order to promote its health benefits and to fight the high levels of sedentary lifestyle and obesity. Designed as a ten years' plan, it started its implementation in 2010 joining both the WHO recommendations and the EU Physical Activity Guidelines. The A+D Action Plan was including an initiative on prescription of physical activity by general practitioners, with a view to reduce the amount of medicine prescription. Concretely a state-funded online course on physical activity prescription for health workers had been put in place, and had already been followed by about 3% of the total of family doctors in Spain.

ET presented the campaign "Estonia is moving", as part of the national Sport For All development plan. He presented the three specific goals of this nationwide campaign, i.e. to increase the number of Estonians who are physically active, to inform the population of the options open to them in terms of participating in sport and physical activity, and to raise awareness within the population about the benefits of a physically active lifestyle. He informed that the campaign was including many different initiatives, such as mass participation events, activation of sporting programmes within schools, media coverage and publicity. This was achieved through coordination with a range of diverse partners from across society. Finally, he noted that a survey conducted in 2014 showed that people were most likely to start exercising when they had the support from their families and friends.

FR made a presentation about the T'CAPS programme, aiming at promoting physical activity



would be organised in June with these countries to discuss further about expected involvement, implementation details and timetable.

The Council Conclusions invited in particular the European Commission to *develop physical activity guidelines for children in ECEC settings, schools and sport clubs, in collaboration with scientific experts including the WHO, targeting in particular policy makers, local authorities, parents, family and wider community*. UK informed that it had already defined such guidelines, in line with recommendations from the World Health Organization.

Observers informed about relevant initiatives, including UPKL and their European Social Sport Coach programme, and EuropeActive and the objective of the fitness sector to have 80 million members in health and fitness centres by 2025.



7. REFLECTION & FEEDBACK ON THE WORK OF XG HEPA IN VIEW OF THE FUTURE EU WORK PLAN FOR SPORT

The European Commission recalled that, in the Resolution on a European Union Work Plan for Sport (2014-2017), the Council and the representatives of the governments of the Member States invited the Commission to "*adopt by November 2016 and on the basis of voluntary contributions from Member States, a report on the implementation and relevance of the Work Plan*" as a basis for the preparation of a possible EU Work Plan during the first half of 2017. It informed that consultations of relevant stakeholders had started at the recent EU Sport Forum in March in The Hague, with a dedicated discussion panel, and were currently going on. Member States and sport organisations would receive soon a detailed questionnaire in order to collect their views in a structured way on different aspects of the EU Work Plan for Sport and suggestions for the future.

Besides these formal questionnaires, this session of the XG HEPA allowed experts and observers to share already their own thoughts and views. The importance to keep HEPA in future priorities was voiced explicitly and strongly by the group.

The too high time pressure for the first deliverable of the XG HEPA was raised. Exchanges of good practices and networking taking place in the XG HEPA were considered very useful, as well as contributions from observers during the works (an even more active participation was suggested). Deepening these exchanges of good practices on very specific aspects of HEPA was suggested. Cooperation with health, education and sport systems was considered an important dimension to be further strengthened. Cooperation across Member States on measurement of physical activity prevalence was also considered useful to deepen, in order to ensure comparability of data across Europe. Finally, a suggestion to rename the EU Work Plan for Sport into *EU Work Plan for Sport and Physical Activity* was made.

8. CONCLUSION OF THE NEXT MEETING

It was agreed that a sixth and last meeting of the XG HEPA under the EU Work Plan 2014-2017 could be organised in January-February 2017 if necessary, with a view to take stock of recent developments and align views in view of a possible new EU Work Plan for Sport.

Dr. Clea Hadjistefanou Papaellina, Chairwoman of the Cyprus Sport Organization, addressed the group and expressed the interest of Cyprus in increasing cooperation with other Member States, the World Health Organization and the European Commission, with the view to address the worrying level of physical inactivity in Cyprus.

OBJECTIVE 1:

CREATE ACTIVE SOCIETIES

Four policy actions are proposed which aim to create positive social norms and attitudes and a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.



OBJECTIVE 2:

CREATE ACTIVE ENVIRONMENTS

Five policy actions address the need to create supportive spaces and places that promote and safeguard the rights of all people, of all ages and abilities, to have equitable access to safe places and spaces in their cities and communities in which they can engage in regular physical activity.



MORE ACTIVE PEOPLE FOR A HEALTHIER WORLD



GUIDING PRINCIPLES

The action plan is informed by the following guiding principles that should underpin implementation of actions at every level as Member States, partners and WHO work towards achieving the shared vision of a more active world.

Human rights approach

The WHO Constitution¹ enshrines that the highest attainable standard of health is a fundamental right of every human being. As an essential resource for everyday living, health is a shared social and political priority for all countries. In the 2030 Agenda, countries committed to invest in health, achieve universal health coverage and reduce health inequalities for people of all ages and abilities. Implementation of this action plan should employ a rights-based approach and incorporate a commitment to engaging and empowering individuals and communities to actively participate in the development of solutions.

Equity across the life course

Disparities in physical activity participation by age, gender, disability, pregnancy, socioeconomic status, and geography reflect limitations and inequities in the socioeconomic determinants and opportunities for physical activity for different groups and different abilities. Implementation of this action plan should explicitly consider the needs at different stages of the life course (including childhood, adolescence, adulthood and older age), different levels of current activity and ability with a priority towards addressing disparities and reducing inequalities.

Evidence-based practice

The recommended policy actions are informed by a robust scientific evidence base, as well as practice-based evidence from active evaluation and demonstration of impact. The cost-effectiveness for many interventions is already established; implementation of the plan should continue to build and develop this evidence base, especially in LMICs.

¹ See Constitution of the World Health Organization: http://www.who.int/governance/eb/who_constitution_en.pdf, accessed April 2018.

OBJECTIVE 3:

CREATE ACTIVE PEOPLE

Six policy actions outline the multiple settings in which an increase in programmes and opportunities can help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.



OBJECTIVE 4:

CREATE ACTIVE SYSTEMS

Five policy actions outline the investments needed to strengthen the systems necessary to implement effective and coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour. These actions address governance, leadership, multisectoral partnerships, workforce capabilities, advocacy, information systems and financing mechanisms across all relevant sectors.





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Incontro Pubblico Lunedì 25 Novembre ore 20.30

PRESSO LA SALA POLIFUNZIONALE DEL CENTRO SOCIALE "G. BERGAMINI
Via Martiri della Libertà, 40/A OSPITALETTO (BS)

I Diritti Umani, occasione per lo sviluppo sociale, economico delle comunità

Intervengono

Ospite d'onore

Onorevole Alfredo Bazoli

Prefettura di Brescia - Capo di Gabinetto

Dr. Stefano Simoneo

Sindaco

Giovanni Battista Sarnico

Assessore allo Sport

Massimo Reboldi

Presidente Coordinamento Associazioni Sportive

Francesco Bonometti

Presidente Istituto Italiano Certificazione Qualità

Dr. Alessandro Felloni

Segretario Generale U.P.K.L.

Corrado Genova

moderatore **Sergio Meda** giornalista

Programma

Conferimento della Targa al Comune
"Città Europea dell'educazione ai Diritti Umani"

Consegna dei Certificazioni agli
EUROPEAN SOCIAL SPORT COACH

con la straordinaria partecipazione di:
Marcia Sedoc

espone le opere d'arte Ausilia Minasi

Ringraziamento speciale a:



Presidenti delle
Associazioni
Sportive di
Ospitaletto

Il Sindaco
(Giovanni Battista Sarnico)

il Pres.te Coord.to Ass.ni Sportive
(Francesco Bonometti)

L'Assessore allo Sport
(Massimo Reboldi)

Altri documenti sono consultabili sul sito

<http://www.europe-upkl.eu>

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