



STUDIES

Physical activity strategy for the WHO European Region 2016–2025

The physical activity strategy aims to inspire governments and stakeholders to work towards increasing the level of physical activity among all citizens of the European Region by:

- promoting physical activity and reducing sedentary behaviours;
- ensuring an enabling environment that supports physical activity through engaging and safe built environments, accessible public spaces and infrastructure;
- providing equal opportunities for physical activity regardless of gender, age, income, education, ethnicity or disability;
- removing barriers to and facilitating physical activity.



**World Health
Organization**

http://www.euro.who.int/__data/assets/pdf_file/0010/282961/65wd09e_PhysicalActivityStrategy_150474.pdf?ua=1

LIFE LONG
SWIMMING



STUDIES

REGIONE FRIULI VENEZIA GIULIA – LAW 22/2014 on HEALTHY AGEING

The Region Friuli Venezia Giulia promotes Healthy Ageing and has issued a specific law on the theme.

The Health Department of the Region is in charge of the preparation of a three year program to be approved by the Regional Government.

The Regional Minister of Health has been attributed the function of coordinating the program carried out in collaboration with the Regional Department of Work, Training, Education, University and Research; the Department of Culture, Sport and Solidarity and the Department of Infrastructures, Mobility, Territorial Planning.



STUDIES

Strategy and action plan for healthy ageing in Europe, 2012– 2020

World Health Organization Europe

This document contains the strategy and action plan for healthy ageing in Europe 2012–2020. It proposes strategic action areas and a set of interventions in synergy with Health 2020, the new European policy framework supporting action across government and society for health and well-being. It is the first European strategy to bring together ageing-related elements of the WHO Regional Office for Europe’s work programme. It presents them in the form of four strategic action areas and five priority interventions, together with three supporting interventions. The action plan is intended as a guide for Member States at different income levels or stages of ageing policy development or demographic transition.





STUDIES

PASSI – Progressi delle Aziende Sanitarie per la Salute in Italia

“Passi” is a data research system overlooking behaviors that influence health of the adult population together with the prevention initiatives taken by local and regional Health Agencies.

It is carried out by the Italian Ministry of Health through its regional agencies with the objective of collecting data on unhealthy behaviors focusing especially on physical activity, smoking, nutrition, alcohol consumption. Data is collected through phone interviews on a representative sample of adult population aged between 18 and 69. Results are published on a yearly basis.

