



Healthy Body, Healthy Mind – EU policies in support of physical activity

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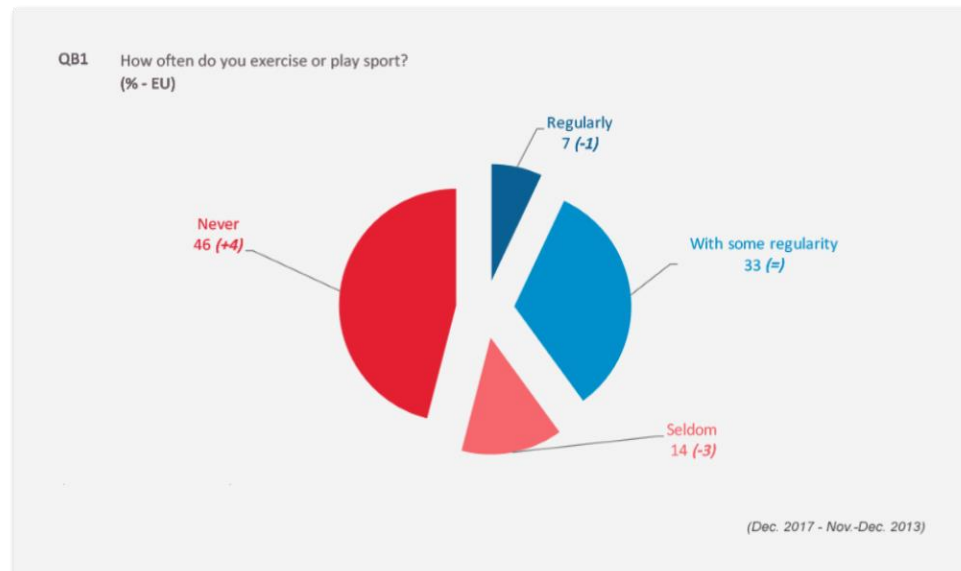
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Eurobarometer on sport and physical activity

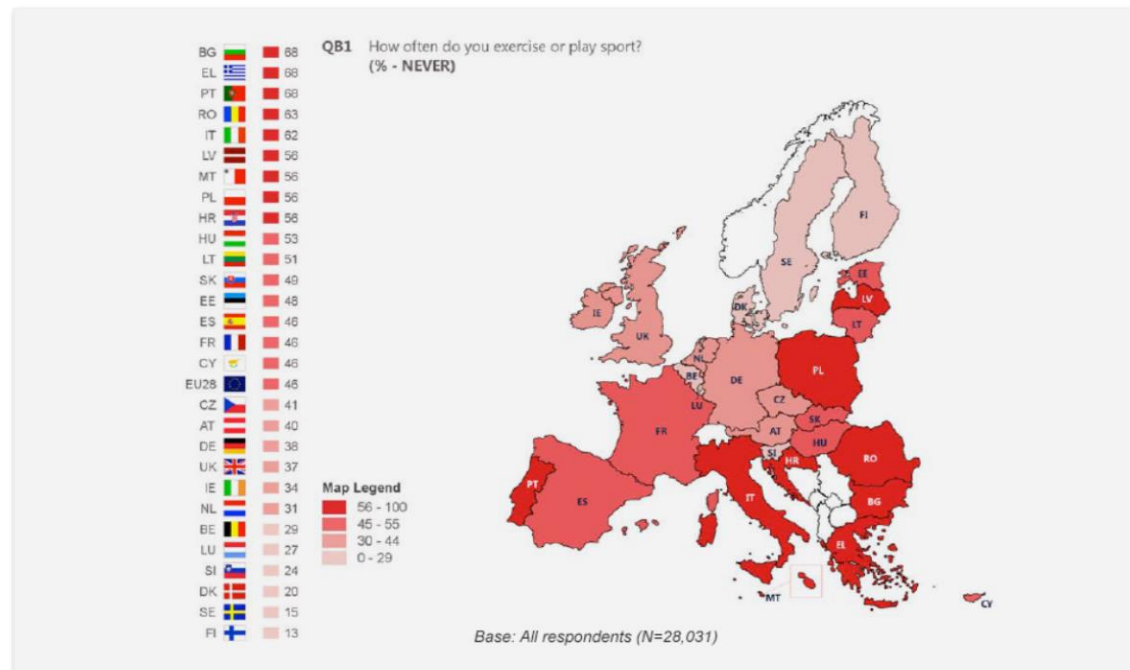
- According to the new Eurobarometer on sport and physical activity, **46% of Europeans** say they **never exercise or play sport (42% in 2014)**



<http://ec.europa.eu/commfrontoffice/publicopinion/index.cfm/survey/getsurveydetail/instruments/special/surveyky/2164>

Eurobarometer on sport and physical activity

- **Six countries** that have seen an improvement where more citizens say they exercise or plays sport: Belgium, Luxembourg, Finland, Cyprus, Bulgaria and Malta



Eurobarometer on sport and physical activity

- The Eurobarometer shows that most physical activity takes place in informal settings, such as parks and outdoors **(40%)** or at home **(32%)** or during the journey between home and work, school or shops
- The main motivations for participation in sport or physical activity are improved health **(54%)** and fitness **(47%)**. Lack of time **(40%)** is the principal barrier
- **Measures taken to increase physical activity**, since the last Eurobarometer in 2014, are likely to take a few years to produce tangible effects and change people's behaviour

Council Recommendation on HEPA (Nov 2013)

- **Member States**
 - Develop a cross- sector approach involving policy areas including sport, health, education, environment and transport (national strategies and action plans)
- **Commission**
 - Exchange of good practices
 - Promote/facilitate monitoring framework



High Level Group on Grassroots Sport



Grassroots Sport - Shaping Europe

- Health
- Social inclusion
- Informal learning and skills development
- Volunteering
- Economic dimension
- Sustainable financing
- Urban planning and infrastructure

Council Recommendation on key competences - the role of Sport in developing life skills

- Building Communities
- Discipline
- Teamwork
- Health
- Sport as a way of learning
- Bringing people together



Erasmus+ Funding Programme

Flagship EU programme for education, training, youth and sport

- Erasmus+ **total budget**: EUR 16,454 Billion (2014-2020)
- Sport specific chapter (Budget: 265 Million 2014-2020)

Objectives of E+ Sport (Art. 16 of the E+ Regulation)

- a) to tackle **transnational threats** to sport such as doping, match fixing, violence, racism and intolerance
- b) to support **good governance** in sport and **dual careers** of athletes
- c) to promote **social inclusion**, equal opportunities and health-enhancing physical activity (**HEPA**) through increased participation in sport and **voluntary activities** in sport

Website: <http://eacea.ec.europa.eu/home/erasmus-plus/actions/sport>

Projects database: <http://ec.europa.eu/programmes/erasmus-plus/projects/>

Erasmus+ Funding Programme

- **56 HEPA** projects co-funded in 2014-2017 for about 21 million € (HEPA Cluster meeting in Dec 2017)
- **16 projects (about 6,5 million €)** selected in the 2018 call (55 project proposals received)
- Publication of **Erasmus+ Calls 2019** in October 2018
- **Sport InfoDay** – Brussels, 5 February 2019
- **Sport budget 2019**: 59,4 million € (17,8M€ for HEPA)
- **Main funding categories** for Sport actions:



- Collaborative partnerships (max. 400,000)
- Small collaborative partnerships (max. 60,000)
- Non-for profit sport events (max. 500,000)

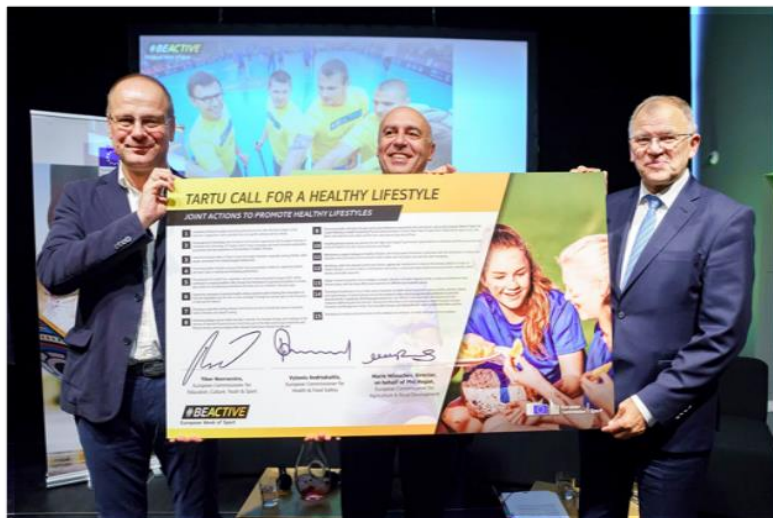
European Week of Sport

- The European Week of Sport **promotes sport and physical activity across Europe**
- Launched in 2015
- Takes place annually between 23-30 September
- Launching event: **22 September 2018, Vienna**
- More than **12 million** people participated in over **48,363 events** in **37 countries** in the 2018 edition
- **46 Partners**
- #BeActive Ambassadors
- #BeActive Awards
- **#BeActive Night: 29 September 2018**



TARTU CALL for a Healthy Lifestyle

- Commission **joint action to promote healthy lifestyles:**
 - Commissioner Andriukaitis, responsible for Health and Food Safety,
 - Commissioner Hogan, in charge of Agriculture and Rural Development,
 - Commissioner Navracsics, responsible for Education, Youth, Culture and Sport.
- Official signing on the **22nd of September 2017** during the Seminar on Healthy Lifestyle in Tartu
- **Full text:** https://ec.europa.eu/sport/news/20170922-ewos-navracsics-health-call-tartu_en



Useful links...

- EC Sport - <https://ec.europa.eu/sport/>
- Erasmus+ projects results - <http://ec.europa.eu/programmes/erasmus-plus/projects/>
- EACEA - <http://eacea.ec.europa.eu/home/erasmus-plus/actions/sport>
- Sport Info Day - http://eacea.ec.europa.eu/erasmus-plus/events/sport-infoday-31-january-2017_en