



Commissioners Navracsics, Andriukaitis and Hogan agree on the following roadmap:

The seminar on healthy lifestyles organised during the opening of the 2017 European Week of Sport in Tartu (Estonia) will be crucial in strengthening coordination across different policy areas inside the Commission, notably to address the societal, health and economic challenges of unhealthy lifestyles, in particular physical inactivity.

The Tartu Call for a Healthy Lifestyle will be presented to sport organisations at a meeting of experts on Health-Enhancing Physical Activity, to be held in December 2017.

Specific workshops on healthy lifestyles will be held at the next two EU Sport Forums, in spring 2018 and 2019.

Progress made on implementing the commitments will be assessed at a seminar on healthy lifestyles, to be organised in the second semester of 2019.

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European Week of Sport

CONTACT:

EWOS EAC-SPORT
EWOS@ec.europa.eu or
ewos-info@bm.com.

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European Week of Sport

23-30 September 2017

**TARTU CALL
FOR A HEALTHY
LIFESTYLE**

**JOINT ACTIONS TO PROMOTE
HEALTHY LIFESTYLES**





Commissioners Navracsics, Andriukaitis and Hogan recognise that:

- Physical inactivity, a sedentary lifestyle and an unhealthy diet constitute a major societal problem in Europe that negatively impacts people's health and well-being, the economy and healthcare systems.
- Scientific evidence shows that regular physical activity boosts health and wellbeing, while its lack leads to ill health, particularly later in life. Scientists have also identified strong effects of sport on educational achievement and success on the job market later in life.
- Obesity, in particular childhood obesity, is on the rise. Unhealthy diets and physical inactivity are at the heart of this problem.
- Poor health conditions and obesity have a negative impact on the wellbeing of adults, leading to major costs for the individual and society as a whole. Statistics show that adults affected by these conditions tend to earn less, have more difficulties in finding jobs, and are at higher risk of social exclusion.
- Educating children and young adults about the importance of having a healthy and balanced diet and getting adequate physical activity is important to encourage them to lead healthy lifestyles and thereby safeguard their health.
- We need to promote healthy food while ensuring a safe, sustainable and stable food supply.
- Unhealthy diets and physical inactivity – in addition to smoking and alcohol abuse – are more prevalent among the less privileged in society. Policies and actions need to reach out and involve these groups. In turn such policies will contribute to reducing social exclusion and fostering a fairer society.
- To promote healthy diets and physical activity, it is essential to develop further cooperation across the health, sports, education and food sectors.

In particular, Commissioners Navracsics, Andriukaitis and Hogan agree on the following actions in the coming two years:

- 1 Increasing funding for projects promoting physical activity under the Sport chapter of the Erasmus+ programme, with a possible focus on specific settings such as schools.
- 2 Encouraging the Knowledge and Innovation Communities supported by the European Institute of Innovation and Technology, EIT Health and EIT Food, to develop and boost innovative approaches to promote and raise awareness of the benefits of healthy lifestyles.
- 3 Using the European Week of Sport to promote healthy lifestyles, especially among children, older people, and people from disadvantaged backgrounds.
- 4 Promoting healthy lifestyles among children and young people, notably by supporting schools and sport clubs in creating and developing partnerships.
- 5 Promoting the EU school fruit, vegetables and milk scheme launched in August 2017, which contributes to shaping healthier diets through the distribution of agricultural products to schools, and a series of accompanying educational activities such as a Teachers' Resource pack.
- 6 Supporting campaigns to promote healthy dietary practices and increasing the consumption of fruit and vegetables (e.g. the "eat 5 a day campaign") through the annual calls on the Promotion of Agricultural Products.
- 7 Pursuing co-operation among relevant Commission services to coordinate actions to promote healthy lifestyles and related funding.
- 8 Enhancing dialogue across health and sport networks, for example through joint meetings of the network of National Physical Activity Focal Points and of the High Level Group on Nutrition and Physical activity, and encouraging other relevant Commission services to take part.

9 Promoting healthy lifestyles through events and conferences organised by the Commission, such as the European Week of Sport, the Cluster Meeting on Health-Enhancing Physical Activity foreseen in the EU Work Plan for Sport 2017-2020, the EU Sport Forum, the Berlin International Green Week and the Paris International Agricultural Show.

10 Including physical activity as a priority for the High Level Group of government representatives on Nutrition and Physical activity and of the EU Platform for Diet, Physical Activity and Health.

11 Maintaining a regular dialogue on healthy lifestyles with the European Parliament, in particular with the Committee on Culture and Education, the Committee on Environment, Public Health and Food Safety and with the Sport intergroup.

12 Identifying, within the relevant Commission forums, appropriate mechanisms to improve the existing collection of data on health indicators, as well as data on interventions and actions, in particular those related to physical activity, unhealthy diets, obesity and health outcomes.

13 Deepen research and gather new knowledge on people's attitudes and habits regarding health, as well as on what drives their lifestyle choices and how these affect social outcomes for different socio-economic groups.

14 Promoting the publication of up-to-date country factsheets on health-enhancing physical activity, and the collection, sharing and implementation of good practices (such as the initiative to allow and encourage general practitioners to prescribe physical activity). In particular, identifying good practices for cost-effective health promotion and disease prevention measures (addressing physical inactivity), relaying this information to the Steering Group on Health Promotion, Disease Prevention and Management of Non-Communicable Diseases and helping Member States to implement these practices.

15 Carrying out a study on physical activity at the workplace to contribute to health promotion at the workplace.

Tibor Navracsics
European Commissioner for
Education, Culture, Youth & Sport

Vytenis Andriukaitis
European Commissioner for
Health & Food Safety

Phil Hogan
European Commissioner for
Agriculture & Rural Development