

Panel discussion

The active voice of the sport #GAPPA

A Global Action Plan for physical activity at the service of citizens. UISP, subsidiarity and institutions.

After 3 years of meetings, round tables and elaboration of common work methodology at the European level, the Active Voice project, supported by the Erasmus+ Program and coordinated by ISCA, is concluding. In recent years, UISP has worked throughout the country promoting a policy of advocacy for and with local and regional institutions.

On November 7th the final act took place and in Rome a day was organized consisting of two specific round tables: one on the theme of health promotion for all, the second on the theme of the social inclusion of refugees.

During the morning the UISP proposed a round table entitled "The active voice of sport #GAPPA. A global action plan for physical activity at the service of citizens. UISP, subsidiarity and institutions".

The purpose of the meeting is to propose an opportunity for discussion to urge institutions and civil society to implement one of the main indications of the Strategies and WHO Global Action Plan: to create transversal and intersectoral dynamics for effective promotion of the activity physics.

Below is a summary of the main interventions.

Vincenzo Manco, National President of UISP: Active Voice has been a cultural journey, we have tried to influence not only institutions at various levels, but also Universities and associations. Promoting healthy lifestyles today means not only promoting good health, but also improving quality of life in the broadest sense, quality of life for all and for all. This means on the one hand promoting social cohesion and on the other fighting the loneliness.

There is a theme of rights, of citizenship rights that include health.

MP Roberto Pella, Mayor of Valdengo and Vice President of the ANCI, Committee of the Regions: In terms of the rights to health and well-being, teamwork is essential.

Recently, a parliamentary intergroup "sport, health and well-being in the urban context of our cities" was set up because we believe that only through transversality it is possible to solicit all the various committees to reflect on these issues. The mayors have an important task for the future to manage megacities that are

likely to have many problems.

MP Elena Carnevale, Social Affairs Commission Chamber of Deputies: the translation of the WHO guidelines have been a fundamental tool for raising awareness and starting to transform concrete actions. Speaking of well-being means acting in a transversal and multidisciplinary way. It starts with a concept of community and sustainability, in which citizens' rights must be placed at the center of city work in a particular way.

MP Luca Rizzo Nervo: There is a need to put the sport, the right to move and to play on the political agenda, which takes place in concrete actions organized between cities and sports promotion bodies. The fundamental element is transversality. We must not only think about how many and which sports facilities must be built, but we must concentrate on the fight against a sedentary lifestyle as a quality of response to the health of citizens.

Movement and sport offer a possibility of extraordinary active participation of citizens.

Sometimes it feels like a mantra: movement is an important thing and is good for health, but then in everyday life there are always excuses for not practicing. This is why cities have a duty to promote opportunities to develop actions to lower the level of sedentariness. Health inequalities, often correspond to an inequality of opportunities and opportunities, promoting the correct healthy lifestyles for everyone also means working to reduce inequalities.

Raffaella Chiodo Karpinsky, Coordinator project Active Voice: the project began with the presentation of the translation of the WHO guidelines by the UISP and presented to Italian Parliament. We would like to conclude the project with a new editorial to be presented also in this occasion in the Parliament: the translation of the new GAPPa guidelines. In May 2018, the States adopted a Global Action Plan for the Promotion of Physical Activity (GAPPa). It is an important tool developed by the WHO to combat sedentariness and to pursue the well-being of the person and this time Uisp has had the opportunity to translate the guidelines into exclusive. The translation will be available soon online.

Stefano Pucci, president of UISP Lombardia: the possibility given by the Active Voice project to organize a thematic meeting in Milan allowed the committee to put local bodies, universities and sports associations around the table for the first time. From this first appointment the creation of a network of relationships was born, which led to integrated projects together with the Polytechnic of Milan on the theme of urban regeneration.

Maria Pina Casula, President of UISP Sardinia: UISP in Sardinia has always been at the forefront and from 45 years we work on the issue of sports practice as a tool for improving the health of the elderly, even if there has never been an institutional recognition. Thanks also to the guidelines developed by the WHO and the constant continuation of the work that has also involved the universities we have recently managed to

sign a protocol between the region, UISP, Anci and Miur.

The concept of health can not only be relegated to doctors, but must be considered transversal and intersectorial.

Francesca Brienza, Head of Healthy Lifestyle UISP Lazio: the spirit of research and training have always characterized the work of UISP. The aging population involves a series of problems both for families and for the elderly themselves. "It is not just a matter of adding years to life, but of adding life to the years", which means thinking of a series of integrated systems of prevention, movement, wellbeing and socialization that make the lives of older people dignified and active.

In recent years our relations with both Roman and regional institutions have not been simple, while one of our strengths has been the work with the IUSM, who work with us on 3 points: evaluation of how the level of effectiveness and effects of the practice; teaching activities with university students to pass on their work methodologies, with the involvement of the elderly who go to work with young people in the university; internship of students within UISP activities

Although the Ottawa paper is of 1986 in which a holistic approach to health was hoped for, it has not yet entered the collective imagination and the political agenda. Yet motor activity is necessary to maintain autonomy and we could say that even the operators of the movement have an important function of advocacy (if we think of this concept with an enlarged meaning).

Even in old age you can play!

Manuela Claysset, responsible UISP for the promotion of gender and rights policies: all data and statistics show that women are more sedentary than men (at least until the old age, because then the relationship is reversed). The reasons are many and sometimes also arise from discriminatory causes. For this reason we need to think about activities and methods to promote physical activity for all women who go to understand which are the specific obstacles.

For example, Enna started a very interesting project on "football mothers", which involves the University, local authorities and various sports organizations. A simple but very effective idea: the mothers who accompany their children to soccer school have formed teams, where they can train and then play and make tournaments.

These projects allow us to understand what tools are necessary for our managers: training, relationships, tools, what kind of proposals to make.

Giuseppe De Ruggieri, UISP Matera: in Basilicata we managed to sign a memorandum of understanding where the concept of movement was finally expressed in the regional health prevention plan. This result was also achieved thanks to the Active Voice project that allowed us to structure a path in stages, after the round table organized in Matera, the ASL invited us to present the "pedibus project" in front of the guarantor for children . This is a great sign of recognition that we have been carrying forward for years, for example it is one of the flagship activities of Move Week, so much so that the region has now asked us to

make a more structured plan on the pedibus, which provides for an enlargement.

Next year Matera will be the European capital of culture and will make a project on the urban regeneration of certain parts of the city, with art and street sports, which will have as its objective the promotion of active lifestyles within an active city.

Silvia Stilli, speaker AOI: we should continue and build together a moment in which the sense of the associative, social and aggregative activities of sport emerges within the activities of international cooperation.

It is not a foregone theme. There is a theme the recognition of the sporting world within the programs of international cooperation, which even now seems quite difficult.

What we can build together is the strengthening of network work and the construction of a path where we can count more and be able to dialogue with subjects that are sometimes complicated to impact.