



PER UNA SALUTE DA COSTRUIRE INSIEME

Presentazione della
"STRATEGIA SULL'ATTIVITÀ FISICA PER LA REGIONE EUROPEA DELL'OMS 2016-2025"
Roma - Camera dei Deputati – 6 aprile 2016
Auletta dei gruppi parlamentari – Via Campo Marzio 78
Ore 10.00 – 14.15

La città attiva

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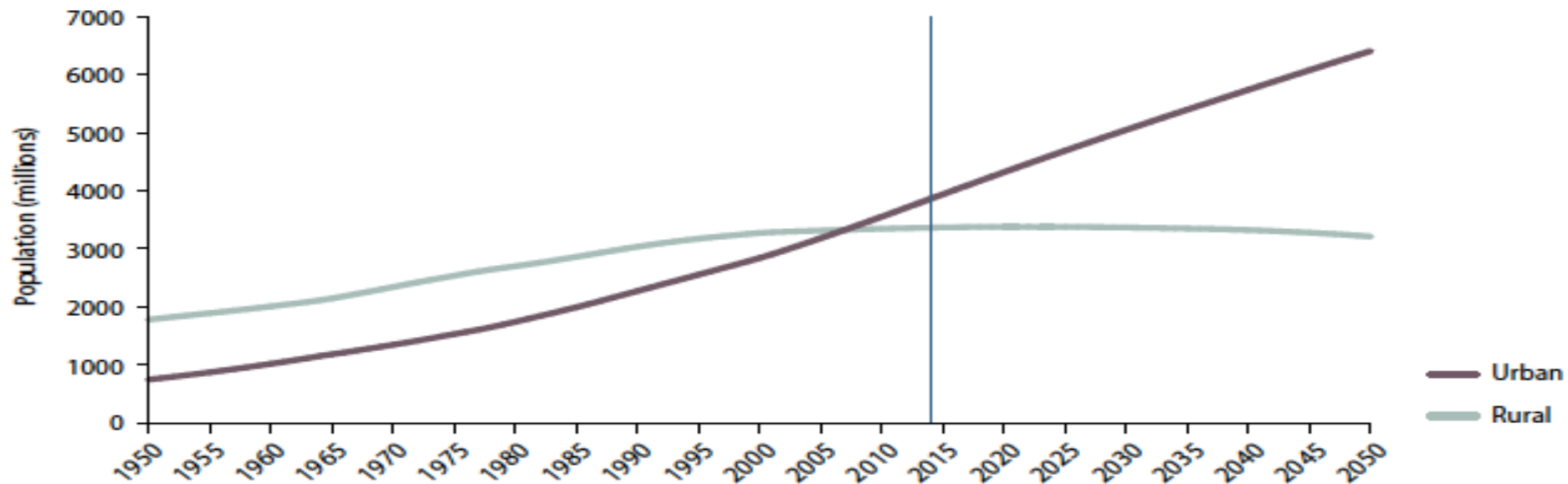


Urbanizzazione

United Nations, Department of Economic and Social Affairs, Population Division (2014).
World Urbanization Prospects: The 2014 Revision

Figure 2.
Urban and rural population of the world, 1950–2050

A majority of the
world's population
lives in urban areas



L'urbanizzazione a livello mondiale ha per la prima volta superato nel 2014 il 50% (54%), Europa 73%, Italia 67%, è previsto arrivi al 66% nel 2050.

Have we passed the peak car era?

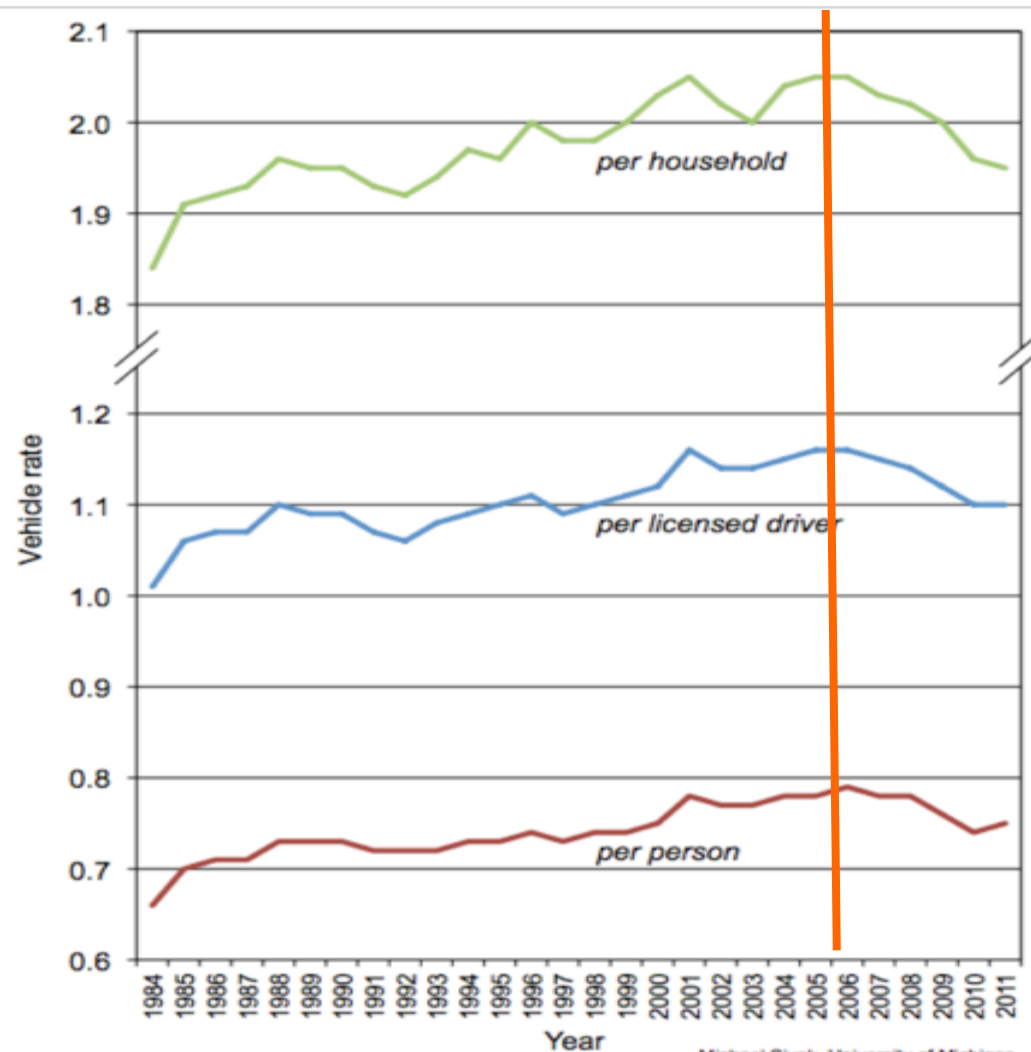
Goodwin, OECD (2012). Peak Travel, Peak Car and the Future of Mobility:
Evidence, Unresolved Issues, Policy Implications, and a Research Agenda

Motorization peaks when urbanization reaches 80%

Urbanization rates for various parts of the world

	2012	2035
Japan	92%	97%
Oceania	89%	91%
MERCOSUL	86%	90%
Korea	83%	88%
NAFTA	81%	86%
ANDEAN	80%	85%
Western Europe	77%	82%
Middle East	76%	81%
Eastern Europe	69%	75%
Taiwan	72%	74%
China	52%	71%
Central America	64%	70%
Central Europe	62%	67%
ASEAN	47%	61%
Africa	47%	57%
Indian Subcontinent	32%	43%
Rest of the World	29%	42%
World	55%	65%

Source: IHS



Traffico automobilistico e inquinamento

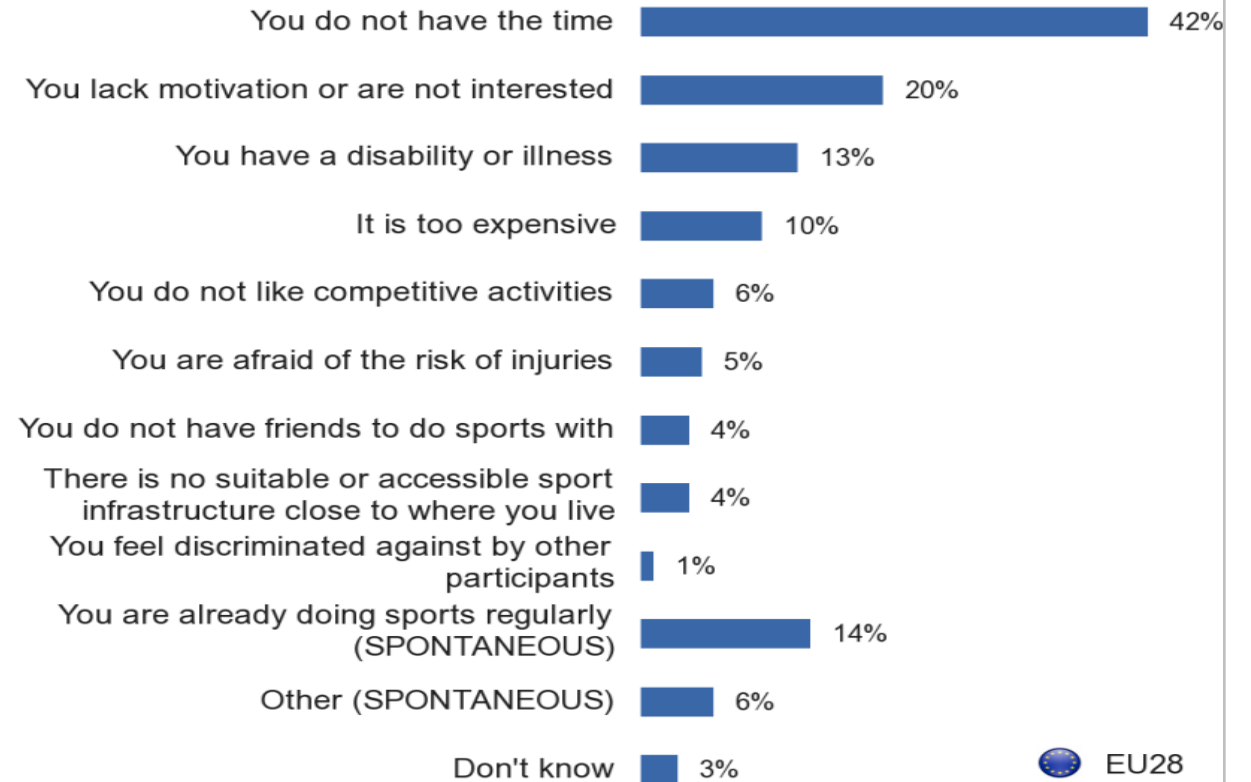
- Il **traffico urbano** è uno dei principali responsabili
 - dell'inquinamento **da Pm10** (i trasporti stradali producono più di un quarto del totale delle emissioni)
 - della metà circa degli **ossidi di azoto, del monossido di carbonio e del benzene** presenti nell'aria delle città.
- Le **automobili** contribuiscono, sul totale emesso dal trasporto stradale, ad un terzo del Pm10, al 40% circa degli NOx, a due terzi del benzene e della CO2.

Barriere alla pratica sportiva

Eurobarometro 412 (2014)

Il 42% dei cittadini europei non pratica sport per mancanza di tempo

QD9. What are the main reasons currently preventing you from practising sport more regularly?



Una (nuova?) classificazione dell'attività fisica?

(Borgogni, 2015)

A.F. “egoistica”

Praticata per vari fini

(fitness, salute, ricreazione, competizione...)

Soprattutto per il mio interesse e piacere che, indirettamente può incrementare la salute pubblica

A.F “altruistica”/Sostenibile

Praticata per vari fini

(mobilità, ricreazione, salute, fitness, shopping...)

Per il mio interesse e piacere e che, al tempo stesso e direttamente incrementa la salute pubblica e la sostenibilità ambientale

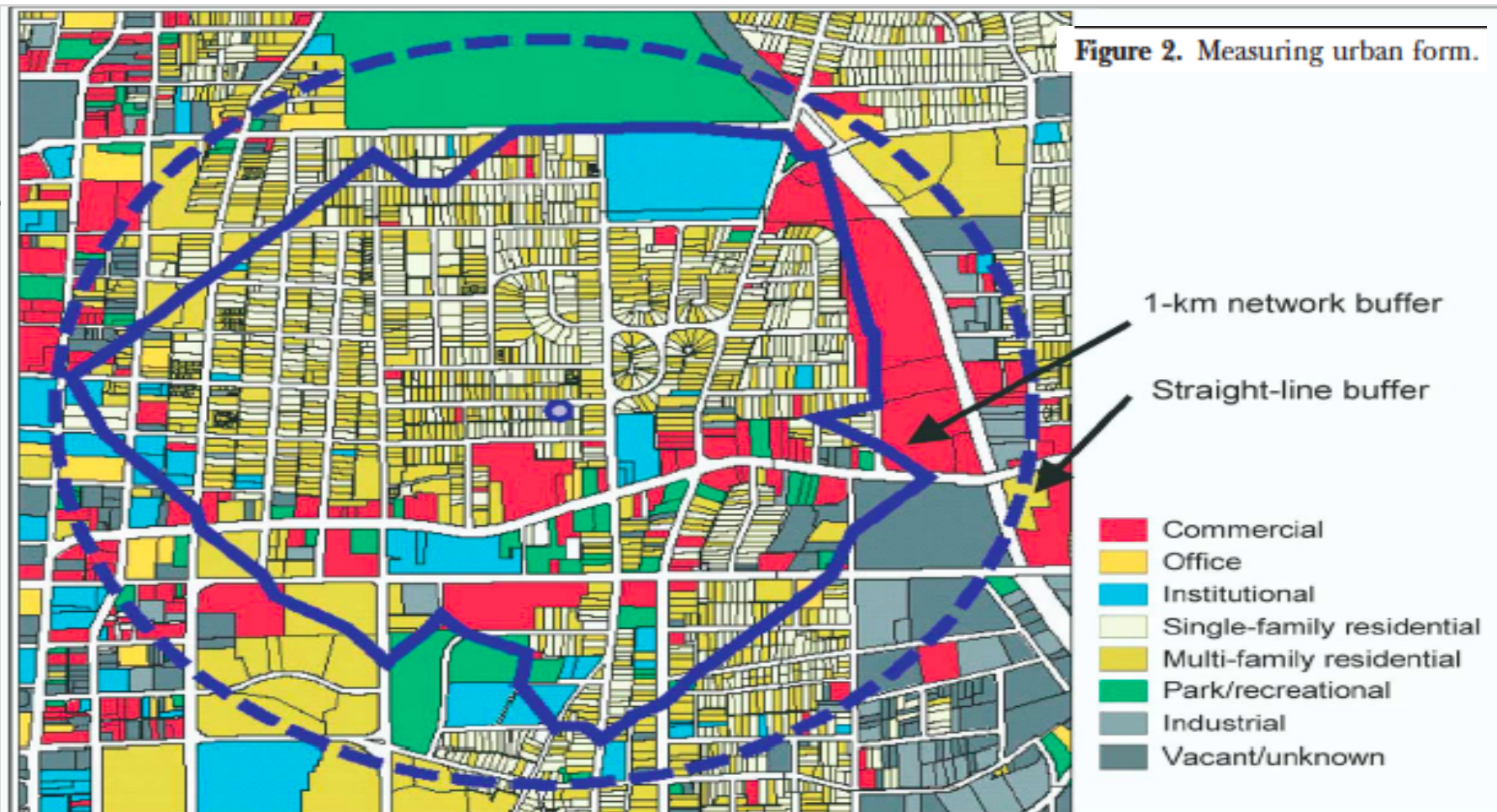
Greendorfer (1987): Journal of Physical Education, Recreation & Dance Volume 58, Issue 7, 1987; Rhodes (2006): Exercise & Sport Sciences Reviews: April 2006 - Volume 34 - Issue 2 - pp 83-88; Rhodes & Smith (2006): Br J Sports Med 2006;40:958-965; Sit, Kerr & Wong (2008): Psychology of Sport and Exercise Volume 9, Issue 3, May 2008, Pages 266–283.

Linking Objectively Measured Physical Activity with Objectively Measured Urban Form

Findings from SMARTRAQ

Lawrence D. Frank, PhD, Thomas L. Schmid, PhD, James F. Sallis, PhD, James Chapman, MS, Brian E. Saelens, PhD

Correlazione
tra forma
urbana
attività fisica



Città Attiva

E' la città in cui le infrastrutture, i servizi di mobilità, sportivi, ricreativi e l'ambiente sociale facilitano l'uso del corpo nella vita quotidiana contribuendo a rendere la città più sana, intelligente, vivibile, sicura. Centrale, in questa prospettiva, è la riqualificazione partecipata dello spazio pubblico per aumentarne l'accessibilità, la fruibilità, la sicurezza, l'estetica.

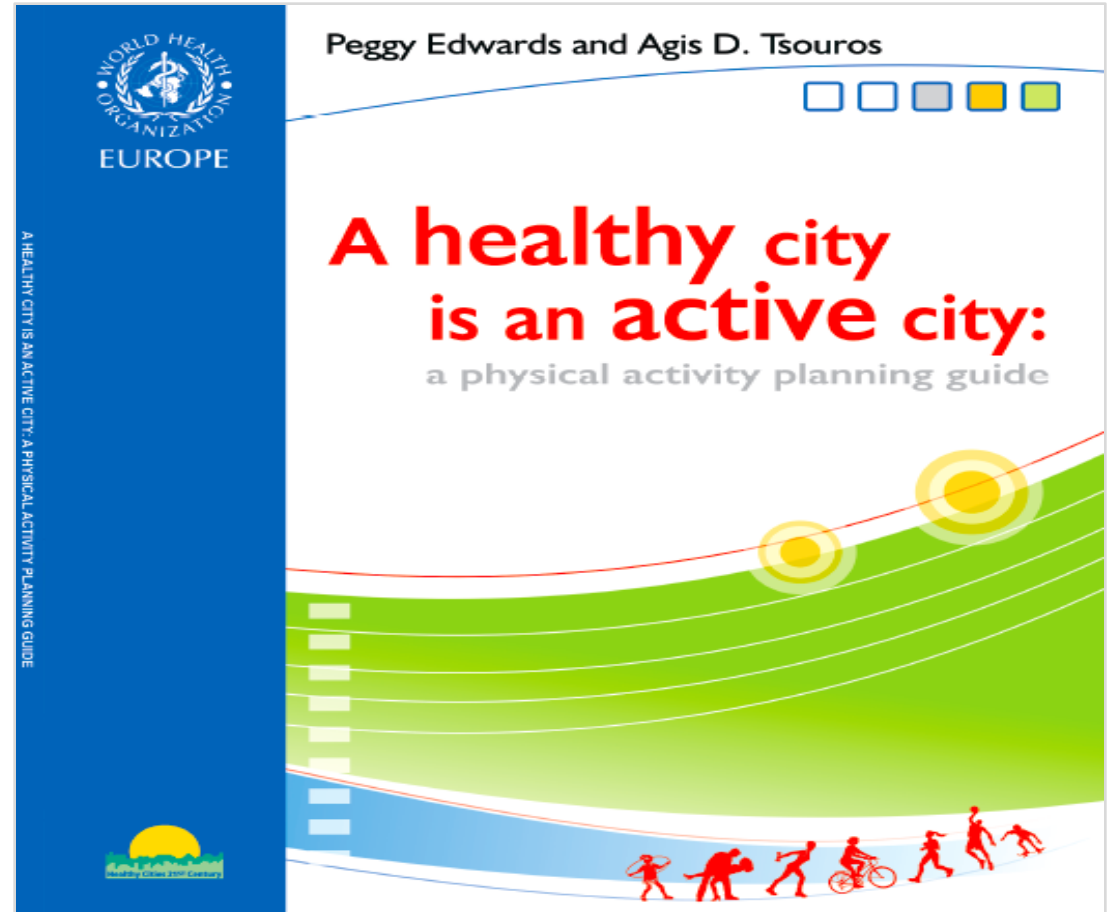
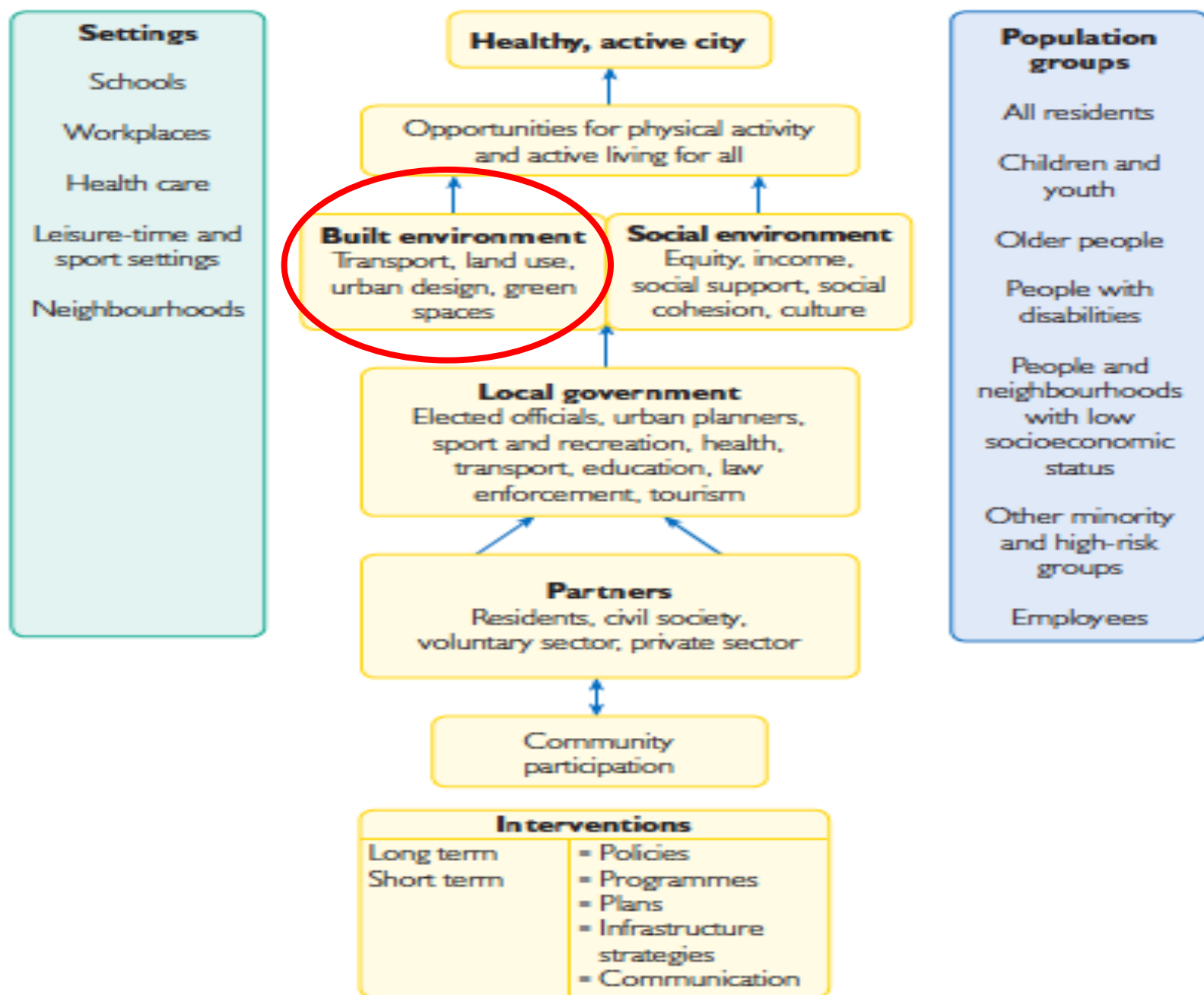


Fig. 1. A framework for creating a healthy, active city



Directions and models

Edwards & Tsouros, 2008. A Healthy city is an active city



Improving Infrastructures for Leisure-Time
Physical Activity in the Local Arena



Grant Agreement No. 20081208

Project Objectives

To identify, implement,
and disseminate good
practice of improving
local infrastructures for
leisure-time physical
activity



Good Practice
Guidelines



Cronistoria



Why IMPALA.net?

A Bridge between High-Level Policy for Infrastructure Development and Promotion of HEPA through Sport

Council Recommendations on HEPA

	
COUNCIL OF THE EUROPEAN UNION	Brussels, 25 November 2013 (OR. en)
15575/13	
Interinstitutional File: 2013/0291 (NLE)	LIMITE
SPORT 93 SAN 424 EDUC 412 ENV 1001 TRANS 554	
LEGISLATIVE ACTS AND OTHER INSTRUMENTS	
Subject: COUNCIL RECOMMENDATION on promoting health-enhancing physical activity across sectors	

Thematic areas of the EU PA GL	Proposed indicators and variables / units	Data availability
"Environment, urban planning, public safety" (EU PA GL 25-32)	17. Level of cycling / walking Main mode of transport used for your daily activities (car, motorbike, public transport, walking, cycling, other)	****
	18. European Guidelines for improving Infrastructures for Leisure-Time Physical Activity European Guidelines for improving Infrastructures for Leisure-Time Physical Activity being applied systematically to plan, build and manage infrastructures: Yes/not yet but foreseen within the next 2 years/no	+/++
"Working environment" (EU PA GL 33-34)	19. Schemes to promote active travel to work Existence of a national or sub-national (where relevant) incentive scheme for companies or employees to promote active travel to work (e.g. walking, cycling): yes/no, if yes: description	+++
	20. Schemes to promote physical activity at the work place Existence of a national or sub-national (where relevant) incentive scheme for companies to promote physical activity at the work place (e.g. gyms, showers, walking stairs etc.): yes/no	+++

Partecipanti



Project Partners

18 Organizations from
6 EU Member States
take part in IMPALA.net

Country	Research Partner	Sport Organization	
Austria	Univ. of Vienna	Austrian Institute for Site Construction	The Ministry of Sport Austria
Finland	Univ. of Jvaskylä	LIKES Foundation	Finnish Worker's Sport Federation TUL
Germany	Univ. of Erlangen-Nuremberg	German Olympic Sports Confederation	-
Italy	Univ. of Cassino and Southern Lazio	Unione Italiana Sport Per tutti	Active Cities Network
Lithuania	Lithuanian Sports Univ.	Lietuvos fizinio aktyvumo ir sveikatos asociacija	Lithuanian Sport for All Organization Lithuanian Association of Municipalities
Netherlands	TNO	The Netherlands Institute for Sport and Physical Activity	-
		International Sport and Culture Association	

Organizzazione e obiettivi



Project Partners

For each country, one research partner and one sport organization cooperate to set up and maintain national alliances to develop National Action Plans for implementation of the IMPALA Guidelines.



Stakeholder italiani

- ANCI
- CIP
- CSI
- Comune di Cassino
- CONI
- Decathlon
- FIAB
- INU Lazio
- Regione Lazio
- Rete Città Sane - Comune di Udine
- SISMES
- UNIFE
- US-ACLI



Ufficio Sport della Presidenza del Consiglio dei Ministri

Contenuti



Types of LTPA Infrastructures

Sport Facilities



Leisure-Time Infrastructures
that provide specific opportunities
for LTPA



Urban and Green Spaces
that are usable for LTPA



Contenuti



Part of the historical heritage of the city (parks, walls...)

Preserved Rehabilitated Abandoned/disregarded



Contenuti



Recent interventions

Specialized (playgrounds, skate parks, jogging/walking paths...)

Not specialized (sidewalks, cycle paths, green areas...)



Contenuti



Objects of informal appropriation, places hard-won by “human bodies”

Body “traces”, paths

Light modifications

Heavy modifications



The active city



Concept

Evidence

Good Practice

Interplay between structure and agency



The active city



Concept

Evidence

Good Practice

Interplay between structure and agency



Soggetti



Contesti



Due fatti appena accaduti



Necessità di politiche e azioni basate sulle
evidenze scientifiche, complessive, partecipate, sovra-territoriali, valutate e monitorate



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