

HEPA promotion in Europe: the Swiss Experience with special focus on children and adolescents

**Brian Martin, MD, MPH
Physical Activity and Health Branch
Swiss Federal Institute of Sport Magglingen
Swiss Federal Office of Sport**

*Expert meeting on Health Enhancing Physical Activity (HEPA)
in children and adolescents
University of Karlsruhe, 28.02.-01.03.2007*



Physical activity and sports promotion in Switzerland

- **The pedagogic development**
(19th century →)
- **The public health approach (1995 →)**
 - **The obesity issue (2004 →)**
- **The growing importance
of social integration**
(2005 →)

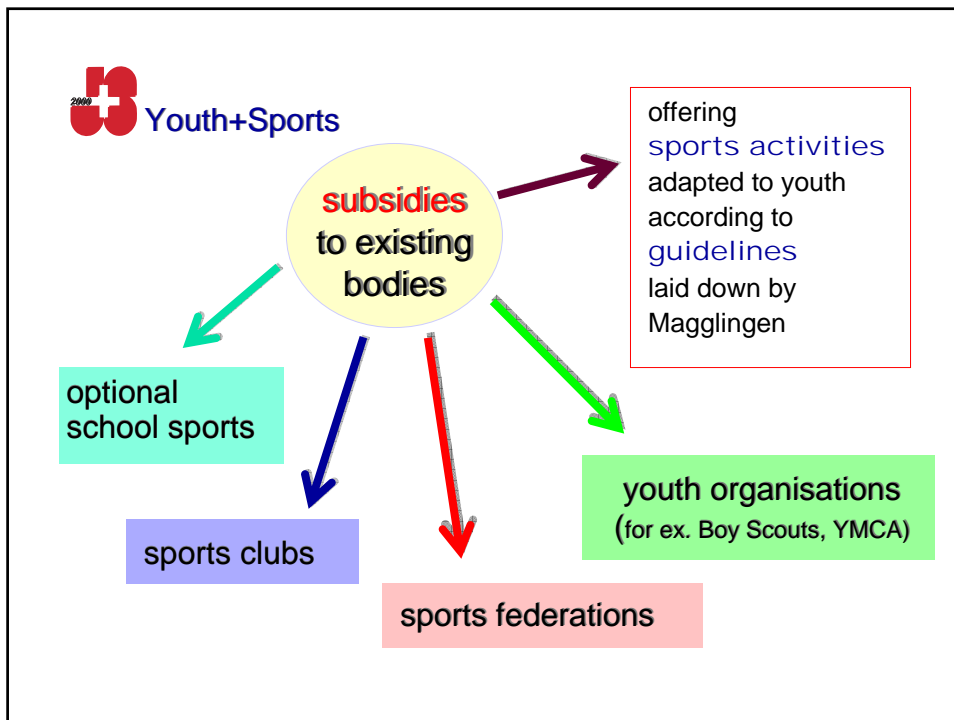
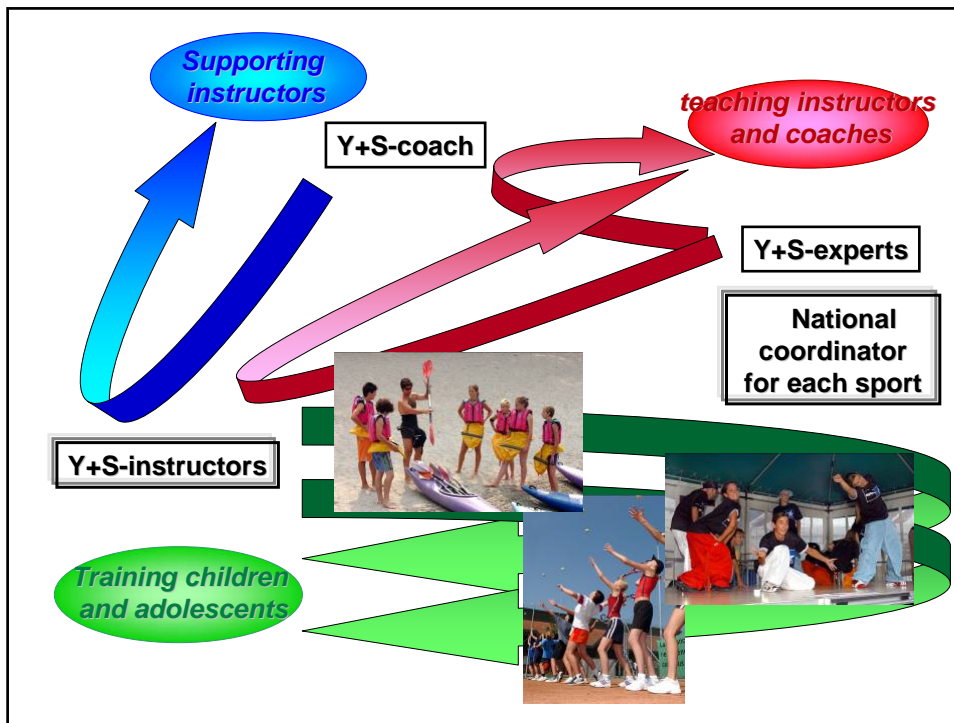
Since the 19th century Gymnastics movement

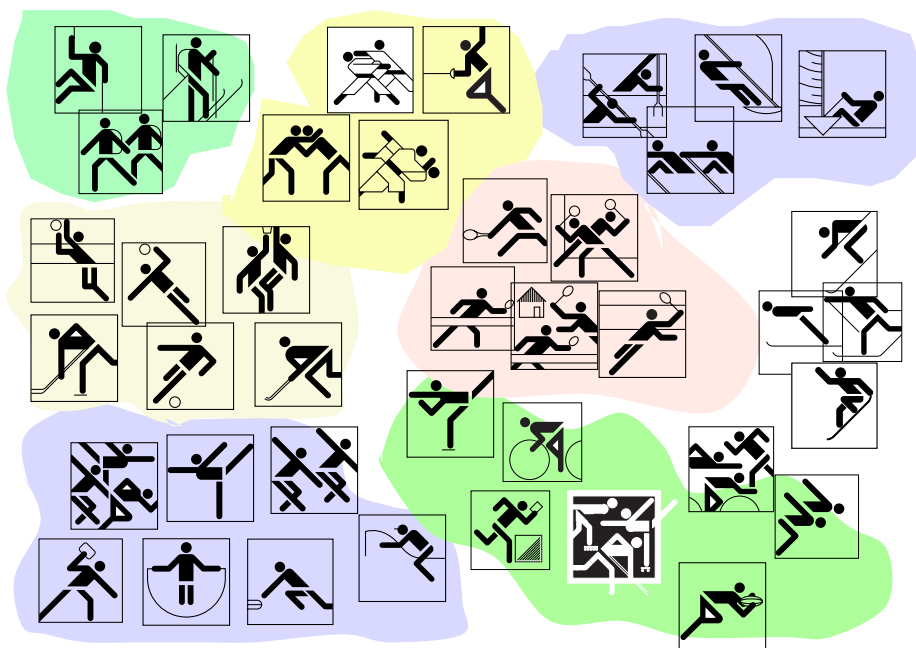
- **Great importance of sport clubs and associations**
- **Introduction of PE in schools**



Youth+Sports

- **Established by federal law in 1972
(constitutional vote in 1970)**
- **"The aim of the institution youth+sports is to develop young people of 14 (*since 1994 10*) to 20 years of age in sports and to guide them to a healthy lifestyle"**
- **Emphasis on sports for all**





started in 1972

highly
appreciated
in our country

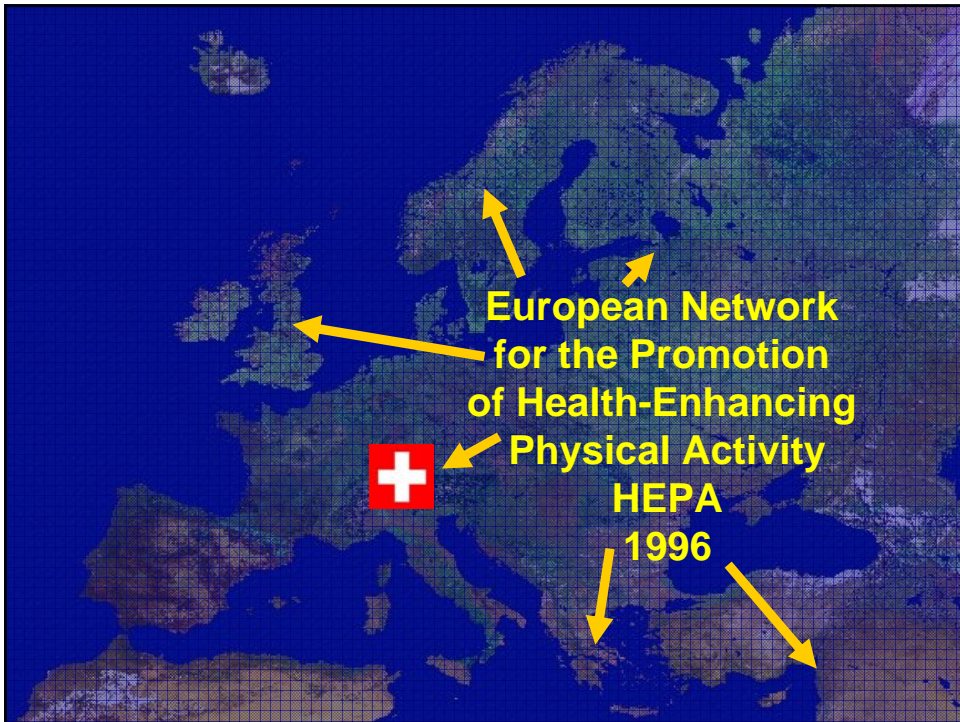
approximately
100 million CHF/70 million Euro
public money per year



The 34th Magglingen Symposium 1995 Sports - Physical Activity - Health

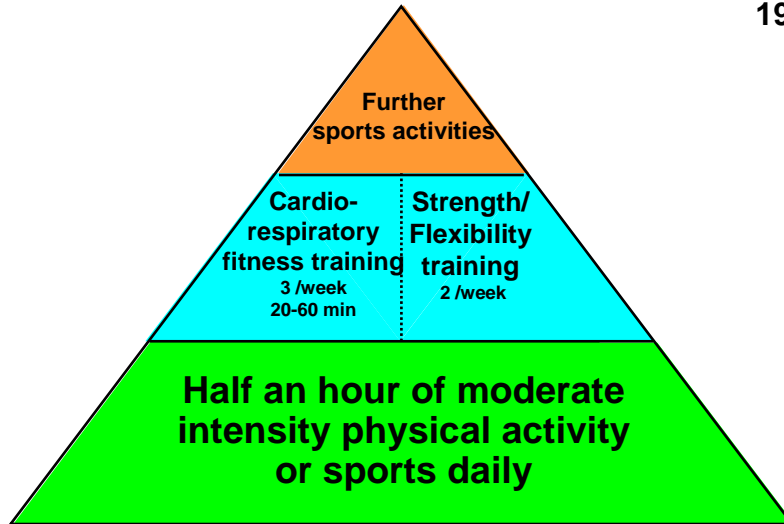
- Physical activity and health - recent findings
 - Physical activity in Switzerland
 - Health promotion through physical activity and health: Finland and the Netherlands
- ➔ **Consensus: need for a national programme**





The Swiss HEPA recommendations

1999



The Swiss Federal Government's Concept for a National Sports Policy

2000

In view of the major importance of sport for the individual and society, Article 68 of the Federal Constitution gives the Federal Government the following mandate: "The Confederation shall promote sport, particularly sport education". The legal situation in the 1970s led to the development in 1998 of a "Swiss Sports Concept". Since then, however, there has been a fundamental change in the dimension, significance and pursuit of sport. Sport and physical activity have many beneficial effects, and Switzerland provides a complete array of sport and leisure structure, but a number of shortcomings require attention.

A Concept as a Basis for Action

Starting with the shortcomings


- At least one third of the Swiss population engages in too little physical activity.
- Public-sector support for competitive sport and young athletes has less than its weight and its participation is not guaranteed enough.
- Too little attention is paid to sport as a factor in adding economic value.
- Women are under-represented in leading positions, teaching and research.
- Existing national, regional, cantonal, district and local sports infrastructure are not being employed optimally.
- Problems such as sport-related accidents, doping, corruption, violence and racism are on the increase.

If these areas are to be tackled, a new approach to sports policy is needed. The Concept is a major starting point from which the Federal Government can develop a coherent sports policy that will enable it to fulfil its legal responsibility for sport and contribute to the sports of tomorrow.

Starting with the shortcomings

- At least one third of the Swiss population engages in too little physical activity.

...education, there is a trend towards...



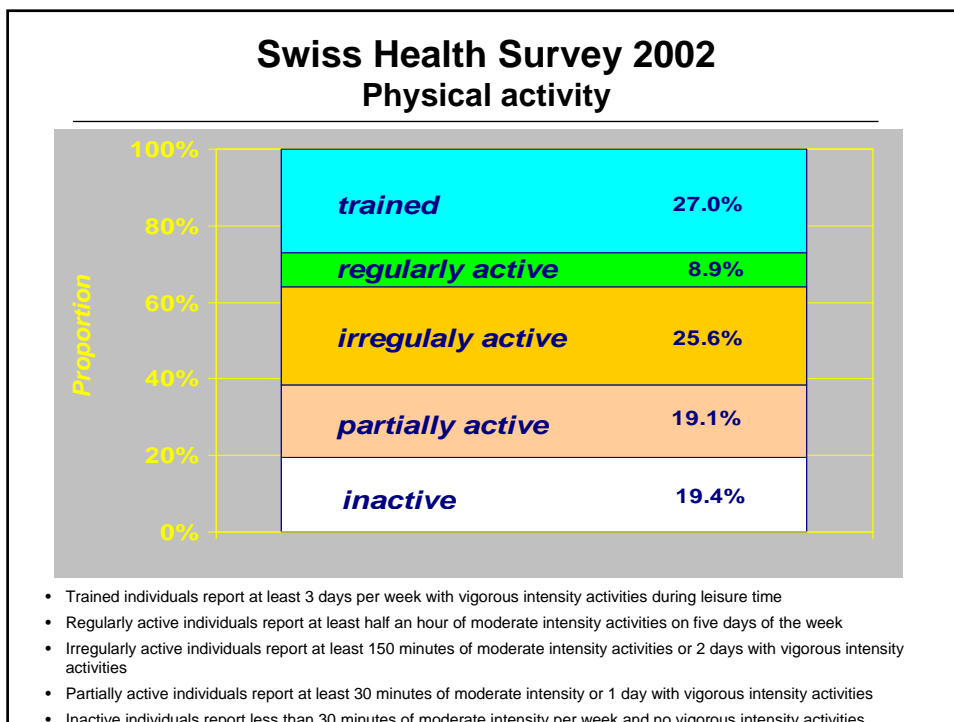
The Swiss Federal Government's Concept for a National Sports Policy

2000

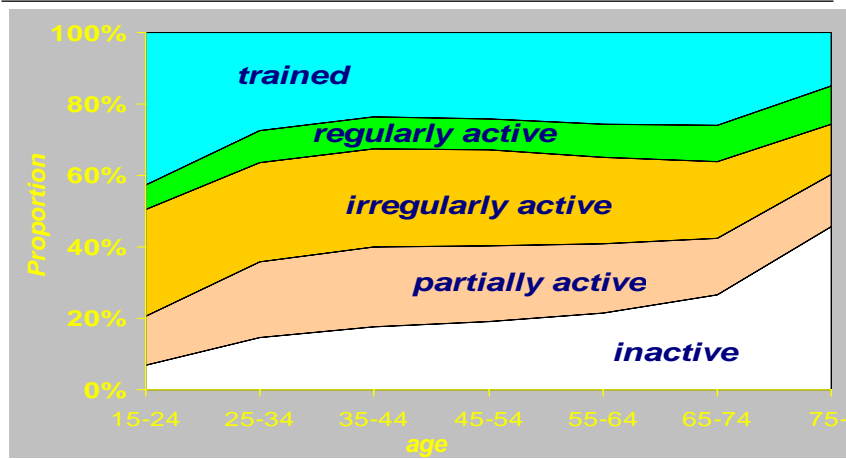
Main Objectives and Priority Activities

Sport and physical activity should make a contribution to the sustainable development of our society, economy and environment. The first four main objectives related to the social and economic dimension of the fifth is directed at sustainable development in general and environmental objectives in particular.

- 1. Health**
More physically active people.
The proportion of physically active people in the population needs to increase continuously. Priority activities include the following:
 - The Youth-Sport programme will focus on sustainable, regular sporting activity. Quality will be controlled.
 - Structures and programmes intended to offer physical activity and sport for senior citizens will be gradually improved.
 - Green-Clean Sports Concept.
 - Innovative projects to promote sport and physical activity in the everyday context – e.g. at work, on the way to work, at school, in human-powered mobility – will be implemented.
- 2. Education**
Making use of education opportunities.
The opportunities for sports education will be reviewed and used more specifically. Priority activities include the following:
 - The quality of sports education in schools, vocational colleges and in the Youth-Sport programme will be improved to a high level.
 - Greater use will be made of the opportunities offered by sports education and organized sport as integrative social education.
- 3. Performance**
Promoting young athletes and competitive sport.
The framework and conditions for promoting young athletes and competitive sport will be improved. Priority activities include the following:
 - Specialized sports schools that seek classes and suitable vocational training places of appropriate duration (e.g. in public administration) will be created.
 - A "vocational training course for professional athletes" will be set up on a pilot basis.
 - Prevention of doping and substance abuse will be improved.

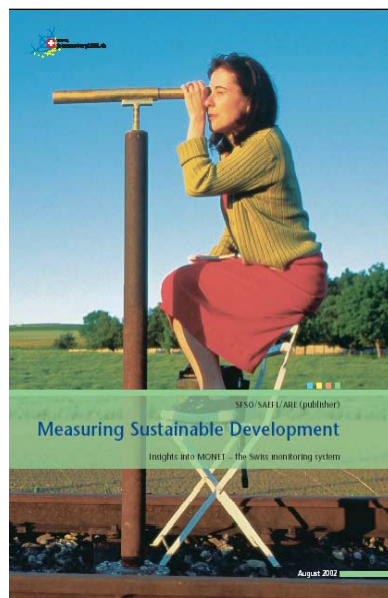


Swiss Health Survey 2002 Physical activity according to age group



- Trained individuals report at least 3 days per week with vigorous intensity activities during leisure time
- Regularly active individuals report at least half an hour of moderate intensity activities on five days of the week
- Irregularly active individuals report at least 150 minutes of moderate intensity activities or 2 days with vigorous intensity activities
- Partially active individuals report at least 30 minutes of moderate intensity or 1 day with vigorous intensity activities
- Inactive individuals report less than 30 minutes of moderate intensity per week and no vigorous intensity activities

Lamprecht M, Stamm HP. Observatorium Sport und Bewegung Schweiz. Bewegungsverhalten in der Gesundheitsbefragung 2002. Zürich, L&S Sozialforschung und Beratung AG, 2004.



Topic: Health Health habits: physical activity

Definition
The percentage of individuals in the population over 16 years of age who engage in physical activity to their leisure time at least once a week, to reference that they find a rest.

Relevance to sustainability
A central aspect of sustainable development is the health of human beings (pillar 3). Health-enabling factors, such as balanced diet and regular physical activity, help to improve one's health and well-being, as well as reduce the effects of stress. This indicator reflects how many individuals actively do something for their health by getting exercise in their leisure time. Physical activity is considered to be a key factor in a healthy lifestyle.

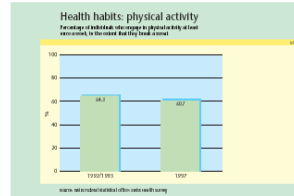
Indicator: 25

Trend
Change in time between the first (1992/1993) and second (2002) Swiss health survey: the percentage of individuals who engage in physical activity at least once a week declined markedly. However, whether or not this development is indicative of a long-term trend cannot be assessed from the basis of the available data. For the time being, the results of further health surveys must first be obtained. Since

2000, the fact that more than one third of those polled claim to be doing exercise in their leisure time is the result of physical activity to their leisure time indicates a decline of such time among the population.

Remarks
This indicator provides only partial insight into the health-enabling physical activity of the Swiss, because drinking a glass of water is not an exercise criterion for a healthy lifestyle. Therefore, for the recommended daily exercise, in this regard is a half-hour of movement in the form of everyday activities or sports to which the individual has time of least 15 minutes out of leisure time does not necessarily count as exercise.

1. Last measurement of the Swiss Federal Office of Sports, Youth and Leisure (OFS) of 2002: Health survey, Network 1000 Switzerland, (www.bfs.admin.ch)



25 - Measuring sustainable development insights into MONET - The Swiss monitoring system - August 2012

General promotion of physical activity and sports – the measures (2002)

- 1. Continuation and adaptation of existing activities** (PE in school, Youth+Sports, clubs and federations)
- 2. Support for innovative projects** (e.g. Allez Hop, Network HEPA Switzerland)
- 3. Development of new approaches** (e.g. Active-online.ch, Local Sports and Physical Activity Networks)



Physical activity time trends in Swiss Children

- **(BMI** **↑↑↑)**
- **(Fitness** **↓)**
- **PA under 10 years** **?**
- **PA Swiss Health Survey (15-20y) 1992-2002** **→**
- **PA Swiss Pupils Study (11-16y) 1998-2002** **(↑)**
- **PA SMASH (16-20y) 1993-2002** **↓**

Health-Enhancing Physical Activity in Children and Adolescents

*Recommendations of the Swiss Federal Office of Sports,
the Swiss Federal Office of Public Health, Health Promotion Switzerland
and the Network HEPA Switzerland from the year 2006*

Summary of the recommendations for children and adolescents in the physical activity disk



Overview of current developments in PA and sports promotion in children in Switzerland

- **Development of a PA monitoring system for children**
- **Critical evaluation and further development of current activities**
- **Evaluation of selected approaches and pilot projects for children from 5 years on**
- **Intensification of exchange at national and international level**

Fig 4 Sport's club membership

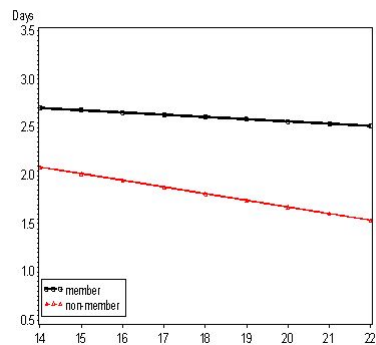
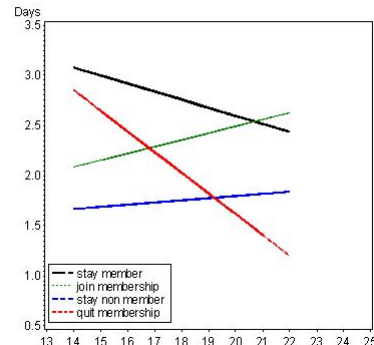


Fig 5 Quitting a sport's club



Zimmermann-Sloutskis D, Martin. Determinants of individual changes in physical activity over 6 years of follow-up among a Swiss young population aged 14 - 25 years in 1999. The Swiss Household Panel (SHP) 1999-2004. International conference for panel users, Neuchâtel, 23.02.2007

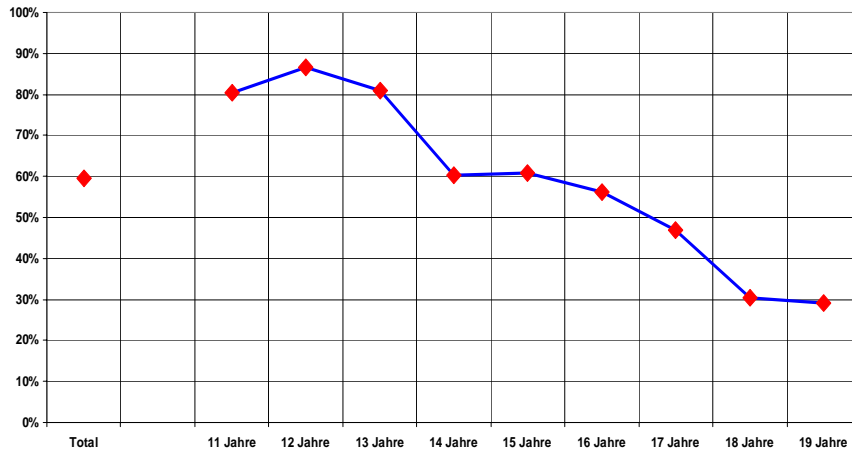


Youth+Sports – evaluation results

	2005
Children/Adolecents (10–20)	550'000
Active Instructors	53'200
Courses / Camps	48'000
Sum paid to organizers / clubs	35 million Euro
Certified instructors	107'784
Certified coaches	15'269
Certified experts	5'358
People in Training (instr. / coaches)	47'000
Training Courses	2'516



Youth+Sports – coverage by age 2005



Indikator 2.1: Einhaltung des Schulsportobligatoriums

Definition: Das 3-Stunden-Obligatorium des Turn- und Sportunterrichts in der Schweizer Schulpflicht ist in der Verordnung zur Förderung von Turnen und Sport vom 1987 verankert. Auf Druck verschiedener Kantone wurde diese Verordnung im Jahr 2000 geändert: Obwohl weiterhin am 3-Stunden-Obligatorium festgehalten wird, sind die Kantone heute insofern flexibler, als sie auch Sporttage und -tage etc. anrechnen können.

Dargestellt ist in Abbildung A, welcher Anteil der Schweizer Kantone 1984 die Verordnung (nicht) einhält. Für das Jahr 2000 zeigt sich eine differenziertere Darstellung, indem man zwischen dem 'reinen' 3-Stunden-Obligatorium, der flexiblen Regelung und der klaren Nicht-Einhaltung der (neuen) Verordnung unterscheiden werden kann.

Quelle: Erhebungen des BASPO bei den Kantonen für die Jahre 1984 und 2000; mobile ILS.

Kommensur: Sowohl 1984 als auch 2000 und voraussichtlich auch im Jahr 2005 halten rund vier Fünftel der Schweizer Kantone die gesetzlichen Vorgaben ein. Wie aus Abbildung A hervorgeht, machte 2000 jedoch ein grosser Teil der Kantone von der flexiblen Regelung Gebrauch oder fasste eine 'Revisionsentscheidung' (im Auge liegt das Segment '3 Stunden mit Tendenz zur Reduktion'). Ein Blick auf die aktuellen Daten zeigt jedoch den positiven Befund, dass die Revisionsentscheidungen an den meisten Orten nicht umgesetzt wurden oder gar wieder zu 'vollen drei Stunden' übergegangen wurde.

Ein genauer Überblick über die verfügbaren Daten zeigt zudem, dass die Flexibilisierung des Angebots oder die Nicht-Einhaltung des Obligatoriums fast ausschließlich die Oberstufe (ab dem 1. Schuljahr) und die nach-obligatorische Schulzeit (ab dem 10. Schuljahr) betrifft.

Eine weitere Analyse zeigt zudem, dass es in den (Westschweizer) Kantonen, welche die Regelung schon 1987 nicht einhalten, kaum zu einer Besserung gekommen ist: Von einer Ausnahme abgesehen, finden sie sich immer noch im 'schwarzen Segment'.

Observatorium Sport und Bewegung Schweiz – Jahresbericht 2004 (Februar 2005)

25

2.1A) Verteilung der Kantone auf verschiedene Typen der (Nicht-)Einhaltung des 3-Stunden-Obligatoriums



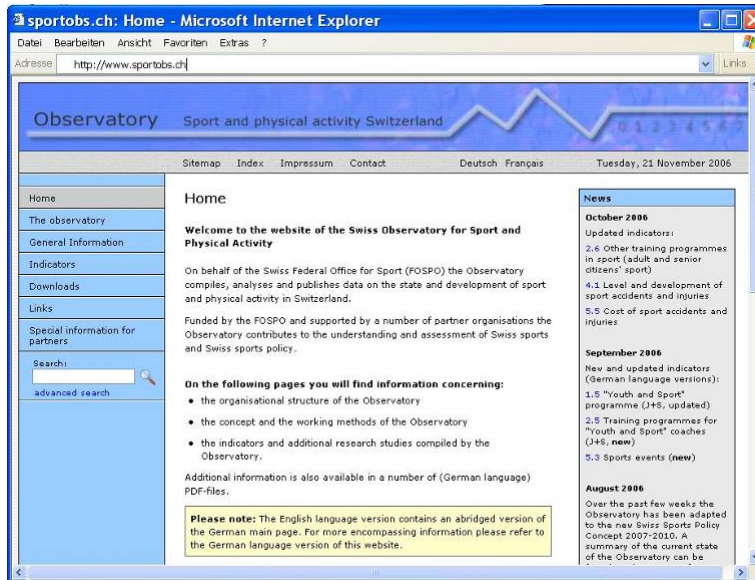
Hinweise:

- Belweile 2: Im ganzen oder Teilen des Schulsystems (typischerweise in der Oberstufe) werden nur 2 obligatorische Stunden pro Woche angeboten.
- 2+1: zwei Stunden obligatorischer Turn- und Sportunterricht sowie 1 Stunde zusätzlicher Unterricht (Wahlfach, Lager etc.).
- 3 Stunden mit Tendenz zur Reduktion: Pläne zum (bewussten) Übergang auf ein Modell '2+1' vorhanden.
- 3 Stunden: 3-Stunden-Obligatorium im Sinne der Verordnung von 1987 wird vollständig und über alle Schulstufen hinweg eingehalten.

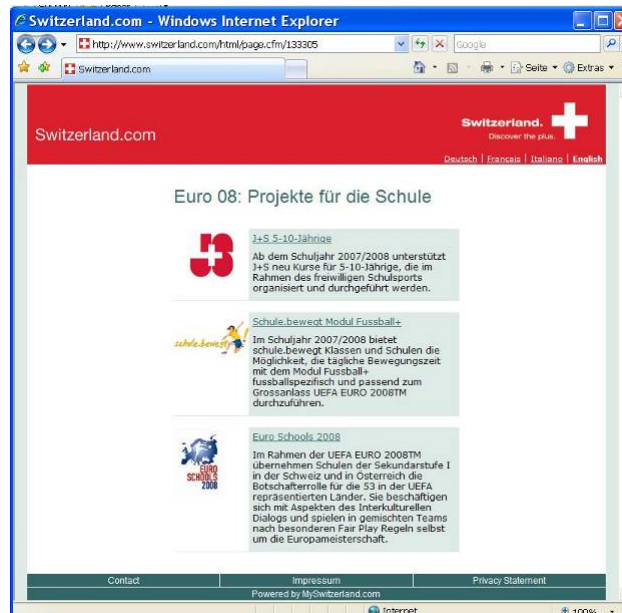
Indicator 2.1: Realisation of compulsory PE in schools

www.sportobs.ch

The Observatory Sport and Physical Activity Switzerland



www.sportobs.ch

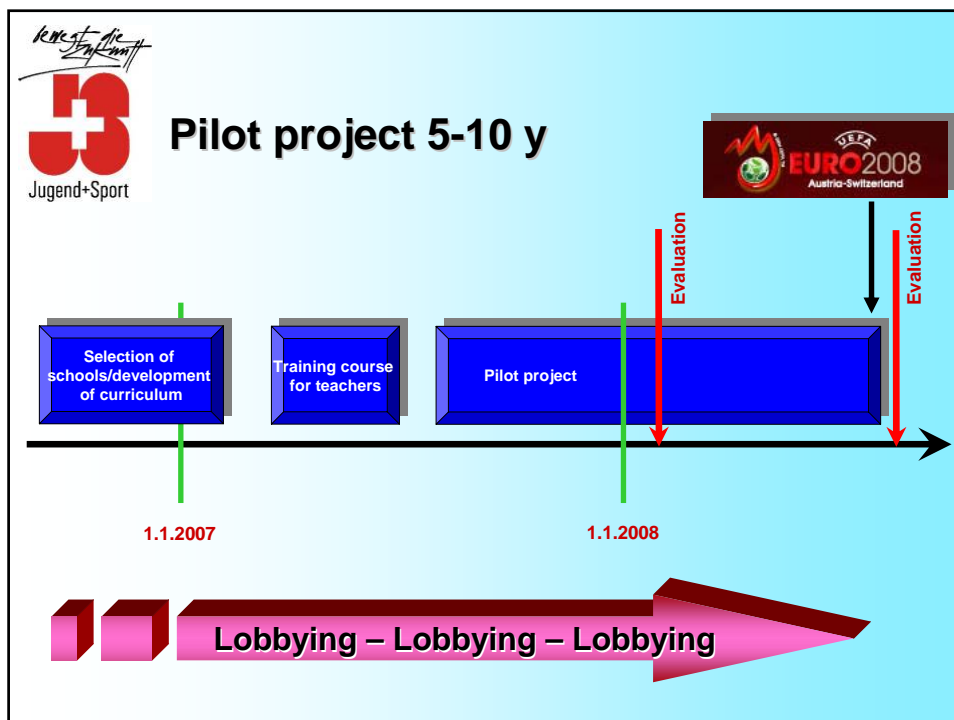


www.switzerland.com/school



Pilot project for 5 to 10 year old

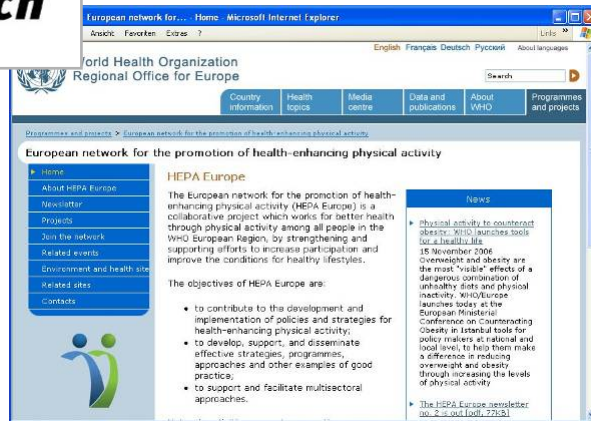
- One additional hour of „multisport“ activities per week during one year offered by primary teachers, additional to regular PE
- Focus on children not reached through existing offers
- Pilot project in 400 classes (out of 17'000 in this age group)
- 0.5 million Swiss francs/0.3 million Euro





www.euro.who.int/hepa

www.hepa.ch



The situation 2007

- The importance of physical activity and sports for health has been well accepted
- The challenge now is to achieve and to monitor progress

