

SAVE THE DATE

PHYSICAL ACTIVITY SERVING SOCIETY

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Fostering a cross sectorial approach

6th and 7th June 2016

Medical Chamber of Slovenia – Dunajska cesta 162 Ljubljana, Slovenia

Free registration – Please contact mr. Milan Hosta milan.hosta@spolint.org

As our knowledge of the importance of physical activity grows, so does our awareness of the concerning rates of inactivity across Europe, for all ages and all social groups. In most countries in Europe, significant proportions of the population are so inactive that their health is at risk. In the case of children, millions live sedentary lifestyles that place them at increased risk of a range of non-communicable diseases in both the short-term and the long-term.

The main findings, to be brief, are that there are genuine causes for concern, and large proportions of the European population are too inactive too often. It should be remembered, however, that engagement with physical activity is mediated by a wide range of factors. While the data of physical activity patterns might lead to anxiety, any fear can, at least, be mitigated by a recognition of the growing awareness of and to promote physical activity.

AGENDA

DAY 1 (14.00 – 18.00): Monday, June 6th

- Media conference »The social and economic burden of physical inactivity in Europe«
- Introduction of project PASS: aims, missions and intermediary results
- Expert reports and public panel on the physical inactivity crisis in Europe and Slovenia

DAY 2 (9.00-15.00): Tuesday, June 7th

- Good practice reports
- Workshop: How to achieve significant progress in the implementation of the EU Physical Activity guidelines?

Day 1, 6th June 2016

14.00-18.00	Topics
14.00-14.30	Presentation of PASS project
14.30-15.00	Introduction of participants
15.05-15.45	The state of Physical Activity in Europe; Dr. Richard Bailey ICSSPE
15.45-16.00	Coffee break
16.00-16.45	Challenges for physical activity from kindergarten to retirement Dr. Rado Pišot, Director of Science and Research Centre at Univesrity of Primorska
17.00-18.00	Panel discussion: How to raise awarenes among policy makers Chair: Dr. Milan Hosta, Spolint Institute Panelists: Maxime Leblanc, Sport and Citizenship think tank Dr. Richard Bailey, ICSSPE Andrea Backovič Juričan, National Institute of Public Health
18.00	LEPA time – Life Enhancing Physical activity, Spolint Institute

Day 2, 7th June 2016

9.00-15.00	Topics
9.00-11.00	<p>Good practice »sprint« reports: (10 minutes each)</p> <ul style="list-style-type: none"> • Sports Union of Slovenia: <i>Healthy sport club project</i> (ms. Ana Radivo) • Urban Planning institut of Slovenia: <i>HEPA promoting projects</i> (mr. Luka Mladenovič) • Ministry of Health: <i>National HEPA strategy</i> (ms. Janja Križman Miklavčič) • National Institute of Public Health: <i>HEPA EUROPE Network, HEPA promotion at Primary health care level</i> (ms. Andreja Backovič Juričan) • University of Primorska Faculty of Education: <i>Continuous professional development of preschool teachers in the field of Physical literacy</i> (dr. Iztok Retar) • Flisek Company: <i>Changing the game</i> (mr. Mojmir Flisek) • Municipalities of Ljubljana, Maribor, Škofja Loka, Celje; Brezovica (TBC)
11.00-11.15	Coffee break
11.15-12.00	Workshop: Group work Challenges ahead and inspirations from participants
12.00-12.45	Lunch: A light meal will be provided to participants
12.45-13.45	Workshop: Group reports
13.45-14.00	Coffee break
14.00-15.00	Conclusions, synthesis and path forward
15.00	Closing

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Additional information

International participants and project consortium members:

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