

Community-based Multi-sector Strategies in the EU to Enhance Health-related Physical Education and Physical Activities for Children and Youth

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Abstract: Since the beginning of the 21st century many research papers have been published which document the rapid increase of physical inactivity, overweight and obesity in children and youth world-wide and -outside the USA- particularly in Europe (e.g. ITOF, 2002; Currie et al., 2004; Brettschneider & Naul, 2004, 2007; WHO/Europe, 2006; Wang & Lobstein, 2006; Branca et.al., 2007). There has also been a shift to focus the benefits of physical activity as a new integral part of public health policies to counteract the growing epidemic of obesity in childhood on a European and national level (e.g. EU-Platform of Diet, Health and Physical Activity, 2005; EU-working group of sport and health, 2006; EU-Physical Activity Guidelines, 2008; Kornbeck, 2009). Two essential baselines are currently much more supported than years before: physical education and physical activity as an integral part of prevention and intervention programmes; local community networks with a multi-sector strategy to link the programme between family, school, sport club, and community offices. The paper reviews selected prevention and intervention programmes across Europe which incorporates health-enhanced physical education at school, physical activity programmes outside schools and school based nutrition campaigns in accordance with a multi-sector strategy of different community offices. Among others, the Dutch-German "Healthy children – sound community" project will be addressed to give detailed insight of new physical education lessons with health related measurement of PA by electronic tools, combined with the subject of "science", school nutrition events and extra-curricular physical activities in conjunction with stakeholders of the local community (Hoffmann & Naul, 2009) .

Prof. Dr. Roland Naul is Professor of Sport Science and Sport Pedagogy at the University of Duisburg-Essen since 1980 and Director of the Willibald Gebhardt Research Institute (since 1992). He served on different international boards (e.g. chair person of the International Committee of Sport Pedagogy, 1992-1996; former Western European director of the International Council of Sport Science and Physical Education (ICSSPE) (2000-2004). Prof. Dr. Naul published more than 300 reviewed papers in 10 different languages on physical education, Olympic education and health related youth sport activities. As an invited speaker he lectured on various international conferences and Olympic scientific congresses, including sessions of Olympic Pedagogy at the IOA (Olympia). In 2003 he received the silver medal of the Charles University of Prague for his European studies in physical education and sports.