

"Move for Health"

As other countries around the globe, Switzerland too is celebrating World Health Day 2002 "Move for health". The national event is held in Geneva on Friday 5 April in order to support the efforts of the World Health Organisation WHO, to give an overview of current activities in Switzerland and to stimulate new initiatives in the field of health-enhancing physical activity.

The day begins with an official event in WHO headquarters which is open to the public.

World Health Day 2002 Event, WHO Headquarters, Geneva

10.10 Introduction

Dr. Pekka Puska, Director of Noncommunicable Disease Prevention and Health Promotion, WHO

10.15 Opening Remarks

Mr. Maryan Baquerot, Executive Director, WHO

10.20 Welcome Words

Mr. Adolf Ogi, Special Advisor to the UN Secretary General on Sports for Development and Peace

10.25 Agita São Paulo, Brazil (video)

10.30 Hip Hop Dance (Ecole de Boum)

10.40 An Athlete's View (Mr. Marc Rosset, tennis player)

10.45 Statement

Mr. Pierre-François Unger, Counsellor of the Republic and State of Geneva

11.00 A Former Athlete's View (Mr. Rudy Bennet, former basketball player)

11.05 Physical Activity within the Italian and Euro-pean Space Agency (video)

11.10 Line Dancing (WHO Fitness Centre)

11.30 Closing Remarks

Dr. Pekka Puska

At noon, everybody is invited to participate in a walking parade from WHO headquarters to the city centre of Geneva. Refreshments and artistic entertainment will be provided.

At 14.30, an official event will be held in the "Hôtel de Ville". Shows, physical activity and exercise opportunities as well as information about health-enhancing physical activity will be offered to a wider public on the "Promenade de la Treille" near the "Hôtel de Ville".

Manifestation officielle à l'Hôtel de Ville de Genève, 5 avril 2002

- 14.30 Adresses par les autorités genevoises, fédérales et l'OMS
- *Un représentant du conseil d'Etat de la République et du canton de Genève*
- *M. Adolf Ogi, ancien conseiller fédéral et conseiller spécial du Secrétaire Général des Nations Unies (SGNU) pour le sport au service du développement et de la paix (vidéo)*
- *D' Pekka Puska et M. Hamadi Benaziza, Département Prévention des maladies non transmissibles et promotion de la santé, OMS*
- *M. Christian Ferrazino, conseiller administratif de la Ville de Genève (sous réserve)*
- 14.50 Activité physique et santé: mise au point scientifique
D' Mikael Rabaeus, cardiologue, Genève
- 15.05 Les activités de la Confédération
Heinz Keller, directeur de l'Office fédéral du sport, Macolin
- 15.15 Présentation des gagnants du Concours de projets 2001 du Réseau santé et activité physique Suisse et de la CONCORDIA, par M. Raffaël Vonovier
- *SlowUp*
- *Films sur asphalte, de Menel Rachdi*
- 15.30 Genève s'active! (clip)
- «Allez Hop!»
- Bus santé
- Carrefour Prévention
- «En ville, sans ma voiture!»
- La vélo-cité
- Les HUG bougent
- Le sport à Genève
- Plan Piétons
- Service Santé Jeunesse
- Sport sans tabac
- 15.45 Fin de la manifestation

The event is organised by the Canton and the City of Geneva in collaboration with the Swiss Federal Offices of Sports and Public Health, Health Promotion Switzerland and WHO. Organisations interested in participating are asked to contact Amina Benouniche, Direction générale de la santé, 24, avenue de Beau-Séjour, 1206 Genève, tél. 022 839 98 37, amina.benouniche@etat.ge.ch.

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Editorial

"Move for Health" is the theme of this year's World Health Day 2002.

I was particularly pleased to hear this since it gives added support and impetus to our efforts in a wide variety of programmes (strategy for sports policy, action plan for the environment and health, Feel your Power, etc.) aimed at encouraging people to take more exercise in their daily lives.

But shouldn't, people have asked, a World Health Day focus on a subject that is important for the whole world, including the developing and emerging countries?

Such a question implies that lack of exercise is a problem affecting only the industrialized world.

I was able to ascertain how wrong this assumption is when, in February last year, I had the opportunity to visit Vietnam. This country, on the threshold of industrial development, clearly illustrates how the means of transport change during a period of progressive industrialization and rising income. In the much poorer, less industrialized northern part of the country, the great majority of people still move from A to B on foot or by bicycle, in some cases carrying heavy loads. The further we progressed into the industrialized south, the more the street scene was characterized by private cars and, more particularly, motor-bikes. Bicycles were forced to the side of the road and people carrying loads were hardly to be seen. If this trend continues, lack of exercise will, sooner or later, also become a health problem in Vietnam.

"Move for Health" – this slogan applies to all peoples of the world. For some, it means resuming physical activities; for others, it means remaining physically active in their daily routine.

Ursula Ulrich-Vögtlin
 Environment and Health Unit
 Swiss Federal Office of Public Health

World Health Day 2002

From the outset, the World Health Day has focused on global issues of health promotion and prevention. "Health for all" is the declared aim of the WHO, and the institution of a World Health Day was one of the first official acts of the World Health Organization. Thus it was that the first World Health Day took place as early as 22 July 1948. The date was subsequently altered to 7 April and, from 1950, each World Health Day has been devoted to a specific theme.

Official posters for the World Health Day 2002 announce the theme of this year's event: "Agita Mundo". Agita is Portuguese for "stir, move". Agita Mundo thus means "move the world". The slogan is an allusion to a movement that has served as a model for the World Health Day 2002: Agito São Paulo -- move São Paulo. Starting off as a small-scale movement, Agito São Paulo first tried to get the citizens of São Paulo moving for the benefit of their health. The movement soon spread to the whole of Brazil and, subsequently, to the whole continent. Now it is becoming a global movement in the form of a World Health Day. As with the theme of active ageing in 1999, the spotlight is once again on the effect of an active lifestyle on health. With this simple logic, the slogan transcends all economic, cultural, social and geographical boundaries.

Lack of physical activity is a major cause of cardiovascular disease, diabetes and obesity. The World Health Organization estimates that over two million deaths a year are attributable to a lack of exercise. Roughly a third of all cancer cases could be prevented by maintaining a healthy diet, normal body weight and regular physical exercise throughout one's life. Up to 80% of premature heart diseases are caused by an improper diet, lack of exercise and smoking. Studies in China, Finland and the USA have shown that even fairly modest changes in lifestyle could prevent almost 60% of all cases of type 2 diabetes. These figures clearly indicate the urgency of the cause. Now is the time to direct the global health debate as much towards prevention as to cure.

In order to attract the attention of policy-makers, the public health sector and the general public to this situation, WHO Director-General Dr Gro Harlem Brundtland has announced that the slogan of World Health Day 2002 is to emphasize the importance of



The poster advertises the main World Health Day event in São Paolo

fitness and a healthy lifestyle. The need for, and beneficial effects of, physical activity will be the theme of World Health Day 2002 activities worldwide. On this day, the WHO will steer the health debate towards the connections between disease prevention and physical activity. World Health Day will involve multiple settings, from schools to worksites, stadia to urban neighbourhoods. The international sports fraternity - represented by the International Football Federation (FIFA) and the International Olympic Committee (IOC) - have already declared the venues for the 2002 World Cup and the Winter Olympics at Salt Lake City to be tobacco-free, health-promoting zones. But the World Health Day also challenges us to translate the scientific findings and common knowledge into priorities for political action and further research and thus help people live longer, healthier lives.

The main venue for WHD 2002 will be São Paolo, Brazil, where the successful model of AGITA SAO PAOLO is to be presented to the world at large. Under this umbrella, numerous organizations have already been able to mobilize great numbers of both young and old in the interests of their health. It has also inspired the slogan for the World Health Day 2002: AGITA MUNDO - Move for Health. Municipalities and rural districts are encouraged to join in this movement towards healthy living by organizing their own events that will pave the way for future health-promoting efforts.

Websites World Health Day:
 WHO: www.who.int/world-health-day
 Geneva Event: www.prevention.ch

Actualities

The "Spine" project

Bad posture and pain in the spinal area are widespread problems in our society. It might be possible to counteract this trend through regular sports instruction and breaktime exercises. Hence the launch of the "Spine" project by the Uri Canton Education Committee. Under the direction of Thomas Gisler, sports instructor and performance physiologist for muscle and movement analysis at the Institute for Performance Physiology and Health (IMBA), Lucerne, assisted by Daniel Wunderlin, a sports instructor from Schattdorf, a total of 224 pupils were enrolled in this project over a period of 6 months.

A series of exercises that can be performed with children has been compiled.

A small brochure listing these exercises and providing further information on this project can be obtained from the Uri Canton Sports Office:

Amt für Sport
 Klausenstrasse 4
 6460 Altdorf

Tel: 041 875 20 64
 E-mail: sportamt@ur.ch



**Network HEPA
 Switzerland**

Objectives

An important part of the Swiss population is not sufficiently active to attain health benefits. The objective of the Network HEPA Switzerland is the promotion of health enhancing physical activity HEPA according to the recommendations issued jointly with the Federal Office of Sports and the Federal Office of Public Health.

Principles

The Network follows the *step4step* guidelines described in the HEPA Switzerland Manifesto issued by the Federal Office of Sports, the Federal Office of Public Health, the Network HEPA Switzerland and the Foundation 19, Swiss Foundation for Health Promotion.

First step: Comprehension

The issues and recommendations described in the Manifesto are promoted among health experts and decision-makers. They form the basis of the activities of the Network.

Furthermore, the Network can issue position papers on specific topics.

Second step: Co-operation

The members of the Network closely co-operate, keep each other informed on planned activities and exchange experiences and evaluations.

Third step: Measures

The specific measures follow the *step4step* guidelines. Members of the Network can participate in existing activities, develop new interventions, or support measures of partner organisations.

Fourth step: Involvement

Within their capacity, the members of the Network work towards the recognition of the natural need for physical activity and the integration of physical activity into healthy public policy. In doing so, the members may become active by taking into account the HEPA aspects in their own decisions, through patronage and support of ongoing activities and through advocacy.

Members

The members of the Network are organisations supporting HEPA in the sense described above. Formal members are organisations of national importance, non-formal members organisations of local or regional importance. The members meet twice a year, throughout the year they are kept informed via newsletter.

Office

In co-operation with Health Promotion Switzerland, the Federal Office of Sports runs the office of the Network. It supports the committee, prepares the meetings of the Network and publishes the newsletter. The newsletter contains an overview of the activities of the Network and its members and includes further information on specific topics.

Website

The website www.hepa.ch is an information platform for the members of HEPA Switzerland and other institutions and individuals interested in the promotion of health-enhancing physical activity. It provides the manifesto "Ten principles for HEPA in Switzerland", information about the activities of the network members as well as other background information and publications. A monthly mailing list is available in German and French.

For further information:

Federal Office of Sports FOSPO
Network HEPA Switzerland
2532 Magglingen
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Email info@hepa.ch



agenda

5 april 2002

Genève
Préparation de la Journée mondiale de la Santé "Pour votre santé, bougez!"

7 april 2002

Journée mondiale de la Santé "Pour votre santé, bougez!"

25-27 april 2002

Genève
Assemblée annuelle de la Société suisse de médecine interne, de la Société suisse de santé publique (SSSP) et d'autres sociétés spécialisées

16 mai 2002

Winterthur
Meeting of the Network HEPA Switzerland

20 june 2002

Lausanne
Réunion du Groupe francophone du Réseau santé et activité physique Suisse

9-12 septembre 2002

Macolin
MPH course "HEPA "

12 septembre 2002

Macolin
Meeting of the Network HEPA Switzerland

26-27 septembre 2002

Yverdon
Assemblée annuelle de la Société Suisse de Médecine du Sport

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