

## **Important approaches for further work in EU:s green book. Swedish Sports Confederation 2006-02-24**

**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?**

- Intervention studies concerning changes in food- and exercising habits.
- Methods to prevent the sedentary in the health- and medical service.
- The school is also a good arena for research, where more research is needed around learning processes connected to habits of living.
- More research is needed in the area of developing a motor skill test (i.e. the MUGI observation program) which could be useful in charting pupils motor skills and in order to early give children who need it specific motor training. (Ericsson, 2003).

**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?**

- Simple messages concerning food and exercise, presented through different communication channels depending on the target group. In this case one should use both medical students, public health experts and journalists and let them cooperate.
- 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.
- Carry out a health promotion message with focus on the abilities to affect your own health. For example how one should proceed to create influence on what is sold in the groceries stores and what is offered in the dining room at work, in school, and the day nursery, for example.
- How can parents get influence on their children's ability to physical activities etc?

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

- 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.
- Another way is to have sports teaching everyday in school.
- Try to stimulate a number of compulsory sports/outdoor days in school (to give the children possibilities to try a lot of different sports and outdoor activities with professional help.)
- 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).

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

- The boss, the instructor or the principle at the institute must take the lead and encourage and create opportunities for physical activity.
- Considering that many physical actives have a poor economy it is important that exercising activities should be as close to free as possible. That will gain profit in a long term perspective.

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

- When it's considered appropriate, replace medicine prescriptions by prescriptions of physical activity.
- Introduce compulsory moments in all medical education around physical activities, diets and eating disorders.

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