



Education and Culture DG



Foodprint Conference – Univ. Aalborg, Ballerup, Copenhagen, 25-26 November 2009

EU Physical Activity Guidelines: a contribution to the climate agenda?

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In the good old days





From Physical activity

A tall stack of five burgers is presented on a white plate. The burgers are stacked vertically, with each one slightly offset to the right. The top burger is a classic hamburger with a golden-brown bun, a slice of white cheese, a slice of tomato, and a slice of cooked meat. The second burger from the top has a dark, charred patty, a slice of lettuce, and a slice of tomato. The third burger has a dark, charred patty, a slice of lettuce, and a slice of tomato. The fourth burger has a dark, charred patty, a slice of lettuce, and a slice of tomato. The bottom burger has a dark, charred patty, a slice of lettuce, and a slice of tomato. The stack is garnished with fresh green lettuce leaves at the base. The text "to unhealthy eating" is overlaid in a bright yellow, sans-serif font across the middle of the stack. The background is blurred, showing a red tablecloth and a blue wall.

Sport in the European Commission

- DG EAC (Education and Culture), Sport Unit (http://ec.europa.eu/sport/index_en.htm)
- No EU sport programme yet
- With the Lisbon Treaty this is bound to change:
 - Possibility to have a programme
 - Regular Sport Council meetings



What do the Guidelines aim at?

- Promised in the Sport White Paper (2007).
- No direct antecedent and certainly not one at EU level.
- *"To ensure the integration of policies which translate into increased physical activity in everyday life, there should be close and consistent cooperation among the relevant public and private actors when policies for sports, health, education, transport, urban planning, working environment, leisure etc. are developed. If policies that promote physical activity are successfully integrated, the easiest available option for citizens should be to choose a healthy lifestyle."*

Selected guidelines (28)

- *Guideline 28 – When planning authorities give permits to build new developments, or when public authorities build new neighbourhoods themselves, they should integrate in their authorisation or in their planning the need to create a safe environment for the practice of physical activity by the local population. In addition, they should also consider distances and ensure opportunities for walking or cycling from home to train stations, bus stops, shops and other services and to recreational places.*

Selected guidelines (31, 32)

- *Guideline 31 – Public authorities should pursue not only the protection of the natural environment per se but also its potential to provide attractive outdoor spaces for physical activity. Effective conflict management should be put in place to balance the needs of different users, particularly motorised versus non-motorised visitors.*
- *Guideline 32 – Public authorities should seek to ensure that children’s play needs are not marginalised in community planning and design.*

Conclusion

- Active commuting is also good for the environment. Furthering active commuting is a meaningful contribution to the climate agenda.
- The Guidelines are not legally binding, but commonly agreed standards at EU level. All relevant actors should take inspiration from them, including as regards measures taken to reduce human impact on the climate and to counteract climate change.

Thank you for your attention!

http://ec.europa.eu/sport/index_en.htm
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