

“Promoting healthy diets and physical activity – a sport’s point of view”

**Green Paper Consultation on
"Promoting healthy diets and physical activity: a European dimension for the prevention
of overweight, obesity and chronic diseases"**

Sport not only represents the biggest citizen's movement in Europe. Through sports clubs at local and regional level, it provides an easily-accessible structure and widespread network of physical-activity services.

This document summarizes the input given by health experts (*see p.18*) representing national sports confederations from Austria, Finland, Germany, the United Kingdom, Sweden and the Netherlands concerning sport's potential – both as an organization and an instrument – to make a vital contribution to people's mental and physical well being.

Sport is recognized as a tool and sought after as a partner in connection with all strategies involving a healthy lifestyle – both at national and international level. In this contribution, the experts involved aim to give expression to the need to better integrate sport's competences into the Community's European initiatives.

Where suitable, best practice examples list measures through which sports organizations are already contributing on a daily basis to efforts encouraging people to enjoy physical activity.

Brussels, 5th March 2006

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Questions to which sport organisations in Europe wish to contribute:

Health across EU policies:

What are the concrete contributions which Community policies, if any, should make towards the promotion of healthy diets and physical activity, and towards creating environments which make healthy choices easy choices?

Overview	Cases / Examples	Proposals
<p>European policy needs to lead the step changes from prescriptive to preventative healthcare. Whilst many national healthcare policies still focus on the treatment of illnesses and care of patients, the Community should create a precedent and focus on programmes and actions that will <i>prevent</i> EU citizens from becoming overweight, obese or suffering from related diseases.</p> <p>By doing so it is of importance that all Directorates General of the European Commission are contributing to the health agenda ensuring that working, education and physical environments are made more conducive to promoting healthy lifestyles.</p> <p>Therefore it should be furthermore a general interest of the Community to ensure that EU policies and legislation encourage sport and recreation - and therefore physical activity - to occur.</p>	<p>Not applicable</p>	<ul style="list-style-type: none"> - emphasize role of prevention within healthcare - introduce pre-legislation scrutiny on Community initiatives to ensure that they will not negatively impact the development / delivery of physical activities - provide a European environment that, by its legislation and policy, recognizes and advocates sport organisation’s contribution to the healthy lifestyle of European citizens

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On which areas related to nutrition, physical activity, the development of tools for the analysis of related disorders, and consumer behaviour is more research needed?

Overview	Cases / Examples	Proposals
<p>On the one hand there is already extensive knowledge and research in the field of physical activity which proves that sedentariness contributes significantly to the development of various syndromes. As a conclusion it should not only be thought about more research, but also about how to implement existing expertise in action on a broad basis.</p> <p>On the other hand there still is a big potential for research to be carried out such as in respect to special settings or in developing uniform indicators.</p>	<p>Netherlands</p> <p>Quite some research has been done on the relation between physical activity and health. The research is usually linked to a norm. There is an international norm of 30 minutes of physical activity 5 times a week, which brings along health benefits. That norm is also being used in the Netherlands, but at the same time there is also a norm leading to better health and at the same time to more fitness, requiring 3 times 20 minutes of intensive physical activity. What is not or less known is what the effects are of physical activity of other length and frequency than mentioned in the accepted norms.</p>	<ul style="list-style-type: none"> - intervention studies concerning changes in food- and exercising habits - methods to prevent sedentary in the health- and medical service - school setting: learning processes connected to habits of living - developing a motor skill test which could be useful in charting pupils motor skills - why do people stop participating in physical activity ? - what are the main barriers to physical activity ? - which physical activities are most attractive to people not currently engaged in physical activity <p>Research could lead to a matrix, outlining vertically all kinds of sports and horizontally all kinds of diseases. This matrix would be a user friendly tool making clear what kind of sports would be beneficial for people in different medical conditions. Evidently the matrix would need to be consulted with support of for instance a general practitioner, who can give additional advice. Ideally every medical condition even gets a graph of its own, in which the suitable (ways of) physical activity being mentioned.</p>

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The Public Health Action Programme:

How can the availability and comparability of data on obesity be improved, in particular with a view to determining the precise geographical and socio-economic distribution of this condition?

Overview	Cases / Examples	Proposals
<p>Only a few qualified studies are available in regards to the subject overweight/obesity and physical activity among children and the youth. It is to be considered that data of adults cannot automatically be transferred to children.</p>	<p>Not applicable</p>	<ul style="list-style-type: none"> - there should be uniform international standards for upper limits concerning BMI, body fat, etc. - a uniform test procedure and questionnaire should be drawn up for physical fitness and activity

How can the programme contribute to raising the awareness of the potential which healthy dietary habits and physical activity have for reducing the risk for chronic diseases amongst decision makers, health professionals, the media and the public at large?

Overview	Cases / Examples	Proposals
<p>The sport and recreation sector has not been at the heart of the programme to date. Healthcare providers, such as BUPA, state that successful weight loss and health improvements can only be gained through nutrition and exercise and there is a clear wish for bigger involvement with the sport-for-all sector in Europe. The players providing every day’s physical activities, for instance sport organisations, are to be involved in a broader sense.</p>	<p>United Kingdom</p> <p>The sport and recreation sector has played a role in promotional programmes and schemes, such as the Sport England ‘Everyday Activity’ campaign; however, it is essential that campaigns direct people straight to local classes and organisations where advice and opportunities to participate are immediate.</p> <p>A large scale EU campaign that raises awareness of the risks of obesity and provides a central point of information which people can contact to gain advice.</p>	<p>In order to achieve behavior changes the programme could serve to achieve the following objectives:</p> <ul style="list-style-type: none"> - attract interest through attractive side motives (for instance nature experiences, companionability, relaxation) - convey knowledge of impacts between physical activity and health

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Overview	Cases / Examples	Proposals
<p>In connection to the objectives mentioned differentiated measures and communication policies are required. One should not expect that because of a single mass media campaign behaviour will change.</p> <p>Nevertheless there could be a general increase of health awareness. Offering a broad geographical coverage of measures definitely is a crucial condition for behaviour change. The more precise in concrete offers, the bigger impact communication campaigns do have and then result in initiating action. For instance local resident doctors need a local, high quality and certificated sport service which they can recommend to their patients.</p>	<p>This must then be linked with national programmes which provide immediate support. The ‘click2quit’ anti-smoking campaign is an ideal example</p> <p>Germany</p> <p>In Germany the Regional Sport Confederation in Berlin (Landessportbund Berlin) is currently testing an instrument called “physical activity on prescription”. This enables the doctor to prescribe physical exercise instead of medication. The patient hereby makes use of certified health offers of sport for health marked by a quality signet called “SPORT PRO GESUNDHEIT” which are implemented throughout the nation (13,000 offers). These offers of sport for health were developed by the German Sports Confederation in cooperation with the German Medical Association. The scheme is supported by the health insurance companies. Considering the effort it takes to set up such a broad network of offers, there is a need for long-term concepts. This means that the measures should run for several years and should imply planning reliability.</p>	<ul style="list-style-type: none"> - influence attitudes in regards to the possibilities of adding value to your life through physical activity and sport - settle habits of exercise on the basis of sustainable needs <p>Furthermore:</p> <ul style="list-style-type: none"> - large scale EU campaign that raises awareness of the risks of obesity and provides a central point of information which people can contact to gain advice <p>This must then be linked with national programmes which provide immediate support.</p> <ul style="list-style-type: none"> - PR measures, particularly concerning the role of voluntary organizations and sports clubs, and a presentation of models of good practice of health-orientated exercise programmes in sport - bringing national awareness initiatives on a European level

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Consumer education:

In the field of nutrition and physical activity, which should be the key messages to give to consumers, how and by whom should they be delivered?

Overview	Cases / Examples	Proposals
<p>Simple messages concerning food and exercise, presented through different communication channels depending on the target group. In this case one should use variety of experts and stakeholders such as medical experts, public health experts, local healthcare providers, national sports team, local sport and recreation clubs, the educational sector, food retailers and both print and broadcast media and let them cooperate.</p>	<p>United Kingdom</p> <p>Government sponsored public information on healthy lifestyles has already seen a decline in the purchase of unhealthy food, and popular television programmes in the UK, such as ‘Jamie’s School Dinners’, ‘You are What you Eat’ and ‘Celebrity Fit Club’ have added to public awareness.</p>	<ul style="list-style-type: none"> - It is crucial that all parties involved in the fight against obesity bring forward the same message: a message on the importance of balance between intake and physical activity. - i.e. sports organisations refer to healthy nutrition and the food industry communicates the importance of being physically active (in sport). - Although sport is convinced (on the basis of research done) that it is healthier to be fat and fit than lean and not fit, the message brought across by sport on the subject of obesity is a different one. It is different because sport does not operate alone on this. The key message is that a healthy life (style) is the result of a life long physically activity AND a responsible diet. - One priority should focus on encouraging people to take responsibility for themselves. Clear, simple and well-targeted messages are crucial: Why should I be more physically active? How and where can I realize my intentions? How and where can my motivated action serve as a role model for integrating physical activity into daily life? - It is important not only to focus on risk factors with different provisions and sedentary etc. but also on health factors, i.e. to add instead of withdraw. - How can parents get influence on their children’s ability to physical activities etc?

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Overview	Cases / Examples	Proposals
		<ul style="list-style-type: none"> - Exercise may take the form of a variety of different activities; including walking, dance, yoga, competitive sport and play. There is something for everyone and most activities can be found close to your home. - Small changes can have big effects, such as just 30 minutes of exercise five times a week and small changes to your diet – which can be easily incorporated into your existing lifestyle. - More regular exercise will not only help your physical health but can also improve your mental health by reducing stress, providing social interaction and improving your personal confidence. - use may be made of testimonials

A focus on children and young people:

What is good practice for the provision of physical activity in schools on a regular basis?

Overview	Cases / Examples	Proposals
<p>A child needs at least two hours of brisk physical activity every day. Though there are pressures on the school curriculum and teaching staff it is strongly believed that the importance of schools in fostering lifelong requires</p>	<p>Sweden Under a few years, Sweden has had special runs on a joint effort between sports associations and schools, with focus on general physical activities and movements of joy.</p> <p>United Kingdom In the UK the Government has pledged two hours of physical education a week for every secondary school pupil by 2008, with some schools offering up to four hours when including after school activities.</p>	<ul style="list-style-type: none"> - daily sports teaching in school or at least increase in lessons Early childhood educators should plan and arrange purposeful and diversified physical education on a daily basis. Furthermore a respective and friendly environment should be ensured. - try to stimulate a number of compulsory sports/outdoor days in

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Overview	Cases / Examples	Proposals
<p>physical activity habits all children to receive daily physical education. Research shows that children and youth often judge their personal fitness as being too high.</p> <p>Furthermore, it is vital that the standard of physical education on offer in schools is of the highest quality, offering a range of activities to suit all children and encouraging them to continue their activities in their own time.</p> <p>Physical literacy should be given equal consideration to numeracy and reading and writing in our schools, due the importance it plays in developing strength and coordination that enables individuals to complete daily functions free of pain or restriction.</p>	<p>Netherlands</p> <p>The Ministry of Education and the Ministry of Health, Welfare and Sport and the national sports umbrella NOC*NSF have joined forces in order to have 90 % of the primary and secondary schools have sports activities/during or after school 5 times a week.</p> <p>To promote sports mindedness of secondary schools, there is also the annual election of the most sports minded school of the year.</p> <p>Germany</p> <p>A standardised fitness test compulsory for all pupils offers comparisons as well as data for a national report on this issue. The Regional Sport Confederation of Lower Saxony (Landessportbund Niedersachsen) is currently implementing such an initiative at regional level called the “fitness map of Lower Saxony” in co-operation with the scientific institute of Germany’s medical doctors. Furthermore, there are valuable cooperations between nursery schools and sports organizations. This is especially important, as many motor skills are developed between the age of 3 and 6.</p> <p>Finland</p> <p>Recommendations for physical activity in early childhood education constitute a part of the National Curriculum Guidelines on Early Childhood Education and Care in Finland. These recommendations are worked out in cooperation by the Finnish Youth Sports Association, Finnish Ministry of Education and Finnish Ministry of Health and Welfare. The recommendations give instructions for the amount of physical activity, its quality and the settings and suitable equipment for it. They also include guidelines for the planning and realisation of physical education.</p>	<p>school to give the children possibilities to try a lot of different sports and outdoor activities with professional help</p> <p>Motor skill observations should be carried out regularly at school start and extra motor training should be offered when needed. Motor skills could be an important factor when it comes to motivation to be physical active (Ericsson, 2003).</p> <p>Physical activity/sport offered in school is brought in line with what is offered in the sports club to realise a so-called continuing learning line.</p> <p>Regarding communication: to increase physical activity in schools on a regular basis it is important to share the good practices. The most effective messenger to the ‘non converted’ are the schools that have successfully incorporated sport in their school already, leading at those schools to better quality of school, of lesson programmes, of achievements of pupils, of image, and to less drop outs etc.</p>

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How can the media, health services, civil society and relevant sectors of industry support health education efforts made by schools? What role can public-private partnerships play in this regard?

Partnerships with media are crucial in order to achieve a broad platform for health projects. Thus it is possible to reach an impact on masses. Hereby it is important to prioritise the health philosophy and not the profit making of private providers.

Food availability, **physical activity** and health education at the work place:

What measures would encourage and facilitate the practice of physical activity during breaks, and on the way to and from work?

Overview	Cases / Examples	Proposals
<p>Decision makers must take the lead encouraging and creating opportunities for physical activity. It is important that exercising activities should be as close to free as possible. That will gain profit in a long term perspective. A number of small and inexpensive changes that workplaces can make to encourage staff to take more physical activity</p>	<p>United Kingdom</p> <ul style="list-style-type: none"> - provide ‘mileage’ expenses for staff that cycle to meetings instead of taking taxis or driving - the office has a shower room and secure space is provided for staff to store their bikes - a bursary of £150 per annum is paid towards staff for sports club or gym membership fees - Team away days include recreational activities and office meetings always provide a healthy lunch option <p>Netherlands</p> <ul style="list-style-type: none"> - sports club at local level provide trainings within companies 	<ul style="list-style-type: none"> - integrating health benefits for employees into Human resource policy - consult staff regarding how to use breaks for physical activity - provide showering and changing facilities on site - encourage staff to speak face to face rather than send E-mails around the office - longer lunchtime and flexible hours enable staff to exercise during the working day - provide discounts on local gym membership for employees - ensure that office catering is healthy and remove vending machines which sell junk food

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Building overweight and obesity prevention and treatment into health services:

Which measures, and at what level, are needed to ensure a stronger integration aiming at promoting healthy diets and physical activity into health services?

Overview	Cases / Examples	Proposals
<p>Healthcare is too prescriptive rather than preventative. Therefore especially the measures taken place in the field of prevention may contribute successfully to promote the aspects of healthy diets and physical activity into health services.</p>	<p>Netherlands</p> <p>In the Netherlands a sports friendly insurance package includes the coverage of different aspects that come along with physical activity: for example injury consult in sports medical institutions, an annual sport medical check-up, sports glasses or coverage for sports medical related research. Due to a sport sector initiative, members of sports clubs who hold the so-called sports pass get a discount for this insurance monthly premium.</p> <p>United Kingdom</p> <p>A more recent announcement by the UK Government suggests that in the future everyone in the UK will have access to a healthcare technician who will monitor diet, exercise and lifestyle and help people to lead healthier lifestyles.</p>	<ul style="list-style-type: none"> - strengthening of prevention’s role within the health system - implementation of consulting modules in regard to physical activity and services during all preventive measures - development of modules providing consultancy in regard to sport and physical activity for the use of doctors - better integration of doctors, consulting competences during all measures of prevention - targeting the annual check ups for children and youngsters offer a good possibility to convey to the parents the necessity of a balanced nutrition and sufficient physical activity as a basis for a healthy lifestyle

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Addressing the obesogenic environment:

In which ways can public policies contribute to ensure that physical activity be “built into” daily routines?

Overview	Cases / Examples	Proposals
<p>Public policy has a dual role to educate and enable people lead healthy lifestyles. As well as providing people with the knowledge of how and why they need to eat well and be physically active, public policies should also investigate how physical activity can be made more accessible to all sectors of the community and therefore into daily routines.</p>	<p>United Kingdom ‘walking bus’ a local initiative to walk children to school in groups, providing a safe, enjoyable and healthy alternative to being driven by car (www.walkingbus.com)</p>	<ul style="list-style-type: none"> - Bonus-based incentive systems have proved particularly successful. - make it easier to cycle and walk in urban areas. - introduce tax exemptions for preventive measures (e.g. using specific exercise and sports offers with the relevant quality signet) - create the framework conditions so that insurance companies can give incentives in these areas. - public transport must be made the ‘cheaper alternative’ to private modes of transport for both long haul and short journeys. - in school children should also be encourage to make use of sport facilities at breaks and pre and after school activity clubs should be established

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Which measures are needed to foster the development of environments that are conducive to physical activity?

Overview	Cases / Examples	Proposals
<p>Conducive to physical activity is all kinds of affordable sport being offered, adapted to the needs, wishes and possibilities/restrictions of the public.</p> <p>Authorities are requested to create possibilities and lower the step of starting physical activity. This can be done by building and maintaining local and easily accessible sport facilities. However, society cannot oblige people to physical exercise and that is why voluntary sport clubs have an important role as a motivator. The society creates the conditions and the voluntary sport organizations create the activities.</p> <p>Municipalities are the most important partners for sport clubs, because of the sport facilities.</p> <p>Preventive health care is no longer felt to be a burden as sports clubs place the emphasis on physical activity and sports being an enjoyable experience. Nothing beats involvement in a group that shares a common interest in sport for developing a long-term commitment to healthy behaviour patterns.</p>	<p>Not applicable</p>	<ul style="list-style-type: none"> - when appropriate, replace medicine prescriptions by prescriptions of physical activity - introduce compulsory moments in all medical education around physical activities, diets and eating disorders - develop possibilities for exercise in the traditional settings (kindergarten, school, workplace, senior citizens’ facilities etc.) - new sports facilities should be situated near hard to reach communities and on public transport links - municipal sport authorities should be recognized as the provider of welfare services for the municipality

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Socio-economic inequalities:

Which measures, and at what level, would promote healthy diets and physical activity towards population groups and households belonging to certain socio-economic categories, and enable these groups to adopt healthier lifestyles?

Overview	Cases / Examples	Proposals
<p>There is a significant correlation between health and social status, education and income. The higher a person’s status on the socio-economic scale, the more resources he has to positively influence his own health.</p> <p>In regard to physical activity one can state a great disparity between the level of physical activity amongst people of different sex, age, race and social class. The reasons for individuals not participating in physical activity are numerous, however some key factors cross all groups, like costs and access.</p> <p>From the point of view of psychological development, sport is one of the most important “playing fields” for socializing children and young people, and the physical activity involved is its catalyst.</p>	<p>Germany</p> <p>The German Sports Confederation project “Integration through Sport “motivates socially disadvantaged groups, and particularly migrants, to take part in physical exercise programmes in so-called base clubs. As well as promoting health, these programmes make an important contribution to integration at the same time (www.integration-durch-sport.de).</p>	<ul style="list-style-type: none"> - sport offers diverse possibilities for developing personalities, socialization and social integration - sport can counter factors that cause illness per se, such as social isolation, or a sense of failure and the resulting lack of self-esteem - more sport should be offered in schools, thereby reaching all children

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How can the “clustering of unhealthy habits” that has frequently been demonstrated for certain socio-economic groups be addressed?

Overview	Cases / Examples	Proposals
<p>Physical exercise and sport present a way of moving away from one-sidedly combating individual risks. Instead, a positive lifestyle concept can be presented in specific and practical terms.</p> <p>Rather than making people worried about getting ill, they become enthusiastic about a “healthy lifestyle”.</p> <p>It is also easier to change eating habits when people are more aware of their bodies. The desire for change is reinforced in a "sporting" environment.</p>	<p>Not applicable</p>	<ul style="list-style-type: none"> - Under favourable conditions, physical movement can “demand” a change in general lifestyle habits, particularly concerning the quality and quantity of food consumed. - Rather than only calling for healthy lifestyles by appeal to reason, peoples’ bodies themselves do so. - Physical exercise programmes should be a fixed part of programmes to promote healthy eating.

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Fostering an integrated and comprehensive approach towards the promotion of healthy diets and **physical activity**:

Which are the most important elements of an integrated and comprehensive approach towards the promotion of healthy diets and physical activity?

Overview	Cases / Examples	Proposals
<p>Content-wise: Physical exercise is of key importance in developing a positive lifestyle concept. Sport has the image of being “healthy”, but “not medical”. Physical exercise has prestige, i.e. the higher social status linked with to sport is socially very attractive. It is therefore much easier to carry the idea of health through “attractive” sport than to have to sell it by means of rational arguments and preaching abstinence.</p> <p>A single agency, government or voluntary organisation will not be able to sufficiently reach enough people to radically improve health and fitness in Europe. However, a collective approach involving a number of agencies working towards a common goal, under a single banner, has a far greater chance of success.</p> <p>Key players for an integrated approach are a.o. the European Union, national governments, national health services, education sector, sport and recreation sector and food industries.</p>	<p>Not applicable</p>	<ul style="list-style-type: none"> - involvement of local structures (local communities) and sports clubs - coalition of all stakeholders involved, integrating collaboration at EU and national level - engagement with the Voluntary Sector to advise and deliver programmes - use of the positive role of sports physical activity

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Which role at national and at Community level?

Overview	Cases / Examples	Proposals
<p>The national and possibly also Community level are of particular significance for education and communication measures.</p> <p>Communicating information only makes sense as part of a holistic concept, however.</p> <p>All the results of anthropological research indicate that people can be best persuaded by experience.</p>	<p>Germany</p> <p>The health sports programme "SPORT PRO GESUNDHEIT" developed by the German Sports Confederation in cooperation with the German Medical Association (www.sportprogesundheit.de) combines information with specific offers.</p> <p>Austria</p> <p>“Fit for Austria” is a national project promoting physical activity and health initiated by the Austrian Sports Federation together with the Austrian Federal Chancellery. (www.fitfueroesterreich.at)</p>	<ul style="list-style-type: none"> - State and municipal institutions should actively participate in creating prevention-orientated health networks or create the framework conditions for their creation and development. - Information measures must be linked with learning opportunities, i.e. specific programmes should be provided and communicated at national level. - For concretising the measures and ensure continuity as well as geographical coverage implementation of actions on regional level is crucial. While centralised initiatives are efficient in the field of mass communication, the sustainable implementation of prevention measures requires decentralised actions. The focus should be on existing, successful structures and models. It seems more promising to strengthen existing structures – considering the respective national specificities - rather than to create additional forums.

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Other issues:








Are there issues not addressed in the present Green paper which need consideration when looking at the European dimension of the promotion of diet, physical activity and health?

Overview	Cases / Examples	Proposals
		<ul style="list-style-type: none"> - The Green Paper needs to consider further the special requirements of the following groups: post education leavers, women, the elderly. - Use of sport as a tool to address <u>both</u> nutrition and physical activity has not been sufficiently addressed. - Seen holistically, physical exercise represents a major health factor (physically, psychologically and socially). This central position should be underlined more emphatically.

Which of the issues addressed in the present Green paper should receive first priority, and which may be considered less pressing?

Overview	Cases / Examples	Proposals
<p>Priority must be given to creating long-term preventive programmes in order to prevent future generations’ so-called civilization diseases from making European health systems unaffordable.</p> <p>It is of particular importance here to anchor the positive potential of sport and physical exercise for health in the health system and preventive health care programmes.</p>	<p>Not applicable</p>	<p>Work should be done to prove the value of sport and physical activity – there are deficits here at present. At the same time, the structure of sports regularly on offer should continue to be supported, through executing agencies that already exist if possible, such as sports clubs in Germany. Then, major European Community PR and advertising campaigns can be used to communicate appropriate health objectives and measures.</p>

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 <p>Gielion de Wit National Olympic Committee and Sports Confederation for the Netherlands (NOC*NSF) Health Expert</p>	<p>NOC*NSF is the national umbrella organisation for sports in the Netherlands. Some 90 national sports federations, representing more than 4.9 million sports men, women, youngsters and kids, belonging to some 30,000 sports clubs, are affiliated to NOC*NSF. www.sport.nl</p>	 <p>Lars Allert Swedish Sports Confederation Responsible for Sport for All</p>	<p>The Swedish Sports (RF) Confederation is the biggest people’s movement in Sweden, representing 68 sport federations and its 3 million memberships, organized in 22 000 sport clubs. www.rf.se</p>
 <p>Oja Pekka Finnish Sports Confederation (SLU) Member of International Comitee Health Expert</p>	<p>Finnish Sports Federation (SLU) is an umbrella sports confederation in Finland representing 127 member federations, 8000 sports clubs and its 1.1 million members. www.slu.fi</p>	 <p>Christian Halbwachs Austrian Sports Federation Manager “Fit for Austria”</p>	<p>The Austrian Sports Federation (BSO) is the national umbrella organisation for sports in Austria. Some 13.000 clubs and more than 3.4 million people are members of the BSO. www.bso.or.at</p>
	<p>The EU – Office initiated an ongoing dialogue on sport with the EU institutions in 1993. All of the above mentioned sport confederations, among others, are currently represented partners. www.eu-sports-office.org</p>		

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