The Tartu Call for a Healthy Lifestyle was launched during the opening of the 2017 European Week of Sport in Tartu (Estonia). Commissioners Navracsics (Education, Culture, Youth and Sport), Andriukaitis (Health and Food Safety) and Hogan (Agriculture and Rural Development) agreed on a list of joint actions to promote healthy lifestyles, showing their firm commitment to work across policy areas and to develop further cooperation across the health, sports, education and food sectors. Beyond strengthening internal cooperation in the European Commission, the Tartu Call sends a strong signal about the importance of healthy lifestyles, also inviting the civil society to contribute. This brochure takes stock of the progress made in implementing the 15 commitments from the Tartu Call over the last two years.

“When we promote health, we make an investment in our future. The Tartu Call is a good example how we can do this, in all policies, bringing together health, research and environment. Let’s keep this going.”
Vytenis Povilas Andriukaitis - European Commissioner for Health & Food Safety

“The progress made is a strong signal to show that working together can bring great results. From balanced diets to regular physical activity, more needs to be done but I am confident that we are on the right track.”
Phil Hogan - European Commissioner for Agriculture and Rural Development

“2 years later we can be very proud of the progress accomplished to promote healthy lifestyles. There is no silver bullet and this remains an important societal challenge to address, but by joining all our efforts we will make a difference.”
Tibor Navracsics - European Commissioner for Education, Culture, Youth and Sport

EU Sport policy: https://ec.europa.eu/sport/
EU Health policy: https://ec.europa.eu/health/
EU Health Policy Platform: https://webgate.ec.europa.eu/hpf/

TARTU CALL FOR A HEALTHY LIFESTYLE

2 YEARS LATER

Joint actions to promote healthy lifestyles

19 JUNE 2019
Brussels, Belgium

REFERENCE AND USEFUL LINKS

Where are we 2 years later?
Supporting campaigns to promote healthy lifestyles and related funding

The Multiannual Action Plan for Health and Wellbeing (2014–2020) sets an ambitious agenda for health and wellbeing in Europe and aims at promoting and improving health and wellbeing for all Europeans. EIT Health, EIT Food, and EIT Raw Materials (EIT), under the umbrella of the European Institute of Innovation and Technology (EIT), have been supporting health and wellbeing initiatives. EIT Health and EIT Food, in particular, have been working to develop and boost the distribution of agricultural products to schools, and to younger children, older people, and people from disadvantaged backgrounds.

In 2018, EIT Health and EIT Food launched the “Eat Well, Move Well” scheme, which aims to promote healthy eating and physical activity. The scheme is supported by several Member States, including Denmark, Finland, France, Greece, Italy, Malta, Norway, Portugal, and Sweden. In May 2019, the scheme included 3,389 schools in 23 countries, with a total of 2 million active children participating in 2018. By the end of 2019, 6.1 million children were involved in the scheme. The scheme includes workshops, master classes, and workshops on healthy eating and physical activity. It also provides practical and theoretical support to schools to develop and implement healthy lifestyle and nutrition projects.

Promoting healthy lifestyles through events and conferences organized by relevant Commission services, such as the European Week of Sport, the Cluster Mobility for Health and the European Forum on Physical Activity (EFPA)

The European Week of Sport is an annual event that promotes healthy lifestyles and physical activity. The event is organized by the European Commission, and it aims at raising awareness of the benefits of physical activity and promoting healthy lifestyles. The event includes a range of activities, such as workshops, master classes, and sports competitions. The event is open to all citizens, and it takes place in different locations across Europe.

Promoting healthy lifestyles through the distribution of agricultural products to schools, and a series of accompanying educational initiatives such as the “Fodder” Resource pack

The European Commission is committed to promoting healthy lifestyles and physical activity. It has launched a number of initiatives to support healthy eating and physical activity, including the “Eat Well, Move Well” scheme and the “Fodder” Resource pack.

The “Fodder” Resource pack is a collection of educational materials that is designed to support healthy eating and physical activity. The pack includes a range of resources, such as lesson plans, activity sheets, and posters. The pack is available in different languages, and it is free to access.

Promoting the role of schools in promoting healthy lifestyles and physical activity

The role of schools in promoting healthy lifestyles and physical activity is crucial. Schools have a unique opportunity to influence the behaviour of children and young people, who are highly reliant on the school environment for their physical activity and healthy eating habits.

In 2018, the European Commission launched the “Schools4Health” initiative, which aims at improving the physical activity levels of children and young people. The initiative includes a range of activities, such as workshops, master classes, and sports competitions. The initiative is open to all schools, and it is supported by a number of Member States.

In addition, the European Commission has launched the “HeaLIQs4Cities” initiative, which aims at promoting healthy lifestyles in urban areas. The initiative includes a range of activities, such as workshops, master classes, and sports competitions. The initiative is supported by a number of Member States, and it is open to all cities and regions.

Promoting the role of physical activity in relation to health and wellbeing

Physical activity is essential for maintaining a healthy lifestyle and promoting well-being. It is associated with a range of health benefits, such as reduced risk of chronic diseases, improved mental health, and increased longevity.

In 2018, the European Commission launched the “Physical Activity and Health” initiative, which aims at promoting physical activity and healthy lifestyles. The initiative includes a range of activities, such as workshops, master classes, and sports competitions. The initiative is supported by a number of Member States, and it is open to all citizens.