Commissioners Navracsics, Andriukaitis and Hogan agree on the following roadmap:

The seminar on healthy lifestyles organised during the opening of the 2017 European Week of Sport in Tartu (Estonia) will be crucial in strengthening coordination across different policy areas inside the Commission, notably to address the societal, health and economic challenges of unhealthy lifestyles, in particular physical inactivity.

The Tartu Call for a Healthy Lifestyle will be presented to sport organisations at a meeting of experts on Health-Enhancing Physical Activity, to be held in December 2017.

Specific workshops on healthy lifestyles will be held at the next two EU Sport Forums, in spring 2018 and 2019.

Progress made on implementing the commitments will be assessed at a seminar on healthy lifestyles, to be organised in the second semester of 2019.
European Week of Sport

Commissions Navracsics, Andriukaitis and Hogan recognize that:

1. Physical inactivity, a sedentary lifestyle, and an unhealthy diet constitute a major societal problem in Europe that negatively impacts people's health and well-being, the economy and healthcare systems.

2. Scientific evidence shows that regular physical activity boosts health and wellbeing, while to its lack leads to ill health, particularly later in life. Scientists have also identified strong effects of sport on educational achievement and success on the job market later in life.

3. Obesity, in particular childhood obesity, is on the rise. Unhealthy diets and physical inactivity are at the heart of this problem.

4. Poor health conditions and obesity have a negative impact on the wellbeing of adults, leading to major costs for the individual and the healthcare systems.

5. Scientific evidence shows that adults affected by these conditions tend to earn less, have more difficulties in finding jobs, and are at higher risk of social exclusion.

6. Using the European Week of Sport to promote healthy lifestyles, especially among children, older people, and people from disadvantaged backgrounds.

7. Promoting healthy lifestyles among children and young people, notably by supporting schools and sport clubs in creating and developing partnerships.

8. Increasing funding for projects promoting physical activity under the Sport chapter of the Erasmus+ programme, with a possible focus on specific settings such as schools.

9. Encouraging the Knowledge and Innovation Communities supported by the European Institute of Innovation and Technology, EIT Health and EIT Food, to develop and boost innovative approaches to promote and raise awareness of the benefits of healthy lifestyles.

10. Using the European Week of Sport to promote healthy lifestyles, especially among children, older people, and people from disadvantaged backgrounds.

11. Promoting healthy lifestyles among children and young people, notably by supporting schools and sport clubs in creating and developing partnerships.

12. Increasing funding for projects promoting physical activity under the Sport chapter of the Erasmus+ programme, with a possible focus on specific settings such as schools.

13. Encouraging the Knowledge and Innovation Communities supported by the European Institute of Innovation and Technology, EIT Health and EIT Food, to develop and boost innovative approaches to promote and raise awareness of the benefits of healthy lifestyles.

14. Using the European Week of Sport to promote healthy lifestyles, especially among children, older people, and people from disadvantaged backgrounds.

15. Promoting healthy lifestyles among children and young people, notably by supporting schools and sport clubs in creating and developing partnerships.

In particular, Commissioners Navracsics, Andriukaitis and Hogan agree on the following actions in the coming two years:

1. Increasing funding for projects promoting physical activity under the Sport chapter of the Erasmus+ programme, with a possible focus on specific settings such as schools.

2. Encouraging the Knowledge and Innovation Communities supported by the European Institute of Innovation and Technology, EIT Health and EIT Food, to develop and boost innovative approaches to promote and raise awareness of the benefits of healthy lifestyles.

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