



# Healthy Living: Active Living Abstracts

These abstracts were originally presented at the WHO European Healthy Cities Annual Business and Technical Conferences 2010-2014.

They are organised alphabetically by city and presentation year.

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Abstracts on other WHO European Healthy Cities Themes may be accessed [here](#).



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**CITY / NATIONAL NETWORK: AYDIN**

**ABSTRACT NUMBER: 28**

**TITLE: HARMONIZATION OF WALKING-RUNNING-FITNESS IN THE CITY CENTER**

**CONFERENCE: 2011 LIEGE**

**ABSTRACT**

Citizens of Aydin liked and preferred to use walking and running roads established during the healthy city project from 2004 to 2011 in the city centre. As additional activity, the Municipality of Aydin created fitness areas parallel to these roads. They were planted in the middle of the neighbourhoods as open common use.

The main reason for taking this initiative is to provide healthy environments and healthy life options for our citizens. Demand for and pleasure from these areas continue and increase. The Municipality is responsible for caring for and cleaning facilities. Adnan Menderes University is a partner of the project.

Every morning a sports teacher leads citizens in fitness facilities. Citizens living in Aydin of all ages are using them. Not only walking and running roads but also parallel fitness machines are a part of daily life. You can see citizens, in the early morning and after sundown, using the equipment in good spirits. After this initiative, in Aydin, many fitness centres were opened. They offer a wide variety of strength and cardio equipment for all levels of fitness. In addition, they have a wide variety of group exercise classes. They have professional trainers, who are there to assist in improving the overall level of fitness. They wanted to latch onto the increasing trend.

In 12 parks, citizens can use fitness equipment. Especially older people prefer open spaces and harmonizing walking, running and fitness in the city centre. Municipal initiatives for healthy lifestyles and supportive environments set a good example for all sectors and the public and also health professionals. In the University, we have urban health lessons and use these examples as case studies. However, we have not monitored the effects of these initiatives yet. According to the city models and the results of good practices, we would establish a monitoring system.

**CITY / NATIONAL NETWORK: BRIGHTON AND HOVE**

**ABSTRACT NUMBER: 74**

**TITLE: A PARTNERSHIP FOR ACTIVE LIVING IN BRIGHTON AND HOVE**

**CONFERENCE: 2011 LIEGE**

**ABSTRACT**

In Brighton and Hove, 43% of adults do not get any 30-minute sessions of moderate activity in a typical week. The estimated cost to health of treating five diseases related to inactivity exceeds £3 million per year in Brighton and Hove (2009). Brighton and Hove's geography is ideally suited for active living: bordered in the south by the sea and the north by the South Downs. Within the city, there are 98 parks and green spaces, three public swimming pools and many gyms and leisure facilities.

What was missing was a coordinated approach toward optimizing the use of and access to these amenities by all members of the population, especially the least active people.

A multisectoral group has been formed to take a strategic lead and overview for sports and physical activity in the city. The group is comprised of leaders from sports development, schools, universities, business sector, community and voluntary sector and health. Representatives from the group also sit on the city's strategic groups for transport and healthy urban planning.

The group is leading on a joint strategic needs assessment of sport and physical activity for the city that will reflect the new joint-commissioning world in which public health moves back into the local authority and is driven by health outcomes and the local economy.

The main challenge has been accommodating different agendas around a common goal: increasing physical activity. High levels of inactivity are a major challenge that can only be tackled by all relevant sectors pulling together and working in partnership. Forming a multisectoral strategy group to take the lead in the city is our way forward in Brighton and Hove.

**CITY / NATIONAL NETWORK: DENIZLI**

**ABSTRACT NUMBER: 63**

**TITLE: DENIZLI IS SPORTING**

**CONFERENCE: 2013 IZMIR**

**Abstract**

In order for the citizens of Denizli to be healthy and to make active living a lifestyle, it is intended to make sporting not only for children and teenagers but for the whole family. The sport courses were at first intended for children to spend their free summer time effectively and then extended to adults to prevent obesity and reduce stressful living.

In 21 different categories for ages 6 years and above, summer and winter, weekdays and weekends, day and night, open and closed areas, professionals provide coaching in individual or team sports free of charge. Also for children with disabilities, horse riding courses are provided.

Sports equipment and clothing according to the branches are organized for free. To increase the participation in sports courses during summer, on-site training is provided in disadvantaged regions and districts. Families that have seen the positive effects of sports in their children also support the continuation of sports during the winter.

Talented children in basketball, volleyball, football etc. have become licensed players under the Municipality of Denizli Sports Club. Sporting courses are realized with 48 teachers in 21 locations in the winter and 46 in the summer. 45 of 100 players within the basketball club have been recruited within the disadvantaged areas.

In 2013, the basketball teams in 8 divisions have won 6 championships, and a volleyball team has won 1 championship.

To support family sporting, couples sports courses in various disciplines have been prepared, providing opportunities for family sporting.

Pilates, step-aerobics and tennis courses have been organized for women to increase living standards and improve their social lives. Women have stated that there is improvement in their health and physiology, decrease in diabetes and cholesterol levels and reduction in meniscus and muscle ache complaints.

The Municipality of Denizli also subsidizes the sporting equipment requirements of amateur sports clubs. Since 2008, support has been given to 10 different clubs in judo, taekwondo, archery, football, basketball and volleyball. 22 000 people are currently taking advantage of free sporting facilities within our city

**CITY / NATIONAL NETWORK: DENIZLI**

**ABSTRACT NUMBER: 105**

**TITLE: LIVE ACTIVE, DO EXERCISE BE AWARDED BY HEALTH**

**CONFERENCE: 2011 LIEGE**

**ABSTRACT**

Sedentary lifestyles and the prevalence of obesity are increasing in our country, our city and globally. Physical activity is restricted because of convenience brought by technological innovation and forgotten in the intensity of daily routine things. This project is intended to reduce obesity-related health problems, improve the quality of life of individuals living in our city and create a culture of sport in society.

The project aims to increase awareness of a balanced diet, promote regular physical activity, prevent health problems caused by an inactive life and reduce the prevalence of obesity.

Paying great attention to providing sport facilities to people of all ages, the Municipality of Denizli constructs tennis courts, running and cycling tracks and various playgrounds in the large parks. The amount of green space in the city has doubled every year. Healthy eating and active living to create awareness, inform and raise awareness of the public requires multisectoral institutional work. The Municipality therefore brought together all the institutions of our city to do work on this issue.

On 7 April 2010, the city's busiest streets were closed to traffic for a wellness march. At the end of the march, in which about 8000 people from all over the city participated, they carried out physical activities with local managers. The sports minister and family affairs minister supported our project by participating in the wellness march.

Activities carried out under the project include:

- table top exercise training is provided as applied to white-collar workers;
- free public health education, healthy eating and active living issues is continuing;
- advertisements, posters and brochures on the topic were distributed;

- the number of free sports courses for children and adolescents increased in different branches;
- in disadvantaged areas of our city, organized sports activities for adults with sports professionals are provided; and
- sports fields are used actively by citizens.

The project increased the interest of local administrators in this subject, and working groups of the project were expanded throughout the province. An obesity prevention plan was prepared for 2010–2015.

**CITY / NATIONAL NETWORK: DRESDEN**

**ABSTRACT NUMBER: 8**

**TITLE: WALKING PEOPLE – IT’S NEVER TOO LATE TO START**

**CONFERENCE: 2013 IZMIR**

**ABSTRACT**

One of the core themes of Healthy City Dresden is to promote physical activity in the population. There is a wide range of actions, projects and a sports development plan for promoting physical activity in the Municipality. Many of these projects and actions focus on sports behaviour in various settings and fewer on creating the conditions for unorganized sport and physical activity in urban space. We are therefore participating in a European Union project focusing on establishing walking and running paths in urban space. The project started in January 2013 with partners from Florence, Madrid and elsewhere.

Data from a representative survey of sports behaviour among citizens and from the city health profile show that 60% of Dresden’s population is regularly involved in sporting activities. However, there is a potential 40% who are not active regularly. 13% take part in organized sports activities. This implies that many citizens are carrying out individual sport.

There are significant differences between several urban districts in the proportion of physically active people.

Districts with a higher proportion of socially disadvantaged people have a lower health status and a lower rate of physically active people. It is therefore important to integrate such urban districts in the current project too.

The content of the intersectoral project is:

- to establish by July 2014 at least three walking paths useable for Nordic walking, walking and running (including in districts with special needs); establishing paths by integrating citizens in using the method “world café” as one kind of evaluation; and
- to develop a smartphone app with information and to start an advertising campaign.

Our target groups are users older than 35 years. In addition, the users should be supported by professionals. Thus, we integrate sports clubs with offers for special target groups (such as people with type 2 diabetes, older people and others). It will be a great challenge to overcome the subjective barriers for infrequent physical activity (especially in disadvantaged people). The project greatly influences health promotion by creating the conditions for more physical activity.

**CITY / NATIONAL NETWORK: DRESDEN**  
**ABSTRACT NUMBER: 43**  
**TITLE: COOPERATIVE SPORT DEVELOPMENT**  
**CONFERENCE: 2010 SANDNES**

### **ABSTRACT**

Noncommunicable diseases cause 60% of all deaths worldwide. The main causes are malnutrition and physical inactivity. Sport and physical activity are important for a healthy life and well-being. The targeted municipal promotion of sport and physical activity contributes considerably to the health of the population. Dresden has conducted its first integrated sport development planning from 2002 to 2003. The necessary phases of working were scientific stock-taking, analysis of the demand and integrated planning of measures. All measures have been evaluated scientifically. This evaluation derived future goal settings for the cooperative sport development planning involving all actors in Dresden since 2008.

Four target areas were identified for cooperative sport development planning in Dresden: improving the foundations of the sport development planning, improving sports facilities and management, improving the use of urban areas for physical activity and improving intersectoral cooperation in supporting needed projects for sport and physical activity. The principles of work are the consideration of different target groups, viewing the city in urban subareas, the involvement of politics from the beginning, a scientific monitoring and evaluation and the strengthening of public relations for sport and physical activity in Dresden.

The starting-point of the process was a resolution for the cooperative sport development planning in the City Council from 21 February 2008. The first public hearing for presenting the evaluation (sport development planning 2003) and for discussing the process of next planning phases was held on 23 June 2008. The intersectoral and cooperative planning group with actors from politics, sports, urban planning, health promotion, children and youth, economics and tourism prepared the central measure planning from September 2008 to January 2009 with scientific monitoring by the Institute for Sport Science and Sport at the University of Erlangen-Nürnberg.

The second public hearing was held on 12 January 2009 to show the measure planning in four core themes: the foundations of sport development planning, sports facilities and management, urban areas for physical activity and intersectoral cooperation for supporting sports and physical activity projects. This measure planning was presented to the City Council, and the implementation of the measures began to be led by a steering committee. The updating of the stock-taking, the

Dresden sport behaviour study (with 5000 completed questionnaires) and the scientific development of urban subareas for sport and physical activity were prepared from July 2009 to January 2010. These are the basics for the cooperative sport development planning, with all measures in urban subareas.

This planning aims to support projects, sports facilities and areas for physical activities. The first workshop of the working groups was held on 12 April 2010. The next planning discussions are planned for June 2010.

The final report with the measure planning for the urban subareas is expected in September 2010. The City Council will be informed in this connection, and the implementation of the measures will begin in cooperation with all actors. The Institute for Sport Science and Sport of the University of Erlangen-Nürnberg is conducting the scientific monitoring and evaluation of the whole process. The Healthy City Project has been an active partner from the beginning.

## **CITY / NATIONAL NETWORK: ISRAELI NATIONAL NETWORK**

**ABSTRACT NUMBER: 11**

**TITLE: A GUIDEBOOK FOR IMPLEMENTING THE ACTIVE CITY INITIATIVE**

**CONFERENCE: 2013 IZMIR**

### **ABSTRACT**

Healthy cities should take responsibility for increasing the opportunities for active living and sports for all. Handling with and planning for active living might introduce and practice the health in all policies approach.

Most Israelis do not reach the recommended 150 minutes of physical activity per week. The results of a health profile of six Israeli cities (conducted in the past five years) indicate that only between 13% and 36% of the adult population in the cities (age 22+ years) reach the recommended goal of leisure physical activity.

Relying on the WHO publication *A healthy city is an active city: a physical activity planning guide*, we set up a multidisciplinary task group to prepare Israel's guidelines for cities (and organizations). Members of the group included public health, health promotion, sports, safety, communication and urban planning professionals as well as healthy cities coordinators and representatives of nongovernmental organizations that promote accessibility for all and cycling for all. The participation of all those disciplines enabled us to present a system approach together with a whole-of-society approach. Members of the group took part in discussing the model and in writing.

The guidebook has four chapters: 1. A system approach to an active city, guidelines for preparing an active city policy and ways for implementation and evaluation. 2. What is active living – what can an individual do independently, what can the municipality do, with examples from Europe and Israel. 3. Resources and professional support. 4. Scientific background and professional recommendations. The product is in accordance with Israel's national programme for promoting active and healthy lifestyles led by the Ministry of Health that was accepted as a government resolution in December 2011.

The guidebook was launched during the general assembly meeting of the Israel Healthy Cities Network. The head of the public health services of the Ministry of Health and the director of Accessible Israel gave their greetings.

The booklet was distributed to members of the Israel Healthy Cities Network and to mayors and directors of sports in all Israel's municipalities. The task group members are ready to support cities in their implementation phases.

**CITY / NATIONAL NETWORK: IZHEVSK**  
**ABSTRACT NUMBER: 72**  
**TITLE: HEALTHY LIVING: IZHEVSK IS AN ACTIVE CITY**  
**CONFERENCE: 2013 IZMIR**

### **ABSTRACT**

Active lifestyles and physical activity present effective tools for preserving the health of the whole society. City authorities consider the participation of all sectors and population itself to be the necessary condition for forming an active lifestyle.

In 2012, city authorities and Healthy City Project participants in Izhevsk have chosen the theme of an active city to prepare public opinion and to involve all departments and dwellers. Traditional mass events were organized under the motto "Izhevsk is an active city". City and republican authorities invested significant resources into infrastructural development for active lifestyle and mass sport.

The results of the work in 2012 were presented during the International theoretical and practical Active City Conference that took place in Izhevsk in December 2012. The Conference was an event of the Russian Association of Healthy Cities, Districts and Settlements. City leaders, representatives of regional ministries of sport and health care, of the Healthy Cities Supporting Centre in the Russian Federation, the Baltic Region Healthy Cities Association along with representatives of the Russian Association of Healthy Cities, Districts and Settlements and the general public were among participants of the Conference.

The discussions focused on such documents and programmes as the Physical Activity Profile of the City of Izhevsk prepared by an intersectoral working group, the new European policy for health and well-being Health 2020, the State Russian Federation Programme Health Development and Initiatives of the International TAFISA Sport for All Organization. The experience of cities from the Russian Federation and the Baltic region was also thoroughly studied.

The Conference participants had worked out the framework proposals for the Active City Strategic Plan 2013–2014 that were disseminated among all participants in Izhevsk and in the Russian Association of Healthy Cities, Districts and Settlements. In Izhevsk, increasing the level of people's involvement in active lifestyles from 28% in 2012 up to 40% in 2020 has been established as a goal. Joint discussions and forming common opinions gives confidence in successful implementation of plans at the local level and in intercity and international initiatives. Work that was done had united the city community around the theme of an active city and had involved other cities in collaboration.

**CITY / NATIONAL NETWORK: JERUSALEM**  
**ABSTRACT NUMBER: 79**  
**TITLE: WALKING JERUSALEM WOMEN GO FURTHER**  
**CONFERENCE: 2012 ST PETERSBURG**

**ABSTRACT**

Within the structure of a learning course for sectional heads in the Municipality of Jerusalem, each participant committed to create a viable ongoing pilot project that would promote the issues relating to healthy cities and implement a model to be used in various city-wide frameworks.

Following a needs evaluation of various indigenous population groups in Jerusalem, it was decided to focus on ultra-Orthodox women, whose generic lifestyle revolves around taking care of the home and bringing up (many) children. There is a lack of awareness and basic knowledge in this focus group pertaining to the needs and benefits of an active healthy lifestyle, little encouragement toward paying attention to their own health and well-being, and few attempts to change this within their community.

During the course of study of the healthy cities programme, the participants received 11 workshops of 3 hours each session, devoted to learning why and how to exercise; basic information pertaining to women's health issues, anatomy and how their body works and nutritional and body maintenance for themselves and for their families. Emphasis was put on making this issue one of priority and practice. The participating women were encouraged to apply their learning to creating the time and ability to embrace a more active lifestyle while being encouraged and supported by their peer group. Every session was divided between focused study and the practice of supervised walking and exercise, while also being exposed to environmental and urban nature issues.

At the summary session, the women described meaningful changes to their daily dietary and physical habits that they had implemented into their daily personal and family behaviour. They talked about exercising more, and being aware of the environment, issues of sustainable living and how they can influence their nuclear family as well as the larger community environment.

In every session they received written as well as verbal instruction, which they embraced and implemented. In addition, they received tools (such as new running shoes) to encourage behavioural change and understanding. There needs to be follow up to continue encouraging the implementation of the lessons learned in the course within which they participated.

**CITY / NATIONAL NETWORK: KUOPIO**

**ABSTRACT NUMBER: 46**

**TITLE: MENOX – HEALTH EXERCISE CONSULTATION FOR ADULTS**

**Conference: Athens 2014**

***Abstract***

Kuopio is the eighth largest city in Finland, with more than 100 000 inhabitants. The current problem is that too many adults have an inactive and unhealthy lifestyle. The amount of physical exercise is insufficient, which leads to increased costs in health care.

Inactive lifestyle and the risk of diabetes will bring large economic costs to society. To prevent the rise of the costs in health care, a three-year Menox project was launched in Kuopio in 2014. The goal is to start to offer high-quality healthy exercise, which would be a permanent part of the services offered. The aim is also to improve the cooperation between well-being and health care units of the City of Kuopio.

The Menox project offers free personal consultation for adults (ages 18–64 years) with insufficient physical exercise. The duration of the consultation of each participant is one year and the consultation includes about 10 meetings, some of them phone calls and e-mails. Participants also have to fill out a physical exercise card. The consultation includes discussions, personal advice, exercise guidance and encouragement for a healthy lifestyle. Every participant gets a personal plan for physical exercise, nutrition and coping with life. The participants' wishes are taken into account in the plan. The focus is to activate adults. If necessary, the participants are also guided to other health care services.

The participants are surveyed about physical activity at the beginning of the consultation and after two years of practice. The aim is to determine the stability of the changes in the participant's lifestyle and physical activity. A monitoring enquiry will be performed one year after ending the consultation.

The goal of the Menox project is to activate physically 200 adults in 2014. In May 2014, 100 people were participating in the consultation. The participants have considered the consultation very satisfactory. Of the 100 participants, only four stopped the consultation during the project. The goal is that half the participants will increase physical activity during two years.

**CITY / NATIONAL NETWORK: MANCHESTER/STOKE ON TRENT**  
**ABSTRACT NUMBER: 86**  
**TITLE: DOORSTEP SPORT – CHANGING LIVES, CHANGING COMMUNITIES**  
**CONFERENCE: 2011 LIEGE**

**ABSTRACT**

Young people living in areas of high deprivation are half as likely to participate in sport as those from better-off families. Nevertheless, according to the Sport England Active People Survey, there is no shortage of demand.

Participation in sport is profoundly skewed by socioeconomic status.

Inactivity in the United Kingdom costs the economy £8.3 billion per year and increases the risk of developing six major diseases (according to *Be active, be healthy*).

Physical activity declines with age; adolescents 16–19 years old drop out of activity at an alarming rate, but drop-off is not inevitable (according to *Be active, be healthy*). StreetGames exists because mainstream physical activity services fail to engage with our target group. We aim to apply an evidence-based approach to addressing the inequity in physical activity and health that exists in disadvantaged communities.

Meeting the demand includes:

- doorstep sport: weekly physical activity sessions delivered by local volunteers, in the right place, in the right style and at the right cost;
- behaviour change: growing participation and then sustaining healthier, active lifestyles;
- local ownership: recruiting and empowering local volunteers to take action in their own community.

Changing the landscape includes:

- addressing multiple determinants of health: using sport for community cohesion, improving physical and mental health and delivering training and employment opportunities;
- mainstreaming: working with commissioners and policy-makers to change how sport and public health services are delivered to those most in need; and
- developing the workforce: training the physical activity workforce in delivering doorstep sport.

The achievements include pioneering ways to get and keep children active and healthy: in recognition of our achievements, we received the Sir James Wilson medal at the Chief Medical Officer's Public Health Annual Awards in 2010.

Reach: we are currently 120 projects nationwide; 137 810 participants have made 1.4 million attendances to date at 60 441 sessions run by 4446 coaches and 3711 volunteers, with 87% of participants living in areas of high deprivation.

StreetGames has had proven effects in using sport to reduce crime, improve health, reduce inequity and increase training and employment. Recognition of the need for social action to help transform struggling communities has never been higher. We would like to share what we know.



**CITY / NATIONAL NETWORK: MODENA**

**ABSTRACT NUMBER: 49**

**TITLE: SAFE AND ETHICAL GYMS**

**CONFERENCE: 2013 IZMIR**

**ABSTRACT**

The Safe and Ethical Gyms project, proposed by the Department of Health of the Region Emilia Romagna, comes from the awareness that physical activity, conceived as an essential part of a healthy lifestyle, is an important factor of well-being and it effectively means to prevent and treat many diseases.

The aim is especially to create a network of gyms and sports clubs that adhere to the values of the health care system and are committed to work to promote active lifestyles by signing a code of ethics that provides for the operators' professionalism, non-discrimination by and of users and the respect and protection of human health and the environment. This is what the Municipality of Modena has carried out at the local level.

The Safe and Ethical Gyms networks, promoted by the Municipality of Modena, offer opportunities for training and information about health issues. Physical exercise is prescribed as a real drug by the doctor, representing an important moment of contact between institutions, health care and the world of leisure time – physical activity. Most of all, it creates a network of facilities that can interact with family doctors and specialists (sports doctors, physicians, cardiologists, psychiatrists and others), providing qualified personnel and environments in which patients with risk factors can be sent to perform safe and proper physical activity. The family doctor or specialist will be able to direct their patients to these sports facilities recognized by the Regional Health Service through a selection process that ensures the quality and safety of interventions.

The gyms and sports clubs wishing to join the project may request to the Municipality to join the Safe and Ethical Gyms, which will get them recognized as a promoter of healthy physical activity, free from improper use of drugs and supplements and committed to create opportunities for information and training on promoting healthy lifestyles.

The project puts into practice what scientific literature has certified for years: adhering to healthy lifestyles and implementing effective and sustainable exercise programmes, with qualified staff and facilities, will enable the quality of life to be improved by reducing social and health spending, both in terms of use of drugs and hospitalization and maintain and/or improve independence.

**CITY / NATIONAL NETWORK: MODENA**  
**ABSTRACT NUMBER: 44**  
**TITLE: SPORT BEYOND THE CRISIS**  
**CONFERENCE: 2011 LIEGE**

**ABSTRACT**

At the beginning of 2010, in a general context of economic crisis, many families, due to fewer economic resources, had to make cuts in their daily lifestyle. Knowing that in this period of crisis maintaining the centrality of sport in our lives is not simple, for both economic and organizational reasons, as public administrators we want people to see and experience sport not only as entertainment but as growth, education, health and as a positive value.

The purpose was to support sports participation among young people in families experiencing difficulty due to the crisis. Municipality contributed €50 000. The recipients were the parents of children 6–17 years old residing in Modena who attend sporting courses in the 2010/2011 season that require the payment of fees. Value incentive: the contribution payable is 50% of the cost and up to a maximum contribution of €200 per person or €500 per family (even if the family has more than two children).

Requirements for access to the contribution: the contribution may be required for children of families residing in Modena, whose income valued in an equivalent economic situation indicator is less than or equal to €15 000.

All the information about the project is advertised through leaflets distributed by sports clubs and schools, flyers, posters and radio spots in the city.

Of 201 applicants, 197 families with 256 children (67% Italian citizenship and 33% other citizenship) received the contributions and 4 did not have the requirements. The sports for which the contribution was required most were soccer, swimming, volleyball and martial arts.

To improve the project, the Municipality of Modena has made modifications. It is collaborating with the three professional sport clubs that have given the project €5000. In this way, high-level sport really encounters and helps the needs of sports fans, fully understanding how important the basic sport system is to health. There will also be more promotion of the project in schools, sport societies and radio.

**CITY / NATIONAL NETWORK: SANDNES**

**ABSTRACT NUMBER: 099**

**TITLE: NEIGHBOURHOOD HIKING TRACKS FOR ALL**

**CONFERENCE: 2013 IZMIR**

**ABSTRACT**

In 2012, the Municipality presented small leaflets with maps, routes and descriptions for eight neighbourhoods. The purpose is a more active lifestyle and also supports well-being by informing inactive citizens and stimulating them to better health. The maps are also used regarding the rehabilitation of people who have been hospitalized. To extend the use of these maps further, we are now preparing specific routes in the same neighbourhoods for people with reduced mobility.

This work is being carried out as a partnership between departments in the Municipality, the council for people with disabilities and the Norwegian Trekking Association. The private sector might be involved later on when some routes need to be maintained to ensure inclusion of use for all inhabitants (older people, people with disabilities, people with baby strollers etc.).

Our aim is to ensure easy access to the routes by public transport and good parking space nearby. The parties have worked together on finding the best and most suitable tracks in the neighbourhood and implementing these in the maps already made, on the Municipality's web site and on promoting the tracks in the mass media in general. The regional newspaper *Stavanger Aftenblad* will present all the routes in an article series starting this spring or summer.

The project is a part of the regional Healthy Leisure programme. A key goal for Healthy Leisure is to facilitate outdoor activities such as health promotion activities for the whole population and with a particular focus on families and inactive groups.

The objectives are:

- to improve public health;
- to develop good and inclusive communities;
- to facilitate physical activity in daily life;
- to develop facilities for activity; and
- to create multiple social arenas that can make physical activity more attractive.

Healthy Leisure is part of the national public health, organized as a partnership between Rogaland County Council, the County Governor, 15 municipalities and nongovernmental organizations. Sandnes was a member of the network in 2003. Locally, the work is implemented in the municipal plan for Sandnes for 2002–2017.

**CITY/ NATIONAL NETWORK: SANDNES**

**ABSTRACT NUMBER: 003**

**TITLE: FYSAKT: PHYSICAL ACTIVITY, DIET AND WORKOUT BUDDIES**

**CONFERENCE: 2010 SANDNES**

**ABSTRACT**

FYSAKT in Sandnes is a multidisciplinary coordination project involving several municipal departments. The venture also cooperates with mental health nongovernmental organizations, nearby municipalities and hospitals. FYSAKT aims to increase physical activity and improve nutritional habits among the target group: people with drug addiction and/or mental health problems. The main contribution is the establishment of the workout buddy programme.

The goals of the project are:

- to help the target group in improving their physical condition;
- to help increase physical activity in their daily lives;
- to help them choose a healthier diet;
- to empower them when changing their lifestyle and motivate towards independence;
- to increase qualifications within the professional group; and
- to strengthen the regional intermunicipal cooperation through a joint qualification programme.

The workout buddy programme connects a qualified buddy to a user aiming to carry out physical activity 3 hours per week together. The buddies are recruited among volunteers. They qualify through a 40-hour course to become supporters, trainers and motivators for people with drug and/or mental health problems and get continual guidance from health professionals.

The Municipality has price-reduced contracts with private health clubs and access free of charge to local swimming pools. However, we strongly emphasize using the fantastic outdoor environment.

Along with the 40-hour qualification programme for the coming workout buddies, there is also a focus on intermunicipal one-day seminars for professionals to increase awareness and competence within physical activity and diet for people with drug addiction and/or mental health problems.

A course on diet is conducted twice a year. Good Food for Better Health is a national dietary programme targeting people who want and need to make lifestyle changes by changing their dietary habits.

An evaluation report was written in 2009 assessing the workout buddy programme.

The main issues were:

- motivation among the users of the programme;
- how the buddy perceives his or her role towards the user; and
- establishing any noticeable change regarding energy level, independence and physical condition among the participants.

**The two most important feedbacks from the participants were:**

- increased physical activity and energy level in more than half of the cases; and
- increased empowerment: by receiving help to establish good workout routines, several users become more independent, got better coping strategies and experienced a sense of achievement.

FYSAKT has been successful in reaching its goals. Professionals are better qualified, and the multidisciplinary teamwork is enhanced regarding the target group. In addition, we have learned that the users of this programme achieve better health and increased energy, but the most important factor is their experience of achievement and coping.

**CITY / NATIONAL NETWORK: TURKU**

**ABSTRACT NUMBER: 31**

**TITLE: WELLBEING IN MOTION – COMBINING CULTURE AND PHYSICAL ACTIVITY**

**CONFERENCE: 2012 ST PETERSBURG**

**ABSTRACT**

Studies have shown that people who actively take part in cultural activities and take an interest in cultural hobbies live longer than those who do not. In addition, cultural activities positively affect people's quality of life and health. It is also well known that physical activity improves health and reduces health risks. The Well-being through Culture and Physical Activity project promotes well-being and health by encouraging people to take part in both culture and exercise.

The aim of the project is to inspire and encourage all the citizens of Turku to take an interest in culture and physical exercise, provide ideas on where and how they can participate and how one can become involved and get those positive effects on health and well-being. A special target group of the project is people in a socioeconomically weaker position.

During the project, a Culture and Exercise Pie was developed as a communication and motivating tool presenting the welfare effects of the culture in an easy and accessible way. A literature review on culture and well-being was also conducted in autumn 2010. During 2011, feedback was collected and a literature review about the welfare effects of physical activity was conducted. Based on that information, the Culture Pie was developed further and the welfare effects of physical activity were added on to the pie.

Now the main focus is on developing a web-based application that gives more opportunities to illustrate how culture and exercise affects well-being and health. The application recommends cultural and physical activities to users based on the feeling they want to achieve. The application is designed to be accessible, with various language options. Illustrations and figures are familiar from a printed model. The application was scheduled to be made available in May 2012.

More than 20 000 copies of the Culture and Exercise Pie have been printed, and the project also designed Frisbees with the Culture and Exercise Pie imprinted to use in events and marketing. The project has also arranged workshops at which culture and exercise themes have been discussed. Feedback on the effects of the model was collected during spring and summer 2011. Feedback was positive, and the respondents find the model fun and inspiring. The respondents also find the model diverse and easy to approach.

The Well-being through Culture and Physical Activity project includes wide municipal cooperation but also collaboration with the University of Turku and the Turku2011 Foundation. Wide collaboration has provided new opportunities to use scientific knowledge when developing tools to improve well-being and health as well as activate and motivate people. Stakes – the National Institute for Health and Welfare has also provided important scientific data to measure well-being, health and physical and cultural activity in the Turku region.

The social effects of culture and art have been called the invisible social policy. Consumption of culture, cultural activities and participating in the arts positively affects the quality of life, life expectancy and health.

**CITY / NATIONAL NETWORK: UDINE**

**ABSTRACT NUMBER: 82**

**TITLE: ACTIVE LIVING FOR THE WHOLE COMMUNITY**

**CONFERENCE: 2013 IZMIR**

**ABSTRACT**

As highlighted by the WHO publication *Promoting physical activity and active living in urban environments: the solid facts*, physical activity is an essential component of any strategy that aims to seriously address the problems of sedentary living and obesity among children and adults. Active living contributes to individual physical and mental health but also to social cohesion and community well-being. Opportunities for being physically active are not limited to sports and organized recreation.

Enabling and encouraging increased physical activity among the population may also be one of the most effective ways of preventing and lowering the high costs associated with health and social services. Moreover, research has shown that regular exercise can maintain or increase both cardiovascular capacity and muscular strength and also extends life, especially active lifetime.

Starting from these premises, the city of Udine has increased efforts to involve people of all ages in appropriate physical activity and to promote social inclusion and socialization opportunities by greatly encouraging and fostering the relationships between playing and sport, health and creativity: in this way, the concept of playing becomes a tool for increasing also health literacy besides having fun.

All initiatives promoting physical activity among population have been structured within a broad comprehensive framework including the following.

For older people:

- gentle fitness for older people, which is annually promoted from September to May in public gyms throughout the city;
- walking groups: groups of adults who regularly meet 1–3 times a week to walk almost one hour on urban or extra-urban tracks, guided by a walking leader previously trained; they appreciate very much this moderate intensity activity since walking is easy to do, a natural part of daily routine and does not require costly outlays to begin;
- physical activity at home, to stimulate older people towards physical exercise at home and encourage them to participate in physical activity programmes; and
- keep physically and mentally moving, which means walking together up to the library and then reading a book and having a healthy snack.

For young people:

- a comprehensive project to promote sports at school through training for teachers and sport activities for children.

For the whole community:

- various sport activities during spring and summer in the city parks; and
- an ecorienteeing initiative.

The main achievement has been the reinforcement of the alliance of many stakeholders for the promotion of healthy lifestyles and physical activity among older people as well as the enthusiasm of the participants involved. The various activities are constantly evaluated in terms of the number of people participating and the satisfaction perceived by participants. Summer activities are the most appreciated.

The Municipality is trying to create a unique and comprehensive strategy for older people including activities aimed at promoting both their physical and mental and social health to foster more active and healthy ageing.

**CITY / NATIONAL NETWORK: UDINE**

**ABSTRACT NUMBER: 88**

**TITLE: WALKING GROUPS (PROMOTING PHYSICAL ACTIVITY AND ACTIVE LIVING)**

**CONFERENCE: 2011 LIEGE**

#### **ABSTRACT**

As highlighted by the WHO publication *Promoting physical activity and active living in urban environments: the solid facts*, physical activity is an essential component of any strategy that aims to seriously address the problems of sedentary living and obesity among children and adults. Active living contributes to individual physical and mental health but also to social cohesion and community well-being.

Opportunities for being physically active are not limited to sports and organized recreation. They exist everywhere – where people live and work, in neighbourhoods and in educational and health establishments. Enabling and encouraging increased physical activity among this population group may also be one of the most effective ways of preventing and lowering the high costs associated with health and social services. Literature supports walking as a beneficial form of physical activity for seniors.

Walking is the easiest, most achievable and certainly the most popular way to accumulate the required amount of physical activity. It is a natural part of daily routine; it is a sign of independence and does not require costly outlays to begin. Starting from these premises, the City of Udine has increased efforts to involve people of all ages, but especially older people, in appropriate physical activity and to promote social inclusion and socialization opportunities by tackling ageism (a belief that physical activity and sports are only for the young) and isolation (such as lack of support from others, including health professionals and recreation specialists) [healthy.cities@comune.udine.it](mailto:healthy.cities@comune.udine.it)

The activity consists in a total of at least 30 minutes of moderate intensity activity, such as walking on most days of the week to gain health benefits. Seven walking groups (one for each district) have been activated to guarantee people equal opportunities to have easy access to this activity, and the groups are becoming more and more numerous.

The initiative has demonstrated that even modest increases in physical activity can make a big difference in the well-being of older people and that the ability to make convenient walking trips throughout the city and the perception of having safe and aesthetically pleasing surroundings for walking and ready access to green spaces are strongly associated with increased physical activity levels among older people.

## **CITY / NATIONAL NETWORK: VIANA DO CASTELO**

**ABSTRACT NUMBER: 32**

**TITLE: SABERES EM TEIA: A PROJECT TO PROMOTE MENTAL HEALTH**

**CONFERENCE: 2013 IZMIR**

### **ABSTRACT**

WHO predicts that depression will be the primary cause of death in 2030. Viana do Castelo in Portugal has not escaped this trend, and has seen, in recent years, a progressive increase of this disorder which, aggravated by the crisis, has also led to an increasing number of suicides. Aware of this problem, and with the participation of several partners, the Healthy City Office of Viana do Castelo launched the Saberes em Teia project in September 2011. This project aims to promote community mental health and create opportunities for knowledge exchange between participants of different generations, promote training and personal and social development and optimize the process of transition and adjustment from an active working environment to retirement.

The project is based on the exchange of knowledge and experience acquired throughout life and has created several workshops in various areas, where participants can learn new skills and can also teach others. The objective is to maintain activity levels and thereby the mental health of participants. The workshops are informal spaces of sharing, and the areas depend on the interest and level of ability shown by the participants.

To evaluate the project, we have set up some indicators for monitoring and impact assessment. For example, some of the indicators are the number of applicants in a learning or a teaching role, the number of workshops offered and the waiting list to participate. From September 2011 to December 2012, 40 workshops were held in various areas and from January to June 2013, 15 more were underway, totalling 657 hours of training. A total of 55 people signed up to teach and 360 to learn, and 40% of these participated in more than one activity. The age of participants is between 19 and 79 years, and 52% are older than 55 years. According to the indicators, the project has been successful and the objectives were reached, resulting in more people participating from the community, thereby increasing their social interaction and, as a result, experience greater well-being and quality of life. Because of demand, it is intended that the project will be ongoing.

**CITY / NATIONAL NETWORK: VILLANUEVA DE LA CAÑADA**  
**ABSTRACT NUMBER: 50**  
**TITLE: VALIDATION OF A QUESTIONNAIRE TO PREDICT ENERGY**  
**EXPENDITURE IN KIDS WITH ACCELEROMETERS.**  
**CONFERENCE: 2011 LIEGE**

## **ABSTRACT**

### **Context:**

It is difficult to quantify, both physical activity (PA) of an individual, as energy expenditure this entails.

It is considered that the accelerometers are a valid tool to quantify objectively PA levels in different populations. However, these devices have two main drawbacks, the high cost and the time required, since to obtain precise information about the daily activity of a person are needed at least 5 days.

### **Rationale:**

These limitations make the use of questionnaires has a special interest in order to evaluate large samples with less cost, both economic and temporal.

The aim of this study is to validate a questionnaire that enables the quantification of caloric expenditure by PA using two different methods: the calculation of a factor of PA (PA factor) and a metabolic equivalent (MET).

**Description:**

The sample was a subsample of 24 scholar children (11 boys and 13 girls; 11-12y) of the Thao Programme from Villanueva de la Cañada (Madrid, Spain).

Kids wore accelerometers (GT3X Actigraph) for a complete week. The first day of these were administered the questionnaires. Anthropometric data from Thao enabled to calculate the individual basal metabolic rate.

With the accelerometers was obtained the energy expenditure attributable to PA. The questionnaire allowed the calculation of a PA factor and a daily average MET. Through them were calculated the three respective daily energy expenditure.

Subsequently, the correlation between energy expenditure obtained by three methods was evaluated using the Pearson coefficient.

**Achievements:**

Although there are significant differences ( $p=0.000$ ) between the energy expenditure of the sample obtained by accelerometry and those obtained from the questionnaire, there is significant correlation between them ( $p=0.000$ , Acel-PA factor  $r=0.84$  y Acel-MET  $r=0.80$ ). After the regression analysis we obtained a significance of  $p=0.000$ , with an adjusted  $R^2$  of 0.69 (PA factor) and 0.62 (MET), obtaining the following regression equations:

$$\text{Kcal(accelerometry)}=0,685\times\text{Kcal(PA factor)}$$

$$\text{Kcal(accelerometry)}=586,61+0,497\times\text{Kcal(METS)}$$

**Conclusion:**

Questionnaires have been proved a valid tool for calculating energy expenditure by a simple and economical way, in large samples. The PA factor method has shown a greater validity for estimating energy expenditure in this sample.

**CITY / NATIONAL NETWORK: ZAGREB****ABSTRACT NUMBER: 66****TITLE: CHOOSE SPORT****CONFERENCE: 2011 LIEGE****ABSTRACT**

The guiding line of the Choose Sport Project is physical activity: exercise as seen through the dimension of sport and disease prevention geared at health. The project motivates, educates and helps children aged 6–12 years in finding the optimum manner of continual exercise – sport they enjoy and in which they will have fun, creating positive habits of physical exercise from young childhood to old age. Sport's spectrum of influence includes education and health, preventing negative social behaviour. The numbers of obese children and children with diabetes in Croatia are increasing, and there are aggressiveness and violence in schools, violent behaviour by fans on sports fields, alcohol and drug abuse etc.

In 2010 and 2011, supported by the City of Zagreb – Zagreb Healthy City Project and Croatia’s Office for Combating Drug Abuse, the Project has been implemented in primary schools aiming at motivating and including children in sports clubs and associations.

The corresponding one-hour programme in sports gyms includes:

- a lecture on sports culture and the Olympic movement (education and motivation);
- presenting individual sports – kid athletes (identification);
- appearances by famous athletes (identification);
- all children are given a series of books on kid athletes; and
- evaluation after 4–6 days.

The results include

- 98% of children considering the experience interesting and fun,
- 97% inspecting all or certain books and 49% viewing the books together with parents.
- 98% picked a favourite sport,
- 45% opted for training in one of the sports,
- 34% are already training and 21% are undecided.

The Project motivates children and invites them to participate in sports, leaves an encyclopaedia of sports – “Kid Athletes” – that they can study and choose from, creating a link between children, parents, primary schools and sports clubs. The books describe Olympic sports, acquaint children with the Olympic principles and the Olympic Games, motivate them to choose physical exercise, supported by the International Olympic Committee and the Croatian Olympic Committee.

The International Olympic Committee co-financed the project, confirming that “Kid Athletes” meet the highest standards of expertise in sports literature. In 2011, “Kid Athletes” received the status of a teaching tool in grades 1–4 in primary schools in Croatia.

