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Let's fit healthy life! *The role of sport in regenerating deprived areas*

ERASMUS+ SPORT PROJECT - Collaborative Partnerships - Grant Agreement n. 2018 – 3835 /001 – 001



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The role of sport in regenerating deprived areas

ERASMUS+ SPORT PROJECT

Collaborative Partnerships

Grant Agreement n. 2018 – 3835 /001 – 001

I.O. 01 REPORT

**Analysis of local needs in the six countries involved and
collection and sharing of best experiences, best practices
and practical examples**

June 2019 – M6



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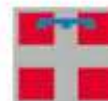




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This eReport has been edited after the withdrawal of the Croatian partner - Croatian Mountaineering Association "Belišće - (who formalized the withdrawal in M4, on April 2019). The Lead Partner adopted all the EACEA procedures to officially request the amendment. In the meanwhile, it is on-going the replacement of P4: but the procedure of admission of the new Partner, Gymnastikos Athlitikos Syllogos ILISOS (Gas Ilisos) - GREECE - that wants to replace the Croatian organisation is still pending.

For this reason, the I.O1 has been participated by 5 Countries and NOT 6.

The new Partner (Gas Ilisos) will join the partnership and the activities of I.O2 during summer period 2019, after the official EACEA approval.

1

1. Introduction

Erasmus Plus¹ is the program of the European Union for Education, Training, Youth and Sport 2014-2020. The program, approved with EU Regulation N. 1288/2013 of the European Parliament and of the Council, combines and integrates all the financing mechanisms implemented by the European Union until 2013:

- the Lifelong Learning Program (Comenius, Erasmus, Leonardo da Vinci, Grundtvig)
- Youth in action
- the five international cooperation programs (Erasmus Mundus, Tempus, Alfa, Edulink and the bilateral cooperation program with industrialized countries). It also includes the Jean Monnet assets and includes support, for the first time, in sport.

The integrated program allows obtaining an overview of the available grant opportunities, aims to facilitate access and promotes synergies between the different sectors by removing the barriers between the various types of projects; it also wants to attract new actors from the world of work and civil society and stimulate new forms of cooperation.

In the sports field, the program focuses on transnational projects aimed at supporting amateur sports and facing cross-border challenges such as contracting match-fixing, doping, violence and racism, as well as promoting good governance, gender equality, social inclusion and physical activity for all.

In particular, these activities must aim at:

- addressing cross-border threats to the integrity of sport
- promoting and support good governance in sport and athletes' parallel careers
- promoting voluntary activities, social inclusion and equal opportunities in sport
- increasing awareness of the benefits of physical activity for health
- increasing participation in sport.

The program funds collaborative partnerships and non-profit sport events, and supports actions that aim to strengthen data for policy making and promote dialogue with stakeholders. Actions in the sports sector are mainly focused on grassroots sports. At the systemic level, actions in this area should contribute to the development of the European dimension in sport; from an individual perspective, the

¹ ANNEX 1 – Programma Erasmus Plus



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projects supported by Erasmus + must lead to increased levels of participation in sport and the promotion of physical activity.

It is proven that regular physical activity helps prevent and treat chronic non-communicable diseases (NCD) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being, although this hiring much of the world is becoming less active, including Europe².

The current low level of activity among EU citizens remains very worrying. According to the Special *Eurobarometer report on Sport and Physical Activity*³, 54% of all respondents did not perform any vigorous activity and 44% did not perform any moderate physical activity. Moreover, 13% of EU citizens did not walk for at least 10 minutes at a time on a given day in a week.

The primary objective of “**Let's fit healthy life! The role of sport in regenerating deprived areas**” project is therefore the promotion of sporting practice in accordance with it is indicated in the guidelines “*EU Physical Activity Guidelines*”⁴.

It lasts a period of two years, from 1st January 2019 (M1 - month 1) to 31st December 2020 (M24 - month 24), involving 7 partners:

- P1 Lead Partner - Regione Piemonte – ITALY
- P2 partner - Zemgale Planning Region – LATVIA
- P3 partner - Carvalhais Sport, Cultural and Social Association – PORTUGAL
- P5 partner - Club Deportivo Nordic Walking Castilla y Leon (Palencia) – SPAIN
- P6 partner - Municipality of Valga – ESTONIA
- P7 partner – ASD Scuola del Cammino Fitwalking – ITALY

At the moment of the editing of this report the partner involved are 6 and the countries involved are 5 because the Croatian Partner - Croatian Mountaineering Association “Belišće” – has given up the project and the entry of the new one is still pending.

The Croatian Partner will be replaced by Gymnastikos Athlitikos Syllogos ILISOS (Gas Ilisos) from Greece, this new partner will join the partnership and the activities of I.O.02 during summer period 2019, after the official EACEA approval.

P1 - Coordinator - Regione Piemonte – ITALY

Piedmont Region, with more than 4.300.000 inhabitants, is the government of an Italian northwestern region. Regional policies are aimed at promoting the economic and social development of Piedmont and its communities, by supporting and promoting balanced and sustainable economic growth, social cohesion, educational programs, research, plans for environmental protection, development of sustainable tourism and promotion and enhancement of Piedmont's cultural and historical heritage.

² Global action plan on physical activity 2018–2030: more active people for a healthier world. Geneva: World Health

³ Special Eurobarometer 472 - December 2017 - “Sport and physical activity” Report

file:///C:/Users/Windows/Downloads/ebs_472_en.pdf

⁴ EU Physical Activity Guidelines - Brussels, 10 October 2008 -

https://ec.europa.eu/health/sites/health/files/nutrition_physical_activity/docs/2008_eu_physical_activity_guidelines_en.pdf



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The Regional Department of Culture, Tourism and Sports has specific skills in planning, monitoring and controlling the quality of life of people, health care and development of social relations, also through sport activities.

Some sports events benefiting of regional contributions are: "Games without barriers" Project, "Piedmont Region for sports at school" Project, "Sports Spring" Project, ..

The programmatic activities of the Regional Department of Sports aim to offer the opportunity to experiment, learn and practice physical activities, combined with the cultural and educational support that sport introduces in own personal growth, also with a correct food education. The Piedmont area become famous as the Official Organizer of the 2006 XX Olympic Winter Games, which took place from 10 to 26 February 2006, in Turin and in 8 other mountain locations in Piedmont. The regional territory also hosted, from 10 to 19 March 2006, the IX Paralympic Winter Games. Moreover, the Monferrato area of Piedmont, in 2017 obtained a prestigious recognition by ACES EUROPE as European Community of Sport 2017; the same for the City of Turin, in 2015, as "European Capital of Sport".

P2 partner - Zemgale Planning Region (ZPR) – LATVIA

Zemgale Planning Region (ZPR) is a public entity established in 2006, under the direct supervision of Environmental Protection and Regional Development Ministry of the Government of Latvia.

It occupies a territory of 10,733 Km², that is about 16.6% of the entire Latvian territory, with a population of about 281.000 inhabitants. The main objective of Zemgale Planning Region is to ensure regional planning and coordination, as well as the cooperation between municipalities and the various governmental institutions. Administrative headquarters are located in the city of Jelgava.

Over the years, ZPR has gained extensive experience in the management of projects co-funded by the European Union, and in the last five years has acted as Lead Applicant and Cooperation Partner in about 30 projects of European relevance; therefore, ZPR has a lot of experience in the coordination of many cross-border partners, a lot of knowledge of environmental and cultural issues, practical experience in the management of large-scale projects with an infrastructure component, also providing advices to partner organizations on public, financial and reporting procurements. Zemgale Planning Region as public body together with all their 22 local municipalities are actively involved in ESF Operational Programme "Growth and Employment" noting Measures to promote local health implement various health promotion and disease prevention measures for different population groups in region and especially for groups at risk of poverty and social exclusion by improving access to health promotion and disease prevention services.

P3 partner - Carvalhais Sport, Cultural and Social Association – PORTUGAL

ADCS Carvalhais Association is a non-profit association founded in 1991, following the initiative undertaken by a group of local citizens, with the aim to promote sportive, cultural and social activities. It is based in Mirandela, a small Portuguese town located in Tua river valley, on a plateau characterized by a fertile land, where olive trees are cultivated. Each summer is organized there a round of the European Jetski Championship (on Tua River). The activities of the Association have begun with the implementation of sports initiatives, with the active involvement of local community and schools, which gradually acquired more and more importance until become a set of fixed and periodical appointments. Proposed initiatives: soccer and paintball tournaments, mountain biking, local festivals, painting and decorative art workshops, excursions on the territory, health promotion,



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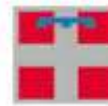




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P5 partner - Club Deportivo Nordic Walking Castilla y Leon (Palencia) – SPAIN

The organisation Club Deportivo Nordic Walking Castilla y León was founded in 2015. It is a Club of regional and national scope, registered in the General Direction of Sports of the Meeting of Castile and Leon. It is also recognized by the Spanish Mountaineering Federation, as well as the Federation of Castilla y León de Mountain. We designed an offer that tries to promote sport, and above all, health. As a Sports Club accompanies the Iberica Nordic Walking in: development of educational and informative activities; organization of sporting events of Hiking and Nordic Walking; promotion of Nordic Walking as Sports Health; development of touristic proposals related to the NW; organization of federative competitive tests; research and development of new proposals for different events.

It has taught nordic walking to more than 4000 people and are currently considered one of the most professional and consolidated proposals of this discipline in Spain, after 7 years of activity.

It also founded the company Iberica Nordic Walking, responsible for replicating the Palencia model in the rest of Spain.

Palencia is a Spanish municipality of the autonomous community of Castilla y León, capital of the province of the same name. It is located in the plain of Tierra de Campos, on the banks of the Carrión River. Located at 749 m altitude, it is 235 km from Madrid and 47 km from Valladolid, being the two closest Spanish provincial capitals. The municipality has a population of 78.892 inhabitants (2017) over an area of 94.95 km². It is an important industrial center of Castilla y León.

P6 partner - Municipality of Valga – ESTONIA

Valga is a city in southern Estonia and is the capital of the County of Valgamaa. It has about 12,000 (together with Valka 17,000) inhabitants and is located near the border between Estonia and Latvia. It constitutes a single urban core with the Latvian municipality of Valka, cut in two parts by the border line. In fact, until their separation in 1920, Valga and the town of Valka in northern Latvia were one town and now, despite its small size, the city of Valga has several peculiarities being straddling two countries, Estonia and Latvia, with two different languages and cultures. The Municipality of Valga is member of 3 organizations: The twinned City Association (8 neighboring cities of different countries), Innovation Circle Network (48 institutions-municipalities-cities in 7 countries) and Twin Cities Association (7 cities connected for friendship in Europe).

These characteristics allowed Valga Municipality to be part of an extensive cooperation network, developing over the last 20 years a great experience in organizing international conferences, seminars and workshops.

Moreover, in recent years the city government of Valga has been characterized by an active involvement of the institutions and local citizens in various activities promoted within projects co-funded by the European Commission, especially in the Health field. One of the municipal priorities is the promotion of healthy lifestyles through health, sport, education and food policies.

Th Municipality of Valga is partner of an Erasmus Plus small collaborative partnership project with the Mountain Union of Lanzo – Piemonte.

P7 partner - Scuola del Cammino Fitwalking Italia - ITALY

The A.S.D. Scuola del Cammino Fitwalking Italia is an amateur sports association - affiliated to the Italian Athletics Federation – and founded in 2001 as a Sport Walking School Foundation and transformed in 2013 into the current ASD Scuola del Cammino Fitwalking Italia. The purpose of the



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Association consists in the promotion and development of sport in the context of "popular walking", with particular attention to accessibility to sport for all. The ASD in recent years has developed specific expertise in walking, and is the reference for the technical management of the discipline of Fitwalking, project of MAP Italia s.r.l. which has just entrusted with ASD the development of the technical aspects (launched by the Former Olympic champion Maurizio Damilano). The ASD has launched initiatives and projects in the social and health topics too, with particular attention to the use of walking as physical exercise to prevent and improve health, as well as a mean of prevention alongside traditional treatments for those types of diseases defined activity "sensitive exercise".

The ASD, in addition to courses for instructors and practitioners, has also launched initiatives and projects in health sector, with particular attention to walking as physical exercise to prevent and improve health, collaborating with schools, promoting initiatives aimed at involving young people and urging policies aimed at sustainable mobility. It has experience in fostering sports activities for citizens of any age, from school level to big events with crowds of people, from training practices for students to walking events as instrument for improvement of healthy behaviors for elders.

The project also makes use of some support partners, ASL TO 4 for Italy and Gimnasio Clube Mirandense for Portugal.

Piedmont Region is supported in the implementation of health promotion activities by the **Local Health Authority - ASLTO4**, whose medical and expert staff has confirmed the willingness to take part in the planned activities. ASLTO4 (SSD Health Promotion - Dr. Giorgio Bellan) has already experienced in several initiatives in the field of health promotion and claims a vast catalog of best cases: Promotion of Adapted Physical Activity (AFA), Walking Groups, Promotion of Nordic Walking, ... In particular, the recent project "Fight against sedentary behavior in adults in ASLTO4" has activated a network of shared collaboration between Municipalities and associations, whose purpose was the organization and management of Adapted Sport Activities/AFA, to foster and monitor local health needs of citizens. AFA is a special type of gymnastics that can improve mobility. Instructors received a data collection form, to be completed for each participant, in order to record: personal data, how to submit to the course, results of a battery of physical tests (get up and go, walking speed, squat) and judgments about the benefits of the activity. About Nordic walking, a special survey template has been prepared, managed by the instructors of the local associations. The evaluation of the walking group dissemination program follows the suggestions provided by the Regional Working Group envisaged by the Regional Prevention Plan - Action 2.5.1 of Piedmont.

The partners will work together to achieve specific goals:

- to involve decentralized territories and marginal natural/rural areas as active places to live sports lifestyles and practice walking and Fit-walking and power walking;
- to improve local capacity to promote an active lifestyle and experiment with innovative schemes to rethink and manage natural resources and deprived territories (non-urban) with healthy perspectives;
- to inspire various European territorial areas to implement pilot Health initiatives, promoting specific physical activity and more active lifestyles (exchange of good practices);
- to improve awareness, in order to stimulate local / regional stakeholders, to adopt points of view associated with sport and health in local development policies, in deprived areas;



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- to raise awareness on the value of sports and physical activity in relation to the personal, social and professional development of individuals;
- to establish a sustainable transnational network of Fit-walking expertise in Europe aiming to exchange good practices and experiences;
- to develop a model for the education and training of athletes and sports amateurs in the field of Fit-walking discipline.

6

a. Key facts⁵

Nearly half of Europeans never exercise or play sport, and the proportion has increased gradually in recent years

- Two in five Europeans (40%) exercise or play sport at least once a week, including 7% who do so regularly (at least five times per week). However, almost half of respondents (46%) never exercise or play sport.
- The percentage of those who never exercise or play sport is 46%, this is a continuation of a gradual trend since 2009.
- Less than half of respondents (44%) do some form of other physical activity (such as cycling, dancing or gardening) at least once a week, while 35% never do this kind of activity at all.
- The proportion of those who never practice physical activities has increased since 2013, from 30% to 35%.
- Overall, in the EU, men exercise, play sport or engage in other physical activity more than women. This disparity is particularly marked in the 15-24 age group, with young men tending to exercise or play sport on a regular basis considerably more than young women. The amount of regular activity that people do tends to decrease with age.
- Engagement in sport and physical activity is also less prevalent among people with lower levels of education and among those with financial difficulties.
- The proportion of people who exercise or play sport regularly or with some regularity is highest in Finland (69%), Sweden (67%) and Denmark (63%). Respondents are least likely to exercise or play sport in Bulgaria, Greece and Portugal (in each of these countries, 68% never exercise or play sport).

In a given week, more than half of Europeans do not do any vigorous physical activity, and around half do not engage in moderate physical activity

- When asked about their levels of physical activity within a week, more than half of all respondents (58%) did not do any vigorous activity and 47% did not do any moderate physical activity.
- Among those who do vigorous physical activity, the majority (54%) spend an hour or less per day doing so, while 43% of them spend more than an hour.

⁵ Special Eurobarometer 472 - December 2017 - "Sport and physical activity" Report
file:///C:/Users/Windows/Downloads/ebs_472_en.pdf



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- Most respondents spend an hour or less doing moderate physical activity (63%), while 34% spend more than one.

15% of Europeans do not walk for 10 minutes at a time at all in a weekly period, while 12% sit for more than 8.5 hours per day

- Most EU citizens (61%) say they walked for at least ten minutes at a time on four or more of the last seven days. However, 15% did not walk for at least 10 minutes at a time on any day within a week.
- On a usual day, around two thirds of respondents (69%) spend between 2.5 and 8.5 hours sitting, while 12% sit for more than 8.5 hours and 16% for no more than 2.5 hours.
- Most of respondents spend slightly sitting more than 5.5 hours .

Formal sport settings are less popular than informal settings such as parks or outdoors, the home or the journey between home and work or school

- Sport or physical activity takes place in a wide range of locations, most commonly in parks and outdoors (40%), at home (32%) or on the journey between home and school, work or shops (23%).
- In 17 countries, the most common setting for sport or physical activity is the park or outdoors; this is highest among respondents in Finland (67%). The home is the most popular setting among respondents in nine countries, mostly in Eastern Europe, while in two countries the preferred setting is on the way between home and school, work or shops.
- Three in ten EU citizens say that they are members of a club where they participate in sport or recreational physical activities, specifically a sport club (12%), a health or fitness centre (11%), a socio-cultural club (3%) or another type of club (7%).

The main motivations for participation in sport or physical activity are improved health and fitness. Lack of time is the principal barrier.

- The most common reasons for engaging in sport or physical activity are to improve health (54%) and to improve fitness (47%). Other popular reasons include relaxing (38%), having fun (30%) and improving physical performance (28%).
- A lack of time is by far the main reason given for not practising sport more regularly (40%). Other factors mentioned are a lack of motivation or interest (20%) and having a disability or illness (14%).

Most Europeans think that there are opportunities available locally to be physically active, but many do not think their local authority does enough

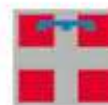
- Three quarters of respondents (74%) agree that in their local area there are many opportunities to be physically active. A similar proportion of them (73%) think that their local sport clubs and other providers offer such opportunities.
- There are mixed views as to whether local authorities do enough to provide their citizens with opportunities to be physically active: 39% of respondents think that they do not do enough, while 49% think they do.



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- Views on opportunities for physical activities are most positive in the Netherlands, Denmark, Sweden and Germany, and are least positive in Bulgaria, Romania, Croatia and Italy.

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6% of respondents engage in voluntary work that supports sport activities

- Overall, 6% of EU citizens say that they engage in voluntary work that supports sport activities.
- People who volunteer in sport do a range of different activities, most commonly organising or helping to run a sporting event (33%), followed by coaching or training (27%).

b. Eligibility with the objectives of the project

These data clearly indicate how necessary are actions that encourage the adoption of an active lifestyle and promote sports. The project pursues this aim by setting the following specific objectives to:

- involve decentralized territories and marginal natural/rural areas as places to live an active lifestyle and practice walking, Fitwalking and power walking;
- improve the local capacity to promote an active lifestyle and experiment with innovative schemes to re-think and manage natural resources and disadvantaged territories (non-urban);
- inspire various European territorial areas to implement pilot initiatives on health, promote specific physical activities and more active lifestyles (exchange of good practices);
- improve awareness, in order to stimulate local/regional stakeholders to adopt common points of view in the adoption of policies for the promotion and development of physical and sporting activity in the local area;
- increase awareness of the value of sport and physical activity in relation to the personal, social and professional development of individuals;
- create a sustainable transnational network of Fitwalking skills in Europe in order to exchange good practices and experiences;
- develop a model for the education and training of athletes and sports amateurs in the field of the Fitwalking discipline.



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c. Physical activity, exercise and Fitwalking

Physical activity is defined as any body movement produced by skeletal muscles that requires energy expenditure and is a fundamental means of improving people's physical and mental health. It reduces the risks of many non-communicable diseases and favors society by increasing social interaction and community engagement.

Physical activity should not be confused with exercise. Physical exercise is a subcategory of planned, structured, repetitive and targeted physical activity in the sense that the improvement or maintenance of one or more components of the physical form is the goal. Physical activity includes physical exercise and other activities that involve body movements and are carried out in the context of play, work, active transport, household chores and recreational activities.

The UNESCO General Conference noted in the *International Charter of Physical Education, Physical Activity and Sport*⁶ that "the practice of physical activity and sport is fundamental for everyone".

Physical activity is important for all ages and should be integrated into everyday life.

To reduce sedentarism it would be sufficient to change one's routine and introduce new good habits such as walking/cycling from home to work/school.

It has been shown that enhancing the proposal of physical activity by encouraging patients to practice it is an economically advantageous intervention both for primary and secondary prevention as it prevents the growing burden of chronic non-communicable diseases⁷.

Considering the data previously indicated, for the project *Let's fit healthy life!* walking/Fitwalking was chosen as a physical reference activity because walking is the basis of human activity, its characteristics are clearly winning:

- It is accessible to all
- it's easy to practice
- it is recommended for all ages
- it does not require special equipment
- it can be practiced anywhere in the city and in rural areas
- it is socializing
- the health benefits are scientifically proven
- it is an excellence of the Piedmont region : the Fitwalking technique was in fact codified by Giorgio and Maurizio Damilano, sport champions, who have spread it from Piedmont to national and international level.

⁶ International Charter of Physical Education, Physical Activity and Sport – UNESCO 17 November 2015

http://portal.unesco.org/en/ev.php-URL_ID=13150&URL_DO=DO_TOPIC&URL_SECTION=201.html

⁷ Global action plan for the prevention and control of noncommunicable diseases 2013-2020. - © World Health Organization 2013. https://apps.who.int/iris/bitstream/handle/10665/94384/9789241506236_eng.pdf?sequence=1

2. A global action plan

WHO has developed a new global action plan to help countries scale up policy actions to promote physical activity⁸. It responds to the requests by countries for updated guidance, and a framework of effective and feasible policy actions to increase physical activity at all levels.

The plan sets out four objectives and recommends 20 policy actions. The four objectives are:

1 Create active societies – social norms and attitudes

Create a paradigm shift in all of society by enhancing knowledge and understanding of, and appreciation for, the multiple benefits of regular physical activity, according to ability and at all ages.

1. Implement best practice communication campaigns, linked with community-based programmes, to heighten awareness, knowledge and understanding of, and appreciation for, the multiple health benefits of regular physical activity and less sedentary behaviour, according to ability, for individual, family and community well-being.
2. Conduct national and community-based campaigns to enhance awareness and understanding of, and appreciation for, the social, economic, and environmental co-benefits of physical activity, and particularly more walking, cycling and other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and thereby make a significant contribution to achievement of the 2030 Agenda for Sustainable Development.
3. Implement regular mass participation initiatives in public spaces, engaging entire communities, to provide free access to enjoyable and affordable, socially- and culturally-appropriate experiences of physical activity.
4. Strengthen pre- and in-service training of professionals, within and outside the health sector, to increase knowledge and skills related to their roles and contributions in creating inclusive, equitable opportunities for an active society including, but not limited to, the sectors of: transport, urban planning, education, tourism and recreation, sports and fitness, as well as in grassroots community groups and civil society organization

2 Create active environments: spaces and places

Create and maintain environments that promote and safeguard the rights of all people, of all ages, to have equitable access to safe places and spaces, in their cities and communities, in which to engage in regular physical activity, according to ability.

1. Strengthen the integration of urban and transport planning policies to prioritize the principles of compact, mixed-land use, at all levels of government as appropriate, to deliver highly connected neighbourhoods to enable and promote walking, cycling, other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and the use of public transport, in urban, peri-urban and rural communities.
2. Improve the level of service¹ provided by walking and cycling network infrastructure, to enable and promote walking, cycling, other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and the use of public transport, in urban, peri-urban and

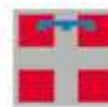
⁸ Global action plan on physical activity 2018–2030: more active people for a healthier world. - © World Health Organization 2018 - <https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf>



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rural communities, with due regard for the principles of safe, universal and equitable access by people of all ages and abilities, and in alignment with other commitments.

3. Accelerate implementation of policy actions to improve road safety and the personal safety of pedestrians, cyclists, people engaged in other forms of mobility involving the use of wheels (including wheelchairs, scooters and skates) and public transport passengers, with priority given to actions that reduce risk for the most vulnerable road users in accordance with the safe systems approach to road safety, and in alignment with other commitments.
4. Strengthen access to good-quality public and green open spaces, green networks, recreational spaces (including river and coastal areas) and sports amenities by all people, of all ages and of diverse abilities in urban, peri-urban and rural communities, ensuring design is consistent with these principles of safe, universal, age-friendly and equitable access with a priority being to reduce inequalities and in alignment with other commitments.
5. Strengthen the policy, regulatory and design guidelines and frameworks, at the national and subnational levels, as appropriate, to promote public amenities, schools, health care, sports and recreation facilities, workplaces and social housing that are designed to enable occupants and visitors with diverse abilities to be physically active in and around the buildings, and prioritize universal access by pedestrians, cyclists and public transport.

11

3 Create active people: programmes e opportunities

Create and promote access to opportunities and programmes, across multiple settings, to help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.

1. Strengthen provision of good-quality physical education and more positive experiences and opportunities for active recreation, sports and play for girls and boys, applying the principles of the whole-of-school approach in all pre-primary, primary, secondary and tertiary educational institutions, to establish and reinforce lifelong health and physical literacy, and promote the enjoyment of, and participation in, physical activity, according to capacity and ability.
2. Implement and strengthen systems of patient assessment and counselling on increasing physical activity and reducing sedentary behaviour, by appropriately trained health, community and social care providers, as appropriate, in primary and secondary health care and social services, as part of universal health care, ensuring community and patient involvement and coordinated links with community resources, where appropriate.
3. Enhance provision of, and opportunities for, more physical activity programmes and promotion in parks and other natural environments (such as beach, rivers and foreshores) as well as in private and public workplaces, community centres, recreation and sports facilities and faith-based centres, to support participation in physical activity, by all people of diverse abilities.
4. Enhance the provision of, and opportunities for, appropriately tailored programmes and services aimed at increasing physical activity and reducing sedentary behaviour in older adults, according to ability, in key settings such as local and community venues, health, social and long-term care settings, assisted living facilities and family environments, to support healthy ageing



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5. Strengthen the development and implementation of programmes and services, across various community settings, to engage with, and increase the opportunities for, physical activity in the least active groups, as identified by each country, such as girls, women, older adults, rural and indigenous communities, and vulnerable or marginalized populations, embracing positive contributions by all people.
6. Implement whole-of-community initiatives, at the city, town or community levels, that stimulate engagement by all stakeholders and optimize a combination of policy approaches, across different settings, to promote increased participation in physical activity and reduced sedentary behaviour by people of all ages and diverse abilities, focusing on grassroots community engagement, co-development and ownership.

4 Create active systems - governance e policy enablers

Create and strengthen leadership, governance, multisectoral partnerships, workforce capabilities, advocacy and information systems across sectors to achieve excellence in resource mobilization and implementation of coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour.

1. Strengthen policy frameworks, leadership and governance systems, at the national and subnational levels, to support implementation of actions aimed at increasing physical activity and reducing sedentary behaviours, including multisectoral engagement and coordination mechanisms; policy coherence across sectors; guidelines, recommendations and actions plans on physical activity and sedentary behaviour for all ages; and progress monitoring and evaluation to strengthen accountability.
2. Enhance data systems and capabilities at the national and, where appropriate, subnational levels, to support: regular population surveillance of physical activity and sedentary behaviour, across all ages and multiple domains; development and testing of new digital technologies to strengthen surveillance systems; development of monitoring systems of wider sociocultural and environmental determinants of physical inactivity; and regular multisectoral monitoring and reporting on policy implementation to ensure accountability and inform policy and practice.
3. Strengthen the national and institutional research and evaluation capacity and stimulate the application of digital technologies and innovation to accelerate the development and implementation of effective policy solutions aimed at increasing physical activity and reducing sedentary behaviour.
4. Escalate advocacy efforts to increase awareness and knowledge of, and engagement in, joint action at the global, regional and national levels, targeting key audiences, including but not limited to high-level leaders, policy-makers across multiple sectors, the media, the private sector, city and community leaders, and the wider community.
5. Strengthen financing mechanisms to secure sustained implementation of national and subnational action and the development of the enabling systems that support the development and implementation of policies aimed at increasing physical activity and reducing sedentary behaviour.



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a. I.O. 02 Participatory actions

Aware that every country-reality is different, in accordance with these 20 principles, in each country - in the time span between **June 2019 and August 2020** (M6 - M20) - will be proposed by each partner of the project actions aimed at promotion physical activity, specifically the diffusion of Fitwalking, a key element not only to improve people's health, also to improve the health of a territory.

The objective is in fact to propose systemic actions that operate at multiple levels directed at three main targets: young, elderly and people with chronic diseases, involving the main local actors (local administrations, public health service, schools). This synergistic approach allows the different actions not to be isolated but to fit its into a broader context of health promotion, adopting correct daily habits and different use of the territory. They also aim to create a replicable model in all countries, not just those taking part in the project.

To intercept the target of young people, schools are mainly involved, active information moments are offered regarding the benefits deriving from the regular practice of sport and motor activity emphasizing, through practical demonstrations, how it is easy and fun to change one's habits, for example by performing the journey home/school on foot instead of by car.

Local institutions such as municipalities and public health services are involved to intercept the target of the elderly and people with chronic diseases, proposing, through them, as well moments of active information and collective activity through the proposal of walking groups and events with multiple values; aggregative and promotional: promotion of physical activity, promotion of the adoption of a more active lifestyle, promotion of the territory.

In the 6 countries involved in the project (Estonia - Greece - Italy - Latvia - Portugal - Spain) at least three meetings/actions focused on health promotion will be organized following the following program:

- **1st participatory action: from April 2019 to July 2019**
- **2nd participatory action: from August 2019 to January 2020**
- **3rd participatory action: from February 2020 to August 2020.**

These actions would take the form of laboratories or participatory meetings or local sports exchanges, combined with health promotion meetings, also involving high level local/regional representatives and some famous personalities, like a sports celebrity, acting as an "Ambassador" of the project (in case). Several efforts will be made in order to ensure visibility for these initiatives, promote and extend the project at national/local level, also involving media and general public.

Other activities will be implemented - at local level - during these initiatives, like:

- awareness-raising activities in local schools;
- specific medical conventions;
- press conferences;
- meetings with health specialists;
- laboratories;
- dissemination of project activities;
- health promotion.

These events will constitute an important platform for the exchange of experiences in teaching module for trainers and coaches, aimed at testing project findings and tools, sports exchanges for health promotion and adoption.



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These activities will be addressed to:

1) Young people

It is now proven that sedentary living can cause health problems, it is therefore necessary to provide correct information from the earliest stage of people's lives, in such a way as to encourage the willingness to practice sports.

The contemporary lifestyle often involves the use of personal means of transport such as scooters, cars, motorcycles, which the youngest also use for very short distances, especially in the urban context, it is necessary that they understand the importance of walking not only for move from point A to point B but also to keep your body in good shape and to prevent future diseases resulting from the lack of a good daily amount of walking. For this reason an action of impact on the youngest is necessary to favor their self-awareness regarding the benefits deriving from walking. These actions are planned in the form of meetings and seminars at school on a local scale and are designed in such a way that the message is not distributed academically but in a cooperative and participatory way.

2) Older people and people with chronic illnesses

Older people and people with chronic illnesses nowadays are a growing percentage of the EU population, it is very important to live the advanced age by remaining active and feeling an active part of society, doing sport with other people is a good way to do it, with another positive effect: reduced healthcare costs.

The actions are:

- Involve centers for elder people and associations that support and deal with and people with chronic diseases and Regional Public Health Service in Participatory Events.
- Create walking groups to help elders and people with chronic diseases to take care of their health and socialize, nowadays loneliness is one of the main marginality factors for seniors, physical activity can be helpful to connect people. Groups are led by coach and walking Trainer, every coach/trainer will have a "volunteer assistant" formed ad Walking Leader who can lead the groups also after the end of the project.

The Participatory actions/meetings will be divided into 2 main activities:

- Presentation of the benefits deriving from practicing correctly sports (not exceeding or reducing the average amount of daily activity suggested to the identified targets) including examples of good practices. Experts speakers in the field of Sport Medicine will attend the meeting as speakers, mostly from the public Health Services.
- Role playing/simulation with the active participation of the students. Along such activities the students will be asked to participate simulations during which both the consequences of not practicing sports, namely not walking enough, and the benefits of it will be displayed and shown directly in such a manner that they can experience directly both sides of the same issue.

All meetings, actions, exchanges, local events, will be recorded and noted: their pictures, news, information will be uploaded and post on specific website dedicated to the project and on social. Common tools for sports exchanges will be adopted. The information collected will be also usefull for the editing of the final report.



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b. M.E. 01 Multiplier sports event

The M.E1/Multiplier event will be organised in ITALY by P1 and P7 with the aim to present the project's results to a national and European audience composed by at several participants and representatives.

Foreign sports amateurs and athletes chosen by participating organizations at local level in PT, EE, LV, ES, GR (intended as representatives of other bodies, not internal staff) will be present. Each foreign delegation will be composed by 8 members (sports persons, coaches, athletes), for a total number of 40 participants from abroad.

Citizens and general public will be invited to participate to the Sports Event. Representatives of EU Institutions and IT Government, Erasmus National Agencies, Sport Associations, also relevant personalities in the field of Sport and Health will be invited to participate, too.

The event will take place in Autumn 2020 in the territory of Ceresole Reale, located about 50 km northwest of Turin in the Orco Valley, inserted in the Gran Paradiso National Park.

It will present a mix of indoor and outdoor activities:

1. In the morning a Press Conference, at the presence of Authorities and Representants of Regione Piemonte will be fixed. It will be the occasion to present the Intellectual Outputs covered by the project (above all the Guidelines) and the results until there realized.
2. Then, the same in the morning, there will be opened the fitwalking event “*Let's fit healthy life!*” Multiplier Event. It is a free walking event, with the aim to involve citizens and general public to participate in a perspective of health promotion.

The walk will take place in the natural context of one of the most beautiful landscapes of Orco Valley, which is characterized by a large dam, built in 1925–1931 by A.E.M. (Turin's electrical authority): this formed the famous Lake of Ceresole, which is the main tourist attraction there. The walking path is Km 8 distance long, around.

The expected number for participants is at least 400 persons. But, independently by the simulated budget for this M.E1. the partnership would aspire to reach at least 600 people attending this sports day in Orco Valley.

This M.E. implementation includes the organisation of the final event in all details: technical and organisational aspects, such as definition of the location, including safety aspects, logistic transfers, agenda, speakers, invitation and registration process, materials to be distributed, etc..

Dissemination will use all P1 and P7 channels both online and offline; news of the event will be sent to potential participants, invitation to main stakeholders and beneficiaries; documentation of the event through photos and breaking news on touristic tools. The event will be launched through media, social, newspapers, radio and TV at any level.

The project wants to create a model of an amateurish Sport Multiplier Event that could be adopted in other EU countries.



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3. Analysis of local needs – Physical activity and sport promotion

Before analyzing the situation at local level in the project partners' countries it is necessary to specify that the data collected by the questionnaires (I.O. 01) have no statistical value, the number of questionnaires collected is in fact the same (at least 30 for each partner), it does not therefore take into account, for example, the population and, although distributed equally between gender and age groups, they do not represent a sufficient varied sample of the population.

In addition, in some cases they are inserted in "virtuous" contexts or disadvantaged realities in some aspects (geographical or economic) which have however developed forms of promotion of physical activity in the territory. They are therefore useful for photographing the situation but not for drawing data of scientific value or that can be used as a country model.

The survey tool used is the questionnaire with open and closed mixed responses modulated in 14 questions related to the practice of physical activity and related services present in the area.

The questionnaire was subjected to a sample, identifying but not of statistical value, of at least 30 people for each country, divided homogeneously between gender and age groups.

The age groups taken into consideration are: less than 18 years - 19/30 years - 31/45 years - 46/60 years - over 61 years. They have also been distributed in a homogeneous manner based on the instruction levels (higher and upper secondary).

The questionnaires were distributed by the partners on their territory:

- P2 Latvia	Zemgale Planning Region	Jelgava	31
- P3 Portugal	Carvalhais Sport, Cultural and Social Ass.	Mirandela	37
- P5 Spain	Club Deportivo Nordic Walking Castilla y Leon	Palencia	33
- P6 Estonia	Municipality of Valga	Valga	30
- P7 Italy	ASD Scuola del Cammino Fitwalking Italia	Valle Orco	30

That said, it is useful to present the situation of the practice of sporting activity in Europe as it allows to better understand the data underlying the drafting of the project and its objective.

The data that will be presented below are taken from *Special Eurobarometer 472 - December 2017 "Sport and physical activity" Report*⁹, this report presents the results of the Eurobarometer special public opinion survey on sport and physical activity in the 28 EU Member States, following three previous Eurobarometer surveys on sport and physical activity, conducted in 2002, 2009 and 2013.

The reference text is the „*White Paper on Sport*”¹⁰ published in 2007 as the first text on sport, this was followed in 2009 by the introduction of a specific article (165 of the TFEU) in the Lisbon Treaty¹¹ which contains provisions to promote sport at European level.

⁹ Special Eurobarometer 472 - December 2017 "Sport and physical activity" Report - © European Union, 2017 - file:///C:/Users/Windows/Downloads/ebs_472_en.pdf

¹⁰ White paper on sport - Brussels, 11.7.2007 COM(2007) 391 final

<https://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:52007DC0391&from=IT>

¹¹ Treaty on European Union and the Treaty on the Functioning of the European Union - Signed on 13 December 2007 - Official Journal C 326 , 26/10/2012 P. 0001 – 0390

<https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:12012E/TXT&from=IT>



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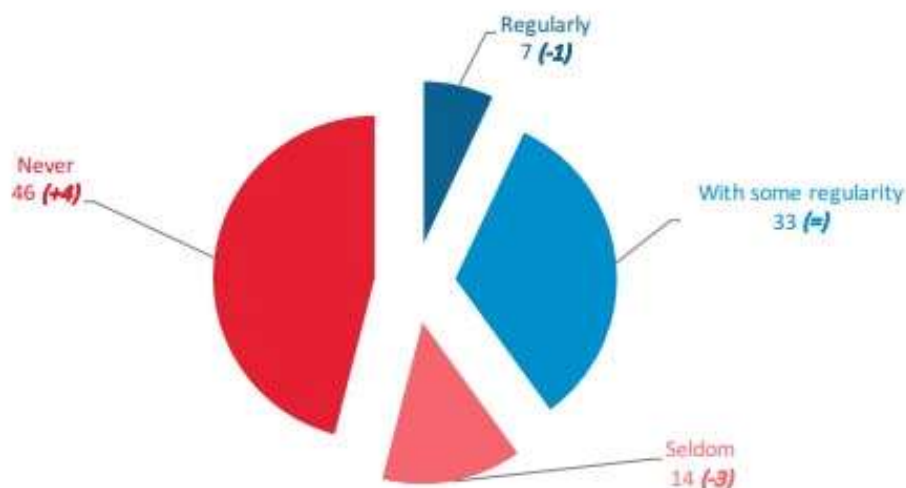
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In 2011, the Commission adopted a communication entitled "*Developing the European dimension in Sport*"¹² which includes specific actions concerning the social role of sport, the economic dimension and organization. On the basis of this communication, the Council adopted a resolution on an EU work plan for sport 2011-2014, which further strengthened European cooperation on sport by setting priorities for activities at EU level involving the sport EU Member States and the Commission. In 2012, the Council confirmed the importance of promoting physical activity as a tool to improve health by inviting the Commission to publish regular surveys on physical activity.

17

a. Data on sports in Europe

QB1 How often do you exercise or play sport?
(% - EU)



(Dec. 2017 - Nov.-Dec. 2013)

Base: All respondents (N=28,031)

The percentage of Europeans who do not practice physical activity or practice from time to time is high, 46% do not practice all activities and 14% do it occasionally.

¹² SOC/413 Developing the European Dimension in sport - Brussels, 26 October 2011

http://eose.org/wp-content/uploads/2014/03/opinion_eesc_communication_european_dimension_sport.pdf



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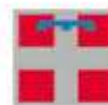




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The data that emerges instead from the questionnaires collected is that of a constant or regular sporting practice (at least 2 hours a week), over 80% of the interviewees practice a physical activity¹³.

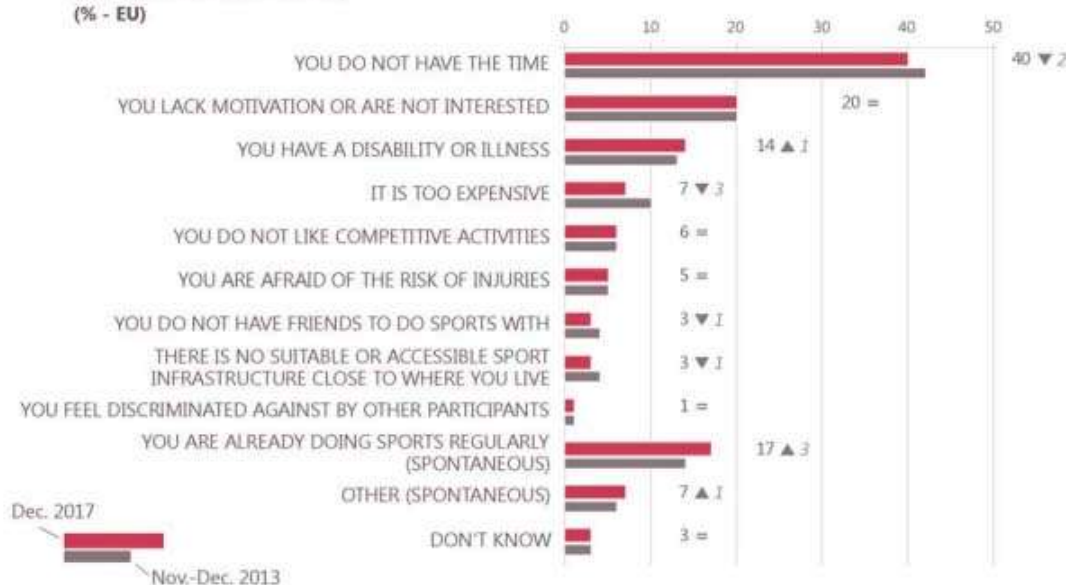
18

1) Do you practise sport or any physical Activity?				
YES		131	81,5%	
YES - A	All the time, at least 4 hours per week	49	30,50%	
YES - B	Regularly, at least 2 hours per week	48	30%	
YES - C	Occasionally, less than one hour per week	29	18%	
YES		5	3%	
NO		30	18,5%	
NO - A	I don't have time	13	8%	
NO - B	I don't want/like	13	8%	
NO - C	Practicing sport is too expensive	2	1,25%	
NO		2	1,25%	
161 Questionnaire				

The reasons for which physical activity is not practiced, however, coincide with those found in the European investigation, lack of time and lack of desire / motivation.

The economic factor, or the cost to practice a sport does not seem to be a determining factor.

Q89 What are the main reasons currently preventing you from practising sport more regularly?
(MULTIPLE ANSWERS POSSIBLE)
(% - EU)



Base: All respondents (N=28,031)

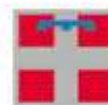
¹³ ANNEX 2 – TAB.2.1



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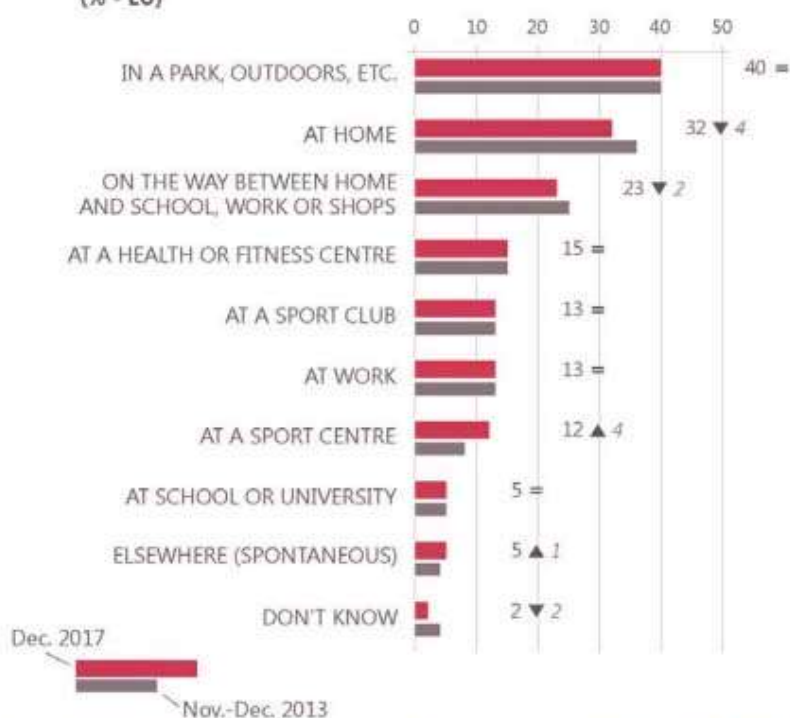
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Probably also because the practice of activity is mainly carried out in the open, in public contexts such as green parks, at home or walking the journey home / work.

As can be seen from the graph below, 40% of Europeans do outdoor activities, 32% at home and 23% on the way home / school or home / work (the questionnaire was obviously multiple choice). Only 15% carry out the activity in a fitness center and 13% with a sports club, so less than 30% carry out organized sports activities.

19

QB7 Earlier you said you engage in sport or another physical activity, vigorous or not. Where do you do this? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)



Base: Respondents who exercise, play sport or engage in other physical activity (N= 19,982)



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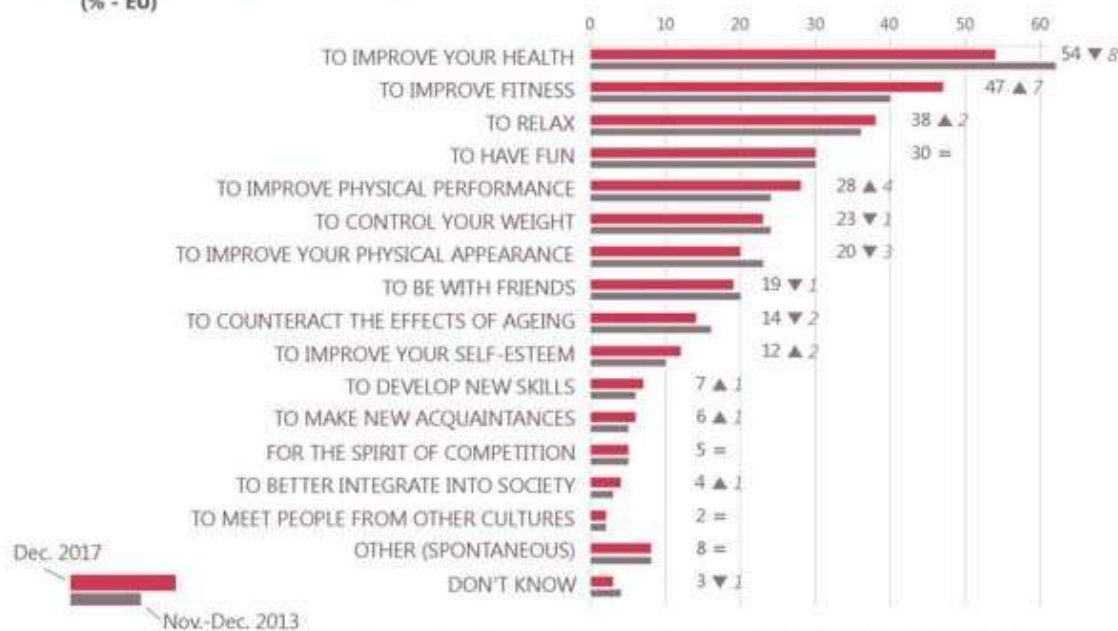
The figure is in line with what was collected from our questionnaires, more than 40% of the interviewees carry out physical activity by going on foot or by bicycle to work or to school. The figure is a little higher than the European average due to the nature of the areas in which the project takes place, they are in fact non-urban medium-small realities where if you live in the village you move on foot / by bike while if you live outside of the city it is necessary to use the car or public transport¹⁴.

20

12) How do you go to work/school?		
CAR	73	45,5%
FOOT	59	37%
PUBLIC TRANSPORT	13	8%
BIKE	7	4,4%
FOOT/CAR	5	3%
FOOT/BIKE	3	2
FOOT/CAR/BIKE	1	0,1
Questionnaire	161	

The reasons for which physical activity is practiced are mainly related to health 54% of Europeans practice physical activity for their own well-being, 47% to improve their physical fitness and 38% to relax.

Q88 Why do you engage in sport or physical activity? (MULTIPLE ANSWERS POSSIBLE)
(% - EU)



Base: Respondents who exercise, play sport or engage in other physical activity (N= 19,982)

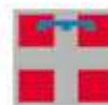
¹⁴ ANNEX 2 – TAB.2.12



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Also in this case the data are in line with what emerged from the questionnaires, the totality of the interviewees believes it is useful for personal psycho-physical well-being to practice physical activity, also believing that sport and physical activity are the bases for a style healthy life¹⁵.

21

2) Do you think it's useful and advisable to play sport or do any physical activities for health and the own wellbeing?

YES 160 99,9%

NO 1 0,1%

Questionnaire 161

3) Do you think that in your region sport and physical activity are felt as the basis of a healthy lifestyle?

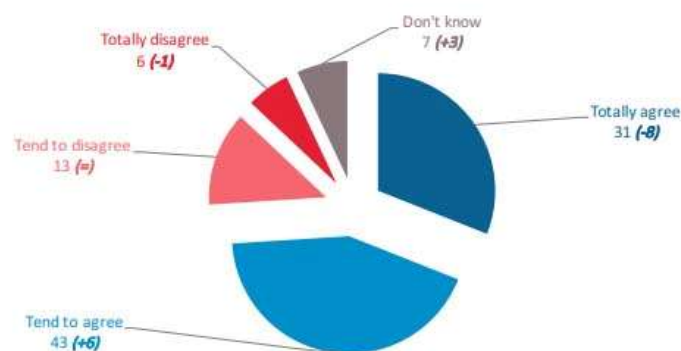
YES 146 90,5%

NO 15 9,5%

Questionnaires 161

This is the framework for the promotion of physical activity by local authorities and the opportunities/facilities present in the area. 74% of Europeans (43% + 31%) believe that the area in which they live offers opportunities to be physically active, only 19% (6% + 13%) believe that it does not offer opportunities.

QB11.1 To what extent do you agree or disagree with the following statements about sport and physical activity?
The area where you live offers you many opportunities to be physically active
(% - EU)



(Dec. 2017 - Nov.-Dec. 2013)

Base: All respondents (N=28,031)

¹⁵ ANNEX 2 – TAB. 2.2/2.3



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In this case too the data is in line with the questionnaires, in fact almost all the interviewees believe that there are spaces on the territory to practice sports and that public services are sufficient¹⁶.

22

4) In your region are there any spaces to practice sport and physical activity (parks, walking and cycle path, free sports facilities, ...)?

YES	154	95,7%
NO	7	4,3%

161 Questionnaire

5) Do you think that in your region the public services are sufficient?
Such as public schools, public hospital and medical center,
free aggregation spaces, sport facilities, public transport

YES	130	81%
NO	31	19%

Questionnaires 161

This aspect also has an impact on the perceived quality of life. 60% of respondents believe that their quality of life is excellent or good, 33% normal and only 4% poor¹⁷.

6) How would you define the quality of live level in your region?

EXCELLENT	22	13,7%
GOOD	78	48,5%
NORMAL	54	33,5%
POOR	7	4,30%
BAD	0	0%

Questionnaires 161

At the level of promotion by local administrations the figure is interesting because 49% of Europeans believe that they do enough while 39% believe that the commitment is not enough, 12% do not know.

¹⁶ ANNEX 2 – TAB. 2.4/2.5

¹⁷ ANNEX 2 – TAB. 2.6



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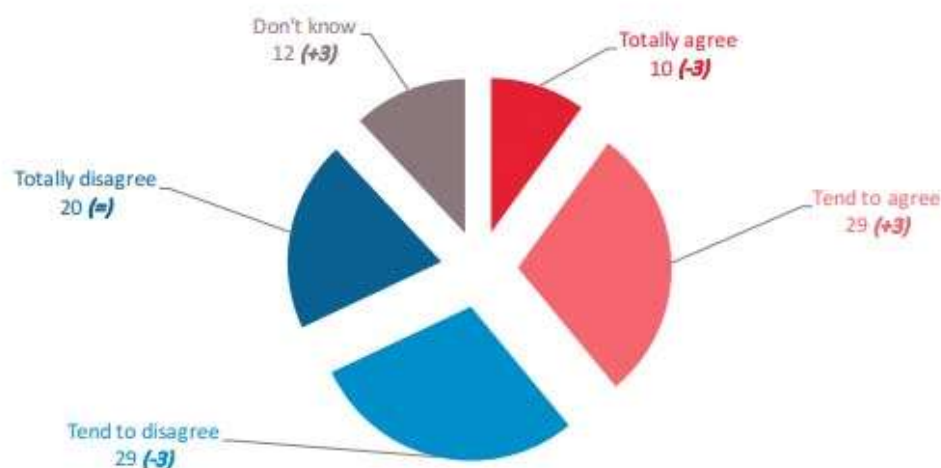
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Instead, from our questionnaires a different datum emerges, 48%, an important value, does not know if initiatives are promoted in its territory to favor the practice of physical activity, 44% indicate that are proposed specifying initiatives (walking groups and courses at discounted/subsidized prices)¹⁸. On the other hand, in the promotion of an active lifestyle, more than 80% of the questionnaires analyzed are recognized as present through promotional campaigns on local media and on social networks and the proposal of initiatives to facilitate access to sport (free courses or discounted, creation of pedestrian and cycle tracks, ...).

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QB11.3 To what extent do you agree or disagree with the following statements about sport and physical activity?
Your local authority does not do enough for its citizens in relation to physical activities (% - EU)



(Dec. 2017 - Nov.-Dec. 2013)

Base: All respondents (N=28,031)

This is a general picture that photographs the situation of the practice of physical activity in Europe, we now analyze the state of the art in the partner countries of the project, comparing the data collected in the "Physical activity country factsheets (2018)"¹⁹ and those present in the questionnaires that each partner has submitted to at least 30 people equally divided between gender and age group. As already stated the survey through the questionnaires does not claim to have statistical value, the sample is obviously too small, it helps in any case to understand what is the situation of the practice of physical activity and its promotion on the territories involved in the project.

¹⁸ ANNEX 2 – TAB. 2.8/2.11

¹⁹ Physical activity country factsheets (2018) – WHO

<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/data-and-statistics/physical-activity-factsheets/physical-activity-country-fact-sheets>

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b. Data on sports practice in partner countries

i. P2 – Latvia

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In 2013, Latvia established the national network of "Health Municipalities" as part of the WHO "Health City" network which was joined by a total of 112 municipalities, representing 94% of all municipalities in Latvia. Every year, information on health promotion is collected through the network and published in a complete annual report. Furthermore, the municipalities in this network share best practices, for example, by visiting other municipalities to exchange experiences. These activities increase the exchange of events organized at the regional level.

The Center for Disease Prevention and Control, with the Ministry of Health, organizes annual capacity building seminars for network coordinators to discuss issues related to health promotion and disease prevention, including physical activity. This is a good example of collaboration between municipalities and the government to promote physical activity.

Latvia is attentive and cutting-edge even in the promotion of exercise prescription, a specific program was established in 2014 by the state sports medicine center, where a training course for general practitioners was developed to ensure that they can prescribe activities physical for primary and secondary prevention. The guidelines have been prepared to prescribe physical activity to specific patient groups, such as those with cardiovascular disease, diabetes, cancer, lung disease, osteoarthritis, osteoporosis or sarcopenia, even for specific groups, such as young children, pregnant women and seniors²⁰.

These policies of monitoring and promotion of physical activity obviously have effects on the levels of practice of the activity, from the questionnaire it emerges that only 6 people out of 31 interviewed do not practice physical activity, which all interested people believe is useful for health and practice a physical activity (Question 2 - 1 no and 30 yes)²¹ and that it is the basis of a healthy lifestyle (Question 3 - 6 no and 25 yes)²².

The totality of the interviewees believes that there are spaces on the territory for practicing sports (parks, cycle paths, ...) (Question 4)²³, that public services are sufficient (Question 5 - 1 no and 30 yes)²⁴ and that the local authorities support the promotion of the practice of physical activity (Question 8 - 4 no and 27 yes)²⁵. All respondents believe that sport is a tool for social inclusion (Question 10)²⁶. Another fact that underlines the effectiveness of the actions carried out in the context of the promotion of physical activity is the number of respondents who indicate the proposal of initiatives to encourage sports in the workplace (Question 13 - 10 no and 21 yes)²⁷.

²⁰ ANNEX 3 – TAB. 3.1.1/2/3/4

²¹ ANNEX 2 – TAB. 2.2

²² ANNEX 2 – TAB. 2.3

²³ ANNEX 2 – TAB. 2.4

²⁴ ANNEX 2 – TAB. 2.5

²⁵ ANNEX 2 – TAB. 2.8

²⁶ ANNEX 2 – TAB. 2.10

²⁷ ANNEX 2 – TAB. 2.13

ii. P3 – Portugal

Since 2012 the "National Sport for all program", coordinated by the National Institute of Sport and Youth and with the participation of sports organizations, national sport strategies have been promoted for the entire population.

In 2017, the Portuguese government decided to create the inter-sectoral Commission for the promotion of physical activity as a coordination and leadership mechanism in promoting health and physical activity, involving four ministries: science, technology and higher education, education (including sport), work, solidarity and social security (including the inclusion of people with disabilities) and health. In 2018 the Commission launched a national plan for physical activity with initiatives, at national level, to promote physical activity and reduce sedentariness in nine key areas: health, sport, life-cycle education, surveillance and monitoring, communication and information, work and business, community and civil society, built environment and active mobility and special groups²⁸.

These recent sports promotion policies are reflected in the questionnaires administered, only 3 people responded that they do not practice physical activity (Question 1)²⁹, all believe it is useful to practice sports and almost all (Question 3)³⁰ believe that sport is the basis of a healthy lifestyle.

As regards services, the picture changes, more than 50% believe that the services are not sufficient (Question 5 - 21 no and 16 yes)³¹ and that the local authorities do not sufficiently support the promotion of physical activity (Question 8 - 16 no and 21 yes)³², in fact 17 people out of 37 do not know if initiatives are organized to promote sport among the elderly and people with a chronic illness (Question 11)³³.

At the workplace in prevalence are not proposed initiatives for the promotion of physical activity (Question 13 - 21 no - 10 yes and 4 have not responded)³⁴.

²⁸ ANNEX 3 – TAB. 3.2.1/2/3/4

²⁹ ANNEX 2 – TAB. 2.1

³⁰ ANNEX 2 – TAB. 2.3

³¹ ANNEX 2 – TAB. 2.5

³² ANNEX 2 – TAB. 2.8

³³ ANNEX 2 – TAB. 2.11

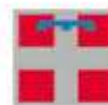
³⁴ ANNEX 2 – TAB. 2.13



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iii. P5 – Spain

In 2015, Spain established a working group dedicated to the promotion of physical activity as a means to improve health, led by the Spanish Agency for Health Protection in Sport, to coordinate the promotion of physical activity.

The "*Strategy for the promotion of physical activity and the fight against sedentarism*" (Estrategia de Fomento de l'Actividad Físico-Deportiva y Lucha Contra el Sedentarismo) is conducted by the High Sports Council and is extended nationally, although each of the 17 autonomous communities have their own strategy³⁵.

From the questionnaires the Spanish reality is rather positive only 3 out of 33 people do not practice physical activity (Question 1)³⁶, for the totality of the interviewees there are spaces for the practice of physical activity/sport (Question 4)³⁷, only 4 out of 33 believe that the services are not sufficient (Question 5)³⁸ and 11 out of 33 people believe that the quality of life is excellent (Question 6)³⁹. Almost all respondents claim that local authorities promote the practice of physical activity (Question 8 - 3 no and 30 yes)⁴⁰. At the workplace, most respondents do not benefit from initiatives to promote sports (Question 13 - 13 yes and 20 no)⁴¹.

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³⁵ ANNEX 3 – TAB. 3.3.1/2/3/4

³⁶ ANNEX 2 – TAB. 2.1

³⁷ ANNEX 2 – TAB. 2.4

³⁸ ANNEX 2 – TAB. 2.5

³⁹ ANNEX 2 – TAB. 2.6

⁴⁰ ANNEX 2 – TAB. 2.8

⁴¹ ANNEX 2 – TAB. 2.13



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iv. P6 – Estonia

One of the objectives of the "Sport Development Plan" is to reorient physical education to the development of habits of physical activity practice in the course of life and to the development of motivation for daily activity. Previously, physical education focused on sport; now it focuses on the development of motor literacy.

Schools are obliged to provide mandatory hours, but some schools include additional hours in the curriculum. The quality of physical education is monitored qualitatively and quantitatively based on the opinions of physical education teachers, on the physical environment and on student motivation⁴².

Great attention has been paid to the world of school, this has produced good levels of physical activity, in fact only 9 out of 30 respondents claim not to practice physical activity (Question 1)⁴³, awareness of the benefits of sports (Question 2 and Question 3)⁴⁴ and satisfaction with the services present (Question 4 and Question 5)⁴⁵. Despite the satisfaction with the services present, the perceived quality of life is lower than in the countries (Question 6 - 1 excellent - 10 good - 12 normal - 7 poor)⁴⁶.

All respondents claim that local authorities promote physical activity (Question 8)⁴⁷ even if 18 people out of 30 do not know if initiatives are taken to promote sport among the elderly and the chronically ill (Question 11)⁴⁸. Also for Estonia the promotion of physical activity in the workplace is not so present, only 14 people benefit from initiatives in this sense (Question 13)⁴⁹.

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⁴² ANNEX 3 – TAB. 3.4.1/2/3/4

⁴³ ANNEX 2 – TAB. 2.1

⁴⁴ ANNEX 2 – TAB. 2.2/3

⁴⁵ ANNEX 2 – TAB. 2.4/5

⁴⁶ ANNEX 2 – TAB. 2.6

⁴⁷ ANNEX 2 – TAB. 2.8

⁴⁸ ANNEX 2 – TAB. 2.11

⁴⁹ ANNEX 2 – TAB. 2.13



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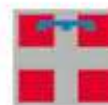




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v. P1/P7 – Italy

Physical activity levels are continuously monitored through national surveillance systems, promoted by the Ministry of Health and led by the National Institute of Health: "Okkio alla salute" (Child Obesity Surveillance Initiative) collects data on children aged 8 and 9 years; the report "The Health Behavior in School-aged Children" collects data on adolescents aged 11, 13 and 15; "Healthcare Progress in Italy" collects data on adults aged 18 to 69 years. Additional data is collected by the National Statistical Institute.

The promotion of physical activity is a key objective of the national program "*Earning health: making healthier choices easier*" and of the National Prevention Plan. The "Gaining Health" program is a government initiative, adopted in 2007 and led by the Ministry of Health, which is aligned with the "health in all policies" promotion approach aimed at the prevention of chronic non-communicable diseases.

The 2014-2019 National Prevention Plan includes the promotion of physical activity with a transversal cut, with a life-cycle approach in different contexts, such as schools, workplaces, hospitals and care facilities. All regions are developing structured and coordinated interventions to increase physical activity among young people and adults by 30% and among the elderly by 15%.

Another objective is to develop a culture of an active lifestyle for the entire population and, in particular, young people, socially disadvantaged groups and frail older people⁵⁰.

The emerged data are inserted in this scenario, 9 out of 30 people do not practice any physical activity (Question 1)⁵¹, but everyone believes it is advisable to practice sports and that physical activity is the basis for a healthy lifestyle (Question 2 and Question 3)⁵².

Quality of life is perceived as good (Question 6 - 2 excellent - 21 good and 7 normal)⁵³.

11 respondents claim that local authorities do not support the promotion of physical activity (Question 8)⁵⁴ and 11 people still do not know if sports promotion initiatives are offered for the elderly and the chronically ill (Question 11 - 11 I don't know - 3 no - 16 yes)⁵⁵.

The use of the car for home / work-school trips is prevalent (Question 12 - 16 cars - 6 on foot - 4 public transport - 5 bicycle)⁵⁶. Also in this case no initiatives for the promotion of physical activity are proposed at the workplace (Question 13 - 15 no - 7 yes - 8 did not respond)⁵⁷.

⁵⁰ ANNEX 3 – TAB. 3.5.1/2/3/4

⁵¹ ANNEX 2 – TAB. 2.1

⁵² ANNEX – TAB. 2.2/3

⁵³ ANNEX – TAB. 2.6

⁵⁴ ANNEX – TAB. 2.8

⁵⁵ ANNEX – TAB. 2.11

⁵⁶ ANNEX – TAB. 2.12

⁵⁷ ANNEX – TAB. 2.13



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4. Conclusions

The comparison between the general situation in Europe and the situation in the territories involved by “*Let's fit healthy life! The role of sport in regenerating deprived areas*” Project, outlines that much has been done but much remains to be achieved on health promotion. In fact, in some countries, such as Italy, high levels of inactivity persist.

The surveyed people, in the 6 countries, believe that it is essential to maintain a healthy lifestyle, practicing physical activity. The physical movements are therefore perceived as the basis of a healthy lifestyle.

It is clear that it is therefore important to continue and to increase the policies to promote sports and physical activity raising awareness among a greater number of citizens' groups. Real activities and actions have been done at schools for pupils, in European countries such as Portugal, Spain and Estonia. Their disseminating and promotional policies for schools are focused on encouraging the adoption of correct lifestyles in a life-cycle view.

Also because there is some difficulty in reaching the target groups: partners' actions and policies to promote physical activity and practice sports tend not to reach some "marginal" targets such as the elderly and the people with chronic diseases. It is therefore fundamental to plan better actions to involve them in a direct and active way, triggering a virtuous mechanism of "contamination".

The project should foresee – during the second phase I.O2 – specific initiatives to foster its aims and make a full contamination of the Fitwalking for all.

In order to pursue and achieve this objective, the project “*Let's fit healthy life*” proposes a series of actions distributed at different times and levels; there is the need to intercept the greatest number of people addressed to the target groups of the E+ project: young people, elderly and people with chronic diseases.

The activities for young people will therefore be concentrated during the school period while those ones for the elderly and people with chronic diseases will be scheduled for the whole duration of I.O2.

Considering what emerges by analysed data and the information given by the filled questionnaires, it is recommended to:

- focus on the disseminating and spreading actions about the practice of sports and physical activity with the aim to improve young people and elderly' health and well-being;
- propose activities that should directly reach the identified targets;
- propose actions/activities that should actively involve the identified targets as walking events, walking groups, ...;
- involve and sensitize local stakeholders (local administrations, public health agencies, schools, local associations, sports amateurs, ...) in each scheduled sports action.

“*Let's fit healthy life*” wants to have a strong social impact, through the actions that will be proposed in the areas involved, we want to change people a little and to achieve the following objectives:

- to develop physical activity in deprived areas as “social tool” for inclusion and better life quality;
- to empower more vulnerable groups, such as children and the elderly, with the aim of saving social and health costs;



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- to raise awareness of how simple it is to adopt a sporty/active lifestyle with little resources;
- to help people to spend their free time well, in a quality way.

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“Let's fit healthy life!” involves, in a systemic way, not only people even territories.

Thanks to the project, in the deprived areas involved we want to improve services, not only those related to sport such as sport facilities or cycle and pedestrian path, also social and health services.

At the local level the project has the following objectives:

- to improve the visibility of the deprived areas at national and European level;
- to contribute to environmental regeneration of the deprived areas implementing spaces for physical activity;
- to support the organization of new sport events targeted to all the population that can be too a tourist occasion;
- to spread a new physical activity (fitwalking) for all that in some territories is little known.

Some objectives may seem very ambitious but we are sure that, with good synergy between all local stakeholders, they can be achieved.



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ANNEXES

ANNEX 1 - Erasmus Plus Programme

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Erasmus + - Programme Guide –versione 2 rettifica del 15/01/2019

https://ec.europa.eu/programmes/erasmus-plus/resources/documents/erasmus-programme-guide-2019_en

Erasmus + is the European Union program in the fields of education, training, youth and sport for the period 2014-2020. Education, training, youth and sport can make a decisive contribution to addressing the socio-economic changes and key challenges that Europe will face until the end of the decade and to support the implementation of the European political agenda for growth, employment, equity and social inclusion.

Combating high levels of unemployment, especially among young people, is one of the most urgent goals for European governments. Too many young people leave school without obtaining a diploma, exposing themselves seriously to the risk of unemployment and social exclusion, just like many unskilled adults. Technologies change the way the company operates and it must be ensured that they are used in the best way. EU companies need to become more competitive through talent and innovation.

Europe needs more inclusive and cohesive societies, in which citizens can actively participate in democratic life. Education, training, youth work and sport are key elements to promote common European values, promote social integration, encourage intercultural understanding and a sense of belonging to a community and prevent violent radicalization. *Erasmus +* is an effective tool to promote the inclusion of people from disadvantaged backgrounds, including newly arrived migrants.

Another challenge is related to the development of social capital among young people, the emancipation of young people and their ability to participate actively in society, in line with the provisions of the *Lisbon Treaty* aimed at "encouraging youth participation to the democratic life of Europe". This issue can also be addressed with non-formal learning activities, aimed at developing the skills and competences of young people and their active citizenship. Furthermore, it is necessary to offer training and cooperation opportunities to youth organizations and animators, in order to develop their professionalism and the European dimension of socio-educational soul.

Education and training systems and efficient youth policies provide citizens with the skills required by the labor market and the economy, while allowing them to play an active role in society and achieve personal fulfillment. Reforms in the area of education, training and youth can consolidate progress towards these goals based on a shared vision among policy makers and stakeholders, accurate data and cooperation between different areas and levels.

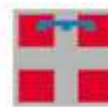
The *Erasmus + Program* is designed to support Program countries in their efforts to efficiently use Europe's talent and social capital in a lifelong learning perspective, linking support for formal, non-formal and informal learning. in the fields of education, training and youth. The Program also strengthens the opportunities for cooperation and mobility with partner countries, particularly in the areas of higher education and youth.



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In line with one of the new elements introduced in the *Lisbon Treaty*, the *Erasmus + Program* finances activities aimed at developing the European dimension of sport by promoting cooperation between the responsible bodies in this area. The Program promotes the creation and development of European networks, creating opportunities for cooperation between stakeholders and for the exchange and transfer of knowledge and know-how in different areas related to sport and physical activity. This enhanced cooperation will have positive effects especially in developing the potential of European human capital, reducing the social and economic costs of physical inactivity.

The Program supports actions, cooperation activities and instruments consistent with the objectives of the Europe 2020 strategy and its flagship initiatives, such as Youth on the Move and the agenda for new skills and employment. The Program also contributes to achieving the objectives set by the strategic framework for European cooperation in the fields of education and training and the European strategy for youth through open coordination methods.

This investment in knowledge, skills and competences will benefit individuals, institutions, organizations and society as a whole by contributing to growth and ensuring equity, prosperity and social inclusion in Europe and other countries.

Action Sport

Actions in the sports sector will support:

- Collaborative partnerships, with the aim of promoting the integrity of sport (measures to combat doping, match-fixing, child protection), support innovative approaches for implementing the EU principles of good governance in sport, strategies EU in the areas of social inclusion and equal opportunities, **encouraging participation in sport and physical activity** (supporting the implementation of the EU guidelines on physical activity, volunteering, employment in the sports sector, as well as education and training in sports) and support the implementation of the EU guidelines on athletes' dual careers. **These partnerships also include small collaborative partnerships (Small Cooperative Partnerships, SCP), aimed at promoting social inclusion and equal opportunities in sport**, promoting traditional European sports and games, supporting the mobility of volunteers, coaches, managers and staff of sports organizations non-profit and protect athletes, especially the youngest, from health and safety risks by improving the conditions in which training and competitions take place.
- Non-profit European sporting events, granting grants to individual organizations that must prepare, organize and follow up a certain event. The activities involved will include the organization of training activities for athletes and volunteers in the period preceding the event, opening and closing ceremonies, competitions, side activities at the sporting event (conferences, seminars), as well as the implementation of the remaining activities, such as assessments or follow-up.
- **Strengthening of the proven knowledge base for the definition of policies through research, data collection, surveys, networks, conferences and seminars that spread good practices from Program countries and from sports organizations and reinforce networks at EU so that national members of those networks benefit from synergies and exchanges with their partners.**



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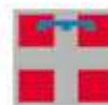




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- Dialogue with European stakeholders, mainly the EU Annual Sport Forum and support for Presidency-related sport initiatives organized by EU Member States exercising the EU Presidency semester. To ensure optimal dialogue with stakeholders in the sport sector, other relevant ad hoc meetings and seminars may be organized as appropriate.

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Actions in the sports sector are expected to lead to the development of the European dimension in the sports field through the generation, sharing and dissemination of experiences and knowledge relating to various issues relating to sport at European level.

Ultimately, sports projects supported by *Erasmus +* must lead to increased levels of participation in sports, physical activities and volunteering. More specifically, the expected results are as follows to :

- **increase of knowledge and awareness regarding sport and physical activity in Program countries;**
- **increase awareness of the role of sport in terms of promoting social inclusion, equal opportunities and physical activity for the benefit of health;**
- **strengthen cooperation between institutions and organizations active in the field of sport and physical activity;**
- **participate to sports organizations and other relevant organizations from various Program countries in advanced networks;**
- **better share good practices.**



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ANNEX 2 - I.O. 01 – Questionnaire

TAB. 2.1

1) Do you practise sport or any physical Activity?

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO - A - B	Estonia	19 - 30	M	basic education	builder
2	NO - A - C	Estonia	over 61	M	basic education	driver
3	NO - B	Estonia	under 18	M	basic education	student
4	NO - B	Estonia	19 - 30	F	basic education	customer service
5	NO - B	Estonia	over 61	F	upper secondary edu.	specialist
6	NO - B	Estonia	over 61	M	upper secondary edu.	retired
7	NO - B - C	Estonia	over 61	F	basic education	
8	NO - C	Estonia	31 - 45	F	upper secondary edu.	postman
9	NO - C	Estonia	over 61	M	upper secondary edu.	retired
10	YES - A	Estonia	19 - 30	F	higher education	project manager
11	YES - A	Estonia	19 - 30	M	higher education	land manager
12	YES - A	Estonia	31 - 45	M	upper secondary edu.	impiegato
13	YES - A	Estonia	46 - 60	F	upper secondary edu.	specialist
14	YES - A	Estonia	46 - 60	M	upper secondary edu.	mechanic
15	YES - B	Estonia	19 - 30	M	upper secondary edu.	mechanic
16	YES - B	Estonia	31 - 45	F	upper secondary edu.	official
17	YES - B	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
18	YES - B	Estonia	31 - 45	F	upper secondary edu.	librarian
19	YES - B	Estonia	19 - 30	F	higher education	teacher
20	YES - B	Estonia	46 - 60	M	upper secondary edu.	mechanic
21	YES - B	Estonia	46 - 60	F	upper secondary edu.	civil service
22	YES - C	Estonia	under 18	M	basic education	student
23	YES - C	Estonia	under 18	F	basic education	student
24	YES - C	Estonia	under 18	M	basic education	student
25	YES - C	Estonia	under 18	M	basic education	student
26	YES - C	Estonia	under 18	F	basic education	student
27	YES - C	Estonia	46 - 60	F	upper secondary edu.	seller
28	YES - C	Estonia	46 - 60	F	upper secondary edu.	baker
29	YES - C	Estonia	over 61	F	basic education	retired
30	YES - A	Estonia	19 - 30	M	upper secondary edu.	official
31	NO	Italy	46 - 60	F	upper secondary edu.	nurse
32	NO - A	Italy	31 - 45	M	upper secondary edu.	artisan
33	NO - A	Italy	46 - 60	F	upper secondary edu.	cashier
34	NO - A	Italy	19 - 30	M	upper secondary edu.	employee
35	NO - B	Italy	over 61	F	upper secondary edu.	retired
36	NO - B	Italy	over 61	F	upper secondary edu.	retired
37	NO - B	Italy	over 61	M	upper secondary edu.	retired
38	NO - B	Italy	under 18	M	lower secondary edu.	student
39	NO - B	Italy	19 - 30	F	lower secondary edu.	student
40	YES - A	Italy	19 - 30	F	higher education	midwife
41	YES - A	Italy	19 - 30	M	upper secondary edu.	worker
42	YES - B	Italy	19 - 30	f	higher education	lawyer
43	YES - B	Italy	19 - 30	M	higher education	architect
44	YES - B	Italy	46 - 60	M	upper secondary edu.	warehouse worker
45	YES - B	Italy	under 18	M	lower secondary edu.	student
46	YES - B	Italy	under 18	M	lower secondary edu.	student
47	YES - B	Italy	under 18	N	lower secondary edu.	student
48	YES - B	Italy	under 18	M	lower secondary edu.	student
49	YES - B	Italy	31 - 46	F	upper secondary edu.	employee
50	YES - B	Italy	46 - 60	F	higher education	employee



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51	YES - B	Italy	31 - 45	F	higher education	teacher
52	YES - C	Italy	over 61	M	upper secondary edu.	retired
53	YES - C	Italy	31 - 45	F	upper secondary edu.	bartender
54	YES - C	Italy	46 - 60	M	upper secondary edu.	employee
55	YES - C	Italy	46 - 60	F	upper secondary edu.	nurse
56	YES - C	Italy	31 - 45	F	upper secondary edu.	shop assistant
57	YES - C	Italy	46 - 60	F	upper secondary edu.	nurse
58	YES - C	Italy	over 61	M	lower secondary edu.	retired (ex worker)
59	YES - C	Italy	over 61	F	upper secondary edu.	housewife
60	YES - C	Italy	19 - 30	F	higher education	employee
61	NO - A	Latvia	19 - 30	F	upper secondary edu.	expert
62	NO - A	Latvia	under 18	F	upper secondary edu.	student
63	NO - A	Latvia	under 18	F	upper secondary edu.	student
64	NO - A - C	Latvia	19 - 30	F	upper secondary edu.	housewife
65	NO - A - C	Latvia	19 - 30	F	upper secondary edu.	housewife
66	NO - A	Latvia	19 - 30	F	higher education	shop assistant
67	YES - A	Latvia	19 - 30	M	upper secondary edu.	student
68	YES - A	Latvia	19 - 30	F	upper secondary edu.	student
69	YES - A	Latvia	19 - 30	M	upper secondary edu.	student
70	YES - A	Latvia	46 - 60	M	higher education	lawyer
71	YES - A	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
72	YES - A	Latvia	19 - 30	M	upper secondary edu.	student
73	YES - A	Latvia	19 - 30	M	upper secondary edu.	student
74	YES - A	Latvia	19 - 30	M	upper secondary edu.	student
75	YES - B	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
76	YES - B	Latvia	31 - 45	F	higher education	project manager
77	YES - B	Latvia	31 - 45	F	higher education	project manager
78	YES - B	Latvia	19 - 30	M	higher education	entrepreneur
79	YES - B	Latvia	19 - 30	F	upper secondary edu.	student
80	YES - B	Latvia	19 - 30	F	higher education	
81	YES - B	Latvia	19 - 30	F	upper secondary edu.	student
82	YES - B	Latvia	19 - 30	M	upper secondary edu.	public transport expert
83	YES - B	Latvia	19 - 30	F	upper secondary edu.	student
84	YES - B	Latvia	19 - 30	M	higher education	project manager
85	YES - C	Latvia	46 - 60	F	higher education	manager
86	YES - C	Latvia	31 - 45	M	upper secondary edu.	it expert
87	YES - C	Latvia	31 - 45	M	upper secondary edu.	it expert
88	YES - C	Latvia	46 - 60	F	higher education	manager
89	YES - C	Latvia	19 - 30	F	upper secondary edu.	student
90	YES - C	Latvia	under 18	M	upper secondary edu.	student
91	YES - C	Latvia	31 - 45	F	higher education	project manager
92	YES - A	Poland	19 - 30	f	upper secondary edu.	teacher
93	NO - A	Portogallo	19 - 30	F	upper secondary edu.	unemployer
94	NO - A	Portogallo	19 - 30	F	higher education	
95	NO - B	Portogallo	31 - 45	M	higher education	professor
96	YES	Portogallo	19 - 30	M	upper secondary edu.	student
97	YES	Portogallo	31 - 45	M	upper secondary edu.	secure force
98	YES	Portogallo	31 - 45	f	basic education	cleaning lady
99	YES	Portogallo	31 - 45	F	upper secondary edu.	official
100	YES - A	Portogallo	19 - 30	M	upper secondary edu.	student
101	YES - A	Portogallo	31 - 45	F	higher education	teacher
102	YES - A	Portogallo	over 61	F	upper secondary edu.	retired
103	YES - A	Portogallo	46 - 60	F	higher education	professor
104	YES - A	Portogallo	31 - 45	F	higher education	professor
105	YES - A	Portogallo	19 - 30	M	higher education	psychologist
106	YES - A	Portogallo	31 - 45	F	higher education	psychologist
107	YES - A	Portogallo	31 - 45	F	upper secondary edu.	hairdresser





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108	YES - A	Portogallo	under 18	F	upper secondary edu.	student
109	YES - A	Portogallo	under 18	F	upper secondary edu.	student
110	YES - A	Portogallo	under 18	f	basic education	student
111	YES - A	Portogallo	under 18	f	basic education	student
112	YES - A	Portogallo	31 - 45	F	higher education	physiotherapist
113	YES - B	Portogallo	46 - 60	F	higher education	retirement home manager
114	YES - B	Portogallo	19 - 30	F	upper secondary edu.	unemployer
115	YES - B	Portogallo	19 - 30	F	upper secondary edu.	student
116	YES - B	Portogallo	31 - 45	F	upper secondary edu.	administrative
117	YES - B	Portogallo	31 - 45	F	upper secondary edu.	teacher
118	YES - B	Portogallo	31 - 45	F	upper secondary edu.	beautician
119	YES - B	Portogallo	31 - 45	F	upper secondary edu.	administrative
120	YES - B	Portogallo	31 - 45	F	higher education	engineer
121	YES - B	Portogallo	19 - 30	F	higher education	student
122	YES - C	Portogallo	31 - 45	M	higher education	economist
123	YES - C	Portogallo	19 - 30	M	upper secondary edu.	multimedia technician
124	YES - C	Portogallo	31 - 45	M	upper secondary edu.	technician
125	YES - C	Portogallo	31 - 45	M	upper secondary edu.	seller
126	YES - B	Portogallo	under 18	M	upper secondary edu.	student
127	YES - A	Angola	31 - 45	M	upper secondary edu.	school assistant
128	YES - A	Francese	31 - 45	F	upper secondary edu.	nurse
129	NO	Spain	over 61	M	compulsory secondary edu.	retired - former worker
130	NO - B	Spain	over 61	F	compulsory secondary edu.	housewife
131	NO - B	Spain	over 61	F	compulsory secondary edu.	housewife
132	YES	Spain	under 18	M	compulsory secondary edu.	student
133	YES - A	Spain	under 18	F	compulsory secondary edu.	student
134	YES - A	Spain	under 18	F	compulsory secondary edu.	student
135	YES - A	Spain	under 18	F	compulsory secondary edu.	student
136	YES - A	Spain	under 18	F	compulsory secondary edu.	student
137	YES - A	Spain	under 18	M	compulsory secondary edu.	student
138	YES - A	Spain	under 18	M	compulsory secondary edu.	student
139	YES - A	Spain	46 - 60	F	higher education	teacher
140	YES - A	Spain	31 - 45	M	higher education	engineer
141	YES - A	Spain	46 - 60	f	higher education	bank
142	YES - A	Spain	46 - 60	F	higher education	administrative
143	YES - A	Spain	46 - 60	F	higher education	teacher
144	YES - A	Spain	46 - 60	F	higher education	administrative
145	YES - A	Spain	46 - 60	F	higher education	nurse
146	YES - A	Spain	46 - 60	M	higher education	nurse
147	YES - A	Spain	over 61	M	higher education	retired - bank
148	YES - A	Spain	over 61	M	higher education	retired - bank
149	YES - A	Spain	over 61	M	compulsory secondary edu.	retired - bank
150	YES - B	Spain	under 18	F	compulsory secondary edu.	student
151	YES - B	Spain	under 18	M	compulsory secondary edu.	student
152	YES - B	Spain	46 - 60	M	higher education	directive
153	YES - B	Spain	46 - 60	F	higher education	nurse
154	YES - B	Spain	over 61	M	compulsory secondary edu.	retired
155	YES - B	Spain	over 61	M	compulsory secondary edu.	retired - former worker
156	YES - B	Spain	46 - 60	M	compulsory secondary edu.	dealer
157	YES - B	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
158	YES - B	Spain	over 61	F	compulsory secondary edu.	housewife
159	YES - B	Spain	over 61	F	compulsory secondary edu.	retired - nurse
160	YES - B	Spain	31 - 45	F	upper secondary edu.	administrative
161	YES - C	Spain	46 - 60	M	higher education	dentist

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TAB. 2.2

2) Do you think it's useful and advisable to play sport or do any physical activities for health and the own wellbeing?

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		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	YES	Estonia	under 18	M	basic education	student
2	YES	Estonia	under 18	M	basic education	student
3	YES	Estonia	under 18	F	basic education	student
4	YES	Estonia	under 18	M	basic education	student
5	YES	Estonia	under 18	M	basic education	student
6	YES	Estonia	under 18	F	basic education	student
7	YES	Estonia	19 - 30	F	higher education	project manager
8	YES	Estonia	19 - 30	M	higher education	land manager
9	YES	Estonia	19 - 30	M	upper secondary edu.	mechanic
10	YES	Estonia	19 - 30	M	upper secondary edu.	official
11	YES	Estonia	19 - 30	M	basic education	builder
12	YES	Estonia	19 - 30	F	basic education	customer service
13	YES	Estonia	31 - 45	F	upper secondary edu.	official
14	YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
15	YES	Estonia	31 - 45	F	upper secondary edu.	librarian
16	YES	Estonia	19 - 30	F	higher education	teacher
17	YES	Estonia	31 - 45	F	upper secondary edu.	postman
18	YES	Estonia	31 - 45	M	upper secondary edu.	employee
19	YES	Estonia	46 - 60	F	upper secondary edu.	specialist
20	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
21	YES	Estonia	46 - 60	F	upper secondary edu.	seller
22	YES	Estonia	46 - 60	F	upper secondary edu.	baker
23	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
24	YES	Estonia	46 - 60	F	upper secondary edu.	civil service
25	YES	Estonia	over 61	F	upper secondary edu.	specialist
26	YES	Estonia	over 61	M	upper secondary edu.	retired
27	YES	Estonia	over 61	F	basic education	retired
28	YES	Estonia	over 61	F	basic education	
29	YES	Estonia	over 61	M	upper secondary edu.	retired
30	YES	Estonia	over 61	M	basic education	driver
31	YES	Italy	19 - 30	f	higher education	lawyer
32	YES	Italy	31 - 45	M	upper secondary edu.	artisan
33	YES	Italy	over 61	F	upper secondary edu.	retired
34	YES	Italy	over 61	M	upper secondary edu.	retired
35	YES	Italy	19 - 30	M	higher education	architect
36	YES	Italy	31 - 45	F	upper secondary edu.	bartender
37	YES	Italy	46 - 60	F	upper secondary edu.	cashier
38	YES	Italy	46 - 60	M	upper secondary edu.	employee
39	YES	Italy	46 - 60	F	upper secondary edu.	nurse
40	YES	Italy	19 - 30	F	higher education	midwife
41	YES	Italy	over 61	F	upper secondary edu.	retired
42	YES	Italy	46 - 60	M	upper secondary edu.	warehouse worker
43	YES	Italy	31 - 45	F	upper secondary edu.	shop assistant
44	YES	Italy	over 61	M	upper secondary edu.	retired
45	YES	Italy	46 - 60	F	upper secondary edu.	nurse
46	YES	Italy	over 61	M	lower secondary edu.	retired (ex worker)
47	YES	Italy	19 - 30	M	upper secondary edu.	employee
48	YES	Italy	over 61	F	upper secondary edu.	housewife
49	YES	Italy	under 18	M	lower secondary edu.	student
50	YES	Italy	under 18	M	lower secondary edu.	student
51	YES	Italy	19 - 30	M	upper secondary edu.	worker



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52	YES	Italy	19 - 30	F	higher education	employee
53	YES	Italy	19 - 30	F	lower secondary edu.	student
54	YES	Italy	under 18	M	lower secondary edu.	student
55	YES	Italy	under 18	N	lower secondary edu.	student
56	YES	Italy	under 18	M	lower secondary edu.	student
57	YES	Italy	31 - 46	F	upper secondary edu.	employee
58	YES	Italy	46 - 60	F	higher education	employee
59	YES	Italy	46 - 60	F	upper secondary edu.	nurse
60	YES	Italy	31 - 45	F	higher education	teacher
61	NO	Latvia	19 - 30	F	upper secondary edu.	expert
62	YES	Latvia	19 - 30	M	upper secondary edu.	student
63	YES	Latvia	19 - 30	F	upper secondary edu.	student
64	YES	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
65	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
66	YES	Latvia	46 - 60	F	higher education	manager
67	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
68	YES	Latvia	31 - 45	F	higher education	project manager
69	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
70	YES	Latvia	31 - 45	F	higher education	project manager
71	YES	Latvia	46 - 60	F	higher education	manager
72	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
73	YES	Latvia	19 - 30	M	higher education	entrepreneur
74	YES	Latvia	19 - 30	F	upper secondary edu.	student
75	YES	Latvia	19 - 30	M	upper secondary edu.	student
76	YES	Latvia	19 - 30	F	upper secondary edu.	student
77	YES	Latvia	19 - 30	F	higher education	
78	YES	Latvia	19 - 30	F	higher education	shop assistant
79	YES	Latvia	19 - 30	F	upper secondary edu.	student
80	YES	Latvia	under 18	F	upper secondary edu.	student
81	YES	Latvia	under 18	M	upper secondary edu.	student
82	YES	Latvia	under 18	F	upper secondary edu.	student
83	YES	Latvia	19 - 30	M	upper secondary edu.	public transport expert
84	YES	Latvia	46 - 60	M	higher education	lawyer
85	YES	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
86	YES	Latvia	19 - 30	M	upper secondary edu.	student
87	YES	Latvia	31 - 45	F	higher education	project manager
88	YES	Latvia	19 - 30	F	upper secondary edu.	student
89	YES	Latvia	19 - 30	M	higher education	project manager
90	YES	Latvia	19 - 30	M	upper secondary edu.	student
91	YES	Latvia	19 - 30	M	upper secondary edu.	student
92	YES	Poland	19 - 30	f	upper secondary edu.	teacher
93	YES	Portugal	31 - 45	M	higher education	economist
94	YES	Portugal	19 - 30	M	upper secondary edu.	student
95	YES	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
96	YES	Portugal	31 - 45	M	higher education	professor
97	YES	Portugal	19 - 30	M	upper secondary edu.	student
98	YES	Portugal	31 - 45	F	higher education	teacher
99	YES	Portugal	over 61	F	upper secondary edu.	retired
100	YES	Portugal	31 - 45	M	upper secondary edu.	technician
101	YES	Portugal	31 - 45	M	upper secondary edu.	seller
102	YES	Portugal	46 - 60	F	higher education	professor
103	YES	Portugal	46 - 60	F	higher education	retirement home manager
104	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
105	YES	Portugal	31 - 45	F	higher education	professor
106	YES	Portugal	19 - 30	M	higher education	psychologist
107	YES	Portugal	31 - 45	F	higher education	psychologist
108	YES	Portugal	31 - 45	M	upper secondary edu.	secure force





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109	YES	Portugal	19 - 30	F	upper secondary edu.	student
110	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
111	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
112	YES	Portugal	31 - 45	F	upper secondary edu.	teacher
113	YES	Portugal	31 - 45	F	upper secondary edu.	hairdresser
114	YES	Portugal	31 - 45	f	basic education	cleaning lady
115	YES	Portugal	31 - 45	F	upper secondary edu.	official
116	YES	Portugal	31 - 45	F	upper secondary edu.	beautician
117	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
118	YES	Portugal	under 18	M	upper secondary edu.	student
119	YES	Portugal	under 18	F	upper secondary edu.	student
120	YES	Portugal	under 18	F	upper secondary edu.	student
121	YES	Portugal	under 18	f	basic education	student
122	YES	Portugal	31 - 45	F	higher education	engineer
123	YES	Portugal	19 - 30	F	higher education	student
124	YES	Portugal	19 - 30	F	higher education	
125	YES	Portugal	under 18	f	basic education	student
126	YES	Portugal	31 - 45	F	higher education	physiotherapist
127	YES	Angola	31 - 45	M	upper secondary edu.	school assistant
128	YES	France	31 - 45	F	upper secondary edu.	nurse
129	YES	Spain	31 - 45	F	upper secondary edu.	administrative
130	YES	Spain	under 18	F	compulsory secondary edu.	student
131	YES	Spain	under 18	F	compulsory secondary edu.	student
132	YES	Spain	under 18	F	compulsory secondary edu.	student
133	YES	Spain	under 18	F	compulsory secondary edu.	student
134	YES	Spain	under 18	F	compulsory secondary edu.	student
135	YES	Spain	under 18	M	compulsory secondary edu.	student
136	YES	Spain	under 18	M	compulsory secondary edu.	student
137	YES	Spain	under 18	M	compulsory secondary edu.	student
138	YES	Spain	under 18	M	compulsory secondary edu.	student
139	YES	Spain	46 - 60	F	higher education	teacher
140	YES	Spain	31 - 45	M	higher education	engineer
141	YES	Spain	46 - 60	M	higher education	directive
142	YES	Spain	46 - 60	F	higher education	nurse
143	YES	Spain	46 - 60	f	higher education	bank
144	YES	Spain	46 - 60	F	higher education	administrative
145	YES	Spain	46 - 60	F	higher education	teacher
146	YES	Spain	46 - 60	F	higher education	administrative
147	YES	Spain	46 - 60	F	higher education	nurse
148	YES	Spain	46 - 60	M	higher education	nurse
149	YES	Spain	46 - 60	M	higher education	dentist
150	YES	Spain	over 61	M	compulsory secondary edu.	retired
151	YES	Spain	over 61	M	higher education	retired - bank
152	YES	Spain	over 61	M	higher education	retired - bank
153	YES	Spain	over 61	M	compulsory secondary edu.	retired - bank
154	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
155	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
156	YES	Spain	46 - 60	M	compulsory secondary edu.	dealer
157	YES	Spain	over 61	F	compulsory secondary edu.	housewife
158	YES	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
159	YES	Spain	over 61	F	compulsory secondary edu.	housewife
160	YES	Spain	over 61	F	compulsory secondary edu.	housewife
161	YES	Spain	over 61	F	compulsory secondary edu.	retired - nurse



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TAB. 2.3

3) Do you think that in your region sport and physical activity are felt as the basis of a healthy life-style?

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO - YES	Estonia	19 - 30	M	upper secondary edu.	mechanic
2	NO - YES	Estonia	19 - 30	M	upper secondary edu.	official
3	YES	Estonia	under 18	M	basic education	student
4	YES	Estonia	under 18	M	basic education	student
5	YES	Estonia	under 18	F	basic education	student
6	YES	Estonia	under 18	M	basic education	student
7	YES	Estonia	under 18	M	basic education	student
8	YES	Estonia	under 18	F	basic education	student
9	YES	Estonia	19 - 30	F	higher education	project manager
10	YES	Estonia	19 - 30	M	higher education	land manager
11	YES	Estonia	19 - 30	M	basic education	builder
12	YES	Estonia	19 - 30	F	basic education	customer service
13	YES	Estonia	31 - 45	F	upper secondary edu.	official
14	YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
15	YES	Estonia	31 - 45	F	upper secondary edu.	librarian
16	YES	Estonia	19 - 30	F	higher education	teacher
17	YES	Estonia	31 - 45	F	upper secondary edu.	postman
18	YES	Estonia	31 - 45	M	upper secondary edu.	employee
19	YES	Estonia	46 - 60	F	upper secondary edu.	specialist
20	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
21	YES	Estonia	46 - 60	F	upper secondary edu.	seller
22	YES	Estonia	46 - 60	F	upper secondary edu.	baker
23	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
24	YES	Estonia	46 - 60	F	upper secondary edu.	civil service
25	YES	Estonia	over 61	F	upper secondary edu.	specialist
26	YES	Estonia	over 61	M	upper secondary edu.	retired
27	YES	Estonia	over 61	F	basic education	retired
28	YES	Estonia	over 61	F	basic education	
29	YES	Estonia	over 61	M	upper secondary edu.	retired
30	YES	Estonia	over 61	M	basic education	driver
31	YES	Italia	19 - 30	f	higher education	lawyer
32	YES	Italia	31 - 45	M	upper secondary edu.	artisan
33	YES	Italia	over 61	F	upper secondary edu.	retired
34	YES	Italia	over 61	M	upper secondary edu.	retired
35	YES	Italia	19 - 30	M	higher education	architect
36	YES	Italia	31 - 45	F	upper secondary edu.	bartender
37	YES	Italia	46 - 60	F	upper secondary edu.	cashier
38	YES	Italia	46 - 60	M	upper secondary edu.	employee
39	YES	Italia	46 - 60	F	upper secondary edu.	nurse
40	YES	Italia	19 - 30	F	higher education	midwife
41	YES	Italia	over 61	F	upper secondary edu.	retired
42	YES	Italia	46 - 60	M	upper secondary edu.	warehouse worker
43	YES	Italia	31 - 45	F	upper secondary edu.	shop assistant
44	YES	Italia	over 61	M	upper secondary edu.	retired
45	YES	Italia	46 - 60	F	upper secondary edu.	nurse
46	YES	Italia	over 61	M	lower secondary edu.	retired (ex worker)
47	YES	Italia	19 - 30	M	upper secondary edu.	employee
48	YES	Italia	over 61	F	upper secondary edu.	housewife
49	YES	Italia	under 18	M	lower secondary edu.	student
50	YES	Italia	under 18	M	lower secondary edu.	student
51	YES	Italia	19 - 30	M	upper secondary edu.	worker
52	YES	Italia	19 - 30	F	higher education	employee



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53	YES	Italia	19 - 30	F	lower secondary edu.	student
54	YES	Italia	under 18	M	lower secondary edu.	student
55	YES	Italia	under 18	N	lower secondary edu.	student
56	YES	Italia	under 18	M	lower secondary edu.	student
57	YES	Italia	31 - 46	F	upper secondary edu.	employee
58	YES	Italia	46 - 60	F	higher education	employee
59	YES	Italia	46 - 60	F	upper secondary edu.	nurse
60	YES	Italia	31 - 45	F	higher education	teacher
61	NO	Latvia	19 - 30	F	higher education	
62	NO	Latvia	19 - 30	F	higher education	shop assistant
63	NO	Latvia	19 - 30	F	upper secondary edu.	student
64	NO	Latvia	19 - 30	F	upper secondary edu.	expert
65	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
66	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
67	YES	Latvia	19 - 30	M	upper secondary edu.	student
68	YES	Latvia	19 - 30	F	upper secondary edu.	student
69	YES	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
70	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
71	YES	Latvia	46 - 60	F	higher education	manager
72	YES	Latvia	31 - 45	F	higher education	project manager
73	YES	Latvia	31 - 45	F	higher education	project manager
74	YES	Latvia	46 - 60	F	higher education	manager
75	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
76	YES	Latvia	19 - 30	M	higher education	entrepreneur
77	YES	Latvia	19 - 30	F	upper secondary edu.	student
78	YES	Latvia	19 - 30	M	upper secondary edu.	student
79	YES	Latvia	19 - 30	F	upper secondary edu.	student
80	YES	Latvia	under 18	F	upper secondary edu.	student
81	YES	Latvia	under 18	M	upper secondary edu.	student
82	YES	Latvia	under 18	F	upper secondary edu.	student
83	YES	Latvia	19 - 30	M	upper secondary edu.	public transport expert
84	YES	Latvia	46 - 60	M	higher education	lawyer
85	YES	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
86	YES	Latvia	19 - 30	M	upper secondary edu.	student
87	YES	Latvia	31 - 45	F	higher education	project manager
88	YES	Latvia	19 - 30	F	upper secondary edu.	student
89	YES	Latvia	19 - 30	M	higher education	project manager
90	YES	Latvia	19 - 30	M	upper secondary edu.	student
91	YES	Latvia	19 - 30	M	upper secondary edu.	student
92	YES	Poland	19 - 30	f	upper secondary edu.	teacher
93	NO - YES	Portugal	over 61	F	upper secondary edu.	retired
94	NO - YES	Portugal	31 - 45	F	higher education	professor
95	NO - YES	Portugal	19 - 30	M	higher education	psychologist
96	NO - YES	Portugal	31 - 45	F	upper secondary edu.	administrative
97	YES	Portugal	31 - 45	M	higher education	economist
98	YES	Portugal	19 - 30	M	upper secondary edu.	student
99	YES	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
100	YES	Portugal	31 - 45	M	higher education	professor
101	YES	Portugal	19 - 30	M	upper secondary edu.	student
102	YES	Portugal	31 - 45	F	higher education	teacher
103	YES	Portugal	31 - 45	M	upper secondary edu.	technician
104	YES	Portugal	31 - 45	M	upper secondary edu.	seller
105	YES	Portugal	46 - 60	F	higher education	professor
106	YES	Portugal	46 - 60	F	higher education	retirement home manager
107	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
108	YES	Portugal	31 - 45	F	higher education	psychologist
109	YES	Portugal	31 - 45	M	upper secondary edu.	secure force



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110	YES	Portugal	19 - 30	F	upper secondary edu.	student
111	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
112	YES	Portugal	31 - 45	F	upper secondary edu.	teacher
113	YES	Portugal	31 - 45	F	upper secondary edu.	hairstresser
114	YES	Portugal	31 - 45	f	basic education	cleaning lady
115	YES	Portugal	31 - 45	F	upper secondary edu.	official
116	YES	Portugal	31 - 45	F	upper secondary edu.	beautician
117	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
118	YES	Portugal	under 18	M	upper secondary edu.	student
119	YES	Portugal	under 18	F	upper secondary edu.	student
120	YES	Portugal	under 18	F	upper secondary edu.	student
121	YES	Portugal	under 18	f	basic education	student
122	YES	Portugal	31 - 45	F	higher education	engineer
123	YES	Portugal	19 - 30	F	higher education	student
124	YES	Portugal	19 - 30	F	higher education	
125	YES	Portugal	under 18	f	basic education	student
126	YES	Portugal	31 - 45	F	higher education	physiotherapist
127	YES	Angola	31 - 45	M	upper secondary edu.	school assistant
128	NO - YES	France	31 - 45	F	upper secondary edu.	nurse
129	YES	Spain	31 - 45	F	upper secondary edu.	administrative
130	NO - YES	Spain	46 - 60	F	higher education	teacher
131	NO - YES	Spain	31 - 45	M	higher education	engineer
132	YES	Spain	under 18	F	compulsory secondary edu.	student
133	YES	Spain	under 18	F	compulsory secondary edu.	student
134	YES	Spain	under 18	F	compulsory secondary edu.	student
135	YES	Spain	under 18	F	compulsory secondary edu.	student
136	YES	Spain	under 18	F	compulsory secondary edu.	student
137	YES	Spain	under 18	M	compulsory secondary edu.	student
138	YES	Spain	under 18	M	compulsory secondary edu.	student
139	YES	Spain	under 18	M	compulsory secondary edu.	student
140	YES	Spain	under 18	M	compulsory secondary edu.	student
141	YES	Spain	46 - 60	M	higher education	directive
142	YES	Spain	46 - 60	F	higher education	nurse
143	YES	Spain	46 - 60	f	higher education	bank
144	YES	Spain	46 - 60	F	higher education	administrative
145	YES	Spain	46 - 60	F	higher education	teacher
146	YES	Spain	46 - 60	F	higher education	administrative
147	YES	Spain	46 - 60	F	higher education	nurse
148	YES	Spain	46 - 60	M	higher education	nurse
149	YES	Spain	46 - 60	M	higher education	dentist
150	YES	Spain	over 61	M	compulsory secondary edu.	retired
151	YES	Spain	over 61	M	higher education	retired - bank
152	YES	Spain	over 61	M	higher education	retired - bank
153	YES	Spain	over 61	M	compulsory secondary edu.	retired - bank
154	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
155	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
156	YES	Spain	46 - 60	M	compulsory secondary edu.	dealer
157	YES	Spain	over 61	F	compulsory secondary edu.	housewife
158	YES	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
159	YES	Spain	over 61	F	compulsory secondary edu.	housewife
160	YES	Spain	over 61	F	compulsory secondary edu.	housewife
161	YES	Spain	over 61	F	compulsory secondary edu.	retired - nurse



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TAB. 2.4.

4) In your region are there any spaces to practice sport and physical activity (parks, walking and cycle path, free sports facilities, ...)?

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		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO	Estonia	under 18	M	basic education	student
2	YES	Estonia	under 18	M	basic education	student
3	YES	Estonia	under 18	F	basic education	student
4	YES	Estonia	under 18	M	basic education	student
5	YES	Estonia	under 18	M	basic education	student
6	YES	Estonia	under 18	F	basic education	student
7	YES	Estonia	19 - 30	F	higher education	project manager
8	YES	Estonia	19 - 30	M	higher education	land manager
9	YES	Estonia	19 - 30	M	upper secondary edu.	mechanic
10	YES	Estonia	19 - 30	M	upper secondary edu.	official
11	YES	Estonia	19 - 30	M	basic education	builder
12	YES	Estonia	19 - 30	F	basic education	customer service
13	YES	Estonia	31 - 45	F	upper secondary edu.	official
14	YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
15	YES	Estonia	31 - 45	F	upper secondary edu.	librarian
16	YES	Estonia	19 - 30	F	higher education	teacher
17	YES	Estonia	31 - 45	F	upper secondary edu.	postman
18	YES	Estonia	31 - 45	M	upper secondary edu.	employee
19	YES	Estonia	46 - 60	F	upper secondary edu.	specialist
20	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
21	YES	Estonia	46 - 60	F	upper secondary edu.	seller
22	YES	Estonia	46 - 60	F	upper secondary edu.	baker
23	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
24	YES	Estonia	46 - 60	F	upper secondary edu.	civil service
25	YES	Estonia	over 61	F	upper secondary edu.	specialist
26	YES	Estonia	over 61	M	upper secondary edu.	retired
27	YES	Estonia	over 61	F	basic education	retired
28	YES	Estonia	over 61	F	basic education	
29	YES	Estonia	over 61	M	upper secondary edu.	retired
30	YES	Estonia	over 61	M	basic education	driver
31	NO	Italy	31 - 45	F	higher education	teacher
32	YES	Italy	19 - 30	f	higher education	lawyer
33	YES	Italy	31 - 45	M	upper secondary edu.	artisan
34	YES	Italy	over 61	F	upper secondary edu.	retired
35	YES	Italy	over 61	M	upper secondary edu.	retired
36	YES	Italy	19 - 30	M	higher education	architect
37	YES	Italy	31 - 45	F	upper secondary edu.	bartender
38	YES	Italy	46 - 60	F	upper secondary edu.	cashier
39	YES	Italy	46 - 60	M	upper secondary edu.	employee
40	YES	Italy	46 - 60	F	upper secondary edu.	nurse
41	YES	Italy	19 - 30	F	higher education	midwife
42	YES	Italy	over 61	F	upper secondary edu.	retired
43	YES	Italy	46 - 60	M	upper secondary edu.	warehouse worker
44	YES	Italy	31 - 45	F	upper secondary edu.	shop assistant
45	YES	Italy	over 61	M	upper secondary edu.	retired
46	YES	Italy	46 - 60	F	upper secondary edu.	nurse
47	YES	Italy	over 61	M	lower secondary edu.	retired (ex worker)
48	YES	Italy	19 - 30	M	upper secondary edu.	employee
49	YES	Italy	over 61	F	upper secondary edu.	housewife
50	YES	Italy	under 18	M	lower secondary edu.	student
51	YES	Italy	under 18	M	lower secondary edu.	student
52	YES	Italy	19 - 30	M	upper secondary edu.	worker



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53	YES	Italy	19 - 30	F	higher education	employee
54	YES	Italy	19 - 30	F	lower secondary edu.	student
55	YES	Italy	under 18	M	lower secondary edu.	student
56	YES	Italy	under 18	N	lower secondary edu.	student
57	YES	Italy	under 18	M	lower secondary edu.	student
58	YES	Italy	31 - 46	F	upper secondary edu.	employee
59	YES	Italy	46 - 60	F	higher education	employee
60	YES	Italy	46 - 60	F	upper secondary edu.	nurse
61	YES	Latvia	19 - 30	M	upper secondary edu.	student
62	YES	Latvia	19 - 30	F	upper secondary edu.	student
63	YES	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
64	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
65	YES	Latvia	46 - 60	F	higher education	manager
66	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
67	YES	Latvia	31 - 45	F	higher education	project manager
68	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
69	YES	Latvia	31 - 45	F	higher education	project manager
70	YES	Latvia	46 - 60	F	higher education	manager
71	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
72	YES	Latvia	19 - 30	M	higher education	entrepreneur
73	YES	Latvia	19 - 30	F	upper secondary edu.	student
74	YES	Latvia	19 - 30	M	upper secondary edu.	student
75	YES	Latvia	19 - 30	F	upper secondary edu.	student
76	YES	Latvia	19 - 30	F	higher education	
77	YES	Latvia	19 - 30	F	higher education	shop assistant
78	YES	Latvia	19 - 30	F	upper secondary edu.	student
79	YES	Latvia	19 - 30	F	upper secondary edu.	expert
80	YES	Latvia	under 18	F	upper secondary edu.	student
81	YES	Latvia	under 18	M	upper secondary edu.	student
82	YES	Latvia	under 18	F	upper secondary edu.	student
83	YES	Latvia	19 - 30	M	upper secondary edu.	public transport expert
84	YES	Latvia	46 - 60	M	higher education	lawyer
85	YES	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
86	YES	Latvia	19 - 30	M	upper secondary edu.	student
87	YES	Latvia	31 - 45	F	higher education	project manager
88	YES	Latvia	19 - 30	F	upper secondary edu.	student
89	YES	Latvia	19 - 30	M	higher education	project manager
90	YES	Latvia	19 - 30	M	upper secondary edu.	student
91	YES	Latvia	19 - 30	M	upper secondary edu.	student
92	YES	Poland	19 - 30	f	upper secondary edu.	teacher
93	NO	Portugal	31 - 45	F	higher education	professor
94	NO	Portugal	19 - 30	F	higher education	
95	NO	Portugal	under 18	f	basic education	student
96	YES	Portugal	31 - 45	M	higher education	economist
97	YES	Portugal	19 - 30	M	upper secondary edu.	student
98	YES	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
99	YES	Portugal	31 - 45	M	higher education	professor
100	YES	Portugal	19 - 30	M	upper secondary edu.	student
101	YES	Portugal	31 - 45	F	higher education	teacher
102	YES	Portugal	over 61	F	upper secondary edu.	retired
103	YES	Portugal	31 - 45	M	upper secondary edu.	technician
104	YES	Portugal	31 - 45	M	upper secondary edu.	seller
105	YES	Portugal	46 - 60	F	higher education	professor
106	YES	Portugal	46 - 60	F	higher education	retirement home manager
107	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
108	YES	Portugal	19 - 30	M	higher education	psychologist
109	YES	Portugal	31 - 45	F	higher education	psychologist



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110	YES	Portugal	31 - 45	M	upper secondary edu.	secure force
111	YES	Portugal	19 - 30	F	upper secondary edu.	student
112	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
113	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
114	YES	Portugal	31 - 45	F	upper secondary edu.	teacher
115	YES	Portugal	31 - 45	F	upper secondary edu.	hairdresser
116	YES	Portugal	31 - 45	f	basic education	cleaning lady
117	YES	Portugal	31 - 45	F	upper secondary edu.	official
118	YES	Portugal	31 - 45	F	upper secondary edu.	beautician
119	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
120	YES	Portugal	under 18	M	upper secondary edu.	student
121	YES	Portugal	under 18	F	upper secondary edu.	student
122	YES	Portugal	under 18	F	upper secondary edu.	student
123	YES	Portugal	under 18	f	basic education	student
124	YES	Portugal	31 - 45	F	higher education	engineer
125	YES	Portugal	19 - 30	F	higher education	student
126	YES	Portugal	31 - 45	F	higher education	physiotherapist
127	NO	Angola	31 - 45	M	upper secondary edu.	school assistant
128	NO	France	31 - 45	F	upper secondary edu.	nurse
129	YES	Spain	under 18	F	compulsory secondary edu.	student
130	YES	Spain	under 18	F	compulsory secondary edu.	student
131	YES	Spain	under 18	F	compulsory secondary edu.	student
132	YES	Spain	under 18	F	compulsory secondary edu.	student
133	YES	Spain	under 18	F	compulsory secondary edu.	student
134	YES	Spain	under 18	M	compulsory secondary edu.	student
135	YES	Spain	under 18	M	compulsory secondary edu.	student
136	YES	Spain	under 18	M	compulsory secondary edu.	student
137	YES	Spain	under 18	M	compulsory secondary edu.	student
138	YES	Spain	46 - 60	F	higher education	teacher
139	YES	Spain	31 - 45	M	higher education	engineer
140	YES	Spain	46 - 60	M	higher education	directive
141	YES	Spain	46 - 60	F	higher education	nurse
142	YES	Spain	46 - 60	f	higher education	bank
143	YES	Spain	46 - 60	F	higher education	administrative
144	YES	Spain	46 - 60	F	higher education	teacher
145	YES	Spain	46 - 60	F	higher education	administrative
146	YES	Spain	46 - 60	F	higher education	nurse
147	YES	Spain	46 - 60	M	higher education	nurse
148	YES	Spain	46 - 60	M	higher education	dentist
149	YES	Spain	over 61	M	compulsory secondary edu.	retired
150	YES	Spain	over 61	M	higher education	retired - bank
151	YES	Spain	over 61	M	higher education	retired - bank
152	YES	Spain	over 61	M	compulsory secondary edu.	retired - bank
153	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
154	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
155	YES	Spain	46 - 60	M	compulsory secondary edu.	dealer
156	YES	Spain	over 61	F	compulsory secondary edu.	housewife
157	YES	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
158	YES	Spain	over 61	F	compulsory secondary edu.	housewife
159	YES	Spain	over 61	F	compulsory secondary edu.	housewife
160	YES	Spain	over 61	F	compulsory secondary edu.	retired - nurse
161	YES	Spain	31 - 45	F	upper secondary edu.	administrative



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TAB. 2.5

5) Do you think that in your region the public services are sufficient? Such as public schools, public hospital and medical center, free aggregation spaces, sport facilities, public transport.

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		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO	Estonia	19 - 30	M	upper secondary edu.	official
2	YES	Estonia	under 18	M	basic education	student
3	YES	Estonia	under 18	M	basic education	student
4	YES	Estonia	under 18	F	basic education	student
5	YES	Estonia	under 18	M	basic education	student
6	YES	Estonia	under 18	M	basic education	student
7	YES	Estonia	under 18	F	basic education	student
8	YES	Estonia	19 - 30	F	higher education	project manager
9	YES	Estonia	19 - 30	M	higher education	land manager
10	YES	Estonia	19 - 30	M	upper secondary edu.	mechanic
11	YES	Estonia	19 - 30	M	basic education	builder
12	YES	Estonia	19 - 30	F	basic education	customer service
13	YES	Estonia	31 - 45	F	upper secondary edu.	official
14	YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
15	YES	Estonia	31 - 45	F	upper secondary edu.	librarian
16	YES	Estonia	19 - 30	F	higher education	teacher
17	YES	Estonia	31 - 45	F	upper secondary edu.	postman
18	YES	Estonia	31 - 45	M	upper secondary edu.	employee
19	YES	Estonia	46 - 60	F	upper secondary edu.	specialist
20	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
21	YES	Estonia	46 - 60	F	upper secondary edu.	seller
22	YES	Estonia	46 - 60	F	upper secondary edu.	baker
23	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
24	YES	Estonia	46 - 60	F	upper secondary edu.	civil service
25	YES	Estonia	over 61	F	upper secondary edu.	specialist
26	YES	Estonia	over 61	M	upper secondary edu.	retired
27	YES	Estonia	over 61	F	basic education	retired
28	YES	Estonia	over 61	F	basic education	
29	YES	Estonia	over 61	M	upper secondary edu.	retired
30	YES	Estonia	over 61	M	basic education	driver
31	NO	Italy	46 - 60	F	upper secondary edu.	cashier
32	NO	Italy	19 - 30	F	higher education	midwife
33	NO	Italy	46 - 60	M	upper secondary edu.	warehouse worker
34	NO	Italy	19 - 30	M	upper secondary edu.	employee
35	YES	Italy	19 - 30	f	higher education	lawyer
36	YES	Italy	31 - 45	M	upper secondary edu.	artisan
37	YES	Italy	over 61	F	upper secondary edu.	retired
38	YES	Italy	over 61	M	upper secondary edu.	retired
39	YES	Italy	19 - 30	M	higher education	architect
40	YES	Italy	31 - 45	F	upper secondary edu.	bartender
41	YES	Italy	46 - 60	M	upper secondary edu.	employee
42	YES	Italy	46 - 60	F	upper secondary edu.	nurse
43	YES	Italy	over 61	F	upper secondary edu.	retired
44	YES	Italy	31 - 45	F	upper secondary edu.	shop assistant
45	YES	Italy	over 61	M	upper secondary edu.	retired
46	YES	Italy	46 - 60	F	upper secondary edu.	nurse
47	YES	Italy	over 61	M	lower secondary edu.	retired (ex worker)
48	YES	Italy	over 61	F	upper secondary edu.	housewife
49	YES	Italy	under 18	M	lower secondary edu.	student
50	YES	Italy	under 18	M	lower secondary edu.	student
51	YES	Italy	19 - 30	M	upper secondary edu.	worker
52	YES	Italy	19 - 30	F	higher education	employee



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53	YES	Italy	19 - 30	F	lower secondary edu.	student
54	YES	Italy	under 18	M	lower secondary edu.	student
55	YES	Italy	under 18	N	lower secondary edu.	student
56	YES	Italy	under 18	M	lower secondary edu.	student
57	YES	Italy	31 - 46	F	upper secondary edu.	employee
58	YES	Italy	46 - 60	F	higher education	employee
59	YES	Italy	46 - 60	F	upper secondary edu.	nurse
60	YES	Italy	31 - 45	F	higher education	teacher
61	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
62	YES	Latvia	19 - 30	M	upper secondary edu.	student
63	YES	Latvia	19 - 30	F	upper secondary edu.	student
64	YES	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
65	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
66	YES	Latvia	46 - 60	F	higher education	manager
67	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
68	YES	Latvia	31 - 45	F	higher education	project manager
69	YES	Latvia	31 - 45	F	higher education	project manager
70	YES	Latvia	46 - 60	F	higher education	manager
71	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
72	YES	Latvia	19 - 30	M	higher education	entrepreneur
73	YES	Latvia	19 - 30	F	upper secondary edu.	student
74	YES	Latvia	19 - 30	M	upper secondary edu.	student
75	YES	Latvia	19 - 30	F	upper secondary edu.	student
76	YES	Latvia	19 - 30	F	higher education	
77	YES	Latvia	19 - 30	F	higher education	shop assistant
78	YES	Latvia	19 - 30	F	upper secondary edu.	student
79	YES	Latvia	19 - 30	F	upper secondary edu.	expert
80	YES	Latvia	under 18	F	upper secondary edu.	student
81	YES	Latvia	under 18	M	upper secondary edu.	student
82	YES	Latvia	under 18	F	upper secondary edu.	student
83	YES	Latvia	19 - 30	M	upper secondary edu.	public transport expert
84	YES	Latvia	46 - 60	M	upper secondary edu.	lawyer
85	YES	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
86	YES	Latvia	19 - 30	M	upper secondary edu.	student
87	YES	Latvia	31 - 45	F	higher education	project manager
88	YES	Latvia	19 - 30	F	upper secondary edu.	student
89	YES	Latvia	19 - 30	M	higher education	project manager
90	YES	Latvia	19 - 30	M	upper secondary edu.	student
91	YES	Latvia	19 - 30	M	upper secondary edu.	student
92	NO	Poland	19 - 30	f	higher education	teacher
93	NO	Portugal	31 - 45	M	higher education	professor
94	NO	Portugal	19 - 30	M	upper secondary edu.	student
95	NO	Portugal	31 - 45	F	higher education	teacher
96	NO	Portugal	31 - 45	M	upper secondary edu.	technician
97	NO	Portugal	31 - 45	M	upper secondary edu.	seller
98	NO	Portugal	19 - 30	F	upper secondary edu.	unemployer
99	NO	Portugal	31 - 45	F	higher education	professor
100	NO	Portugal	19 - 30	M	higher education	psychologist
101	NO	Portugal	31 - 45	M	upper secondary edu.	secure force
102	NO	Portugal	19 - 30	F	upper secondary edu.	student
103	NO	Portugal	31 - 45	F	upper secondary edu.	administrative
104	NO	Portugal	31 - 45	F	upper secondary edu.	teacher
105	NO	Portugal	31 - 45	F	upper secondary edu.	official
106	NO	Portugal	31 - 45	F	upper secondary edu.	beautician
107	NO	Portugal	31 - 45	F	upper secondary edu.	administrative
108	NO	Portugal	under 18	M	upper secondary edu.	student
109	NO	Portugal	19 - 30	F	higher education	student



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110	NO	Portugal	19 - 30	F	higher education	
111	NO	Portugal	31 - 45	F	higher education	physiotherapist
112	YES	Portugal	31 - 45	M	higher education	economist
113	YES	Portugal	19 - 30	M	upper secondary edu.	student
114	YES	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
115	YES	Portugal	over 61	F	upper secondary edu.	retired
116	YES	Portugal	46 - 60	F	higher education	professor
117	YES	Portugal	46 - 60	F	higher education	retirement home manager
118	YES	Portugal	31 - 45	F	higher education	psychologist
119	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
120	YES	Portugal	31 - 45	F	upper secondary edu.	hairdresser
121	YES	Portugal	31 - 45	f	basic education	cleaning lady
122	YES	Portugal	under 18	F	upper secondary edu.	student
123	YES	Portugal	under 18	F	upper secondary edu.	student
124	YES	Portugal	under 18	f	basic education	student
125	YES	Portugal	31 - 45	F	higher education	engineer
126	YES	Portugal	under 18	f	basic education	student
127	YES	Angola	31 - 45	M	upper secondary edu.	school assistant
128	NO	France	31 - 45	F	upper secondary edu.	nurse
129	NO	Spain	46 - 60	F	higher education	administrative
130	NO	Spain	over 61	M	higher education	retired - bank
131	NO	Spain	over 61	F	compulsory secondary edu.	housewife
132	NO	Spain	under 18	F	compulsory secondary edu.	student
133	YES	Spain	31 - 45	M	higher education	engineer
134	YES	Spain	under 18	F	compulsory secondary edu.	student
135	YES	Spain	under 18	F	compulsory secondary edu.	student
136	YES	Spain	under 18	F	compulsory secondary edu.	student
137	YES	Spain	under 18	F	compulsory secondary edu.	student
138	YES	Spain	under 18	M	compulsory secondary edu.	student
139	YES	Spain	under 18	M	compulsory secondary edu.	student
140	YES	Spain	under 18	M	compulsory secondary edu.	student
141	YES	Spain	under 18	M	compulsory secondary edu.	student
142	YES	Spain	46 - 60	F	higher education	teacher
143	YES	Spain	46 - 60	M	higher education	directive
144	YES	Spain	46 - 60	F	higher education	nurse
145	YES	Spain	46 - 60	f	higher education	bank
146	YES	Spain	46 - 60	F	higher education	administrative
147	YES	Spain	46 - 60	F	higher education	teacher
148	YES	Spain	46 - 60	F	higher education	nurse
149	YES	Spain	46 - 60	M	higher education	nurse
150	YES	Spain	46 - 60	M	higher education	dentist
151	YES	Spain	over 61	M	compulsory secondary edu.	retired
152	YES	Spain	over 61	M	higher education	retired - bank
153	YES	Spain	over 61	M	compulsory secondary edu.	retired - bank
154	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
155	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
156	YES	Spain	46 - 60	M	compulsory secondary edu.	dealer
157	YES	Spain	over 61	F	compulsory secondary edu.	housewife
158	YES	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
159	YES	Spain	over 61	F	compulsory secondary edu.	housewife
160	YES	Spain	31 - 45	F	upper secondary edu.	administrative
161	YES	Spain	over 61	F	compulsory secondary edu.	retired - nurse



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TAB. 2.6

6) How would you define the quality of live level in your region?

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	EXCELLENT	Estonia	19 - 30	M	upper secondary edu.	mechanic
2	GOOD	Estonia	19 - 30	F	higher education	project manager
3	GOOD	Estonia	19 - 30	M	higher education	land manager
4	GOOD	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
5	GOOD	Estonia	19 - 30	F	higher education	teacher
6	GOOD	Estonia	46 - 60	F	upper secondary edu.	specialist
7	GOOD	Estonia	46 - 60	M	upper secondary edu.	meccanico
8	GOOD	Estonia	46 - 60	F	upper secondary edu.	seller
9	GOOD	Estonia	46 - 60	F	upper secondary edu.	civil service
10	GOOD	Estonia	over 61	F	upper secondary edu.	specialist
11	GOOD	Estonia	over 61	F	basic education	retired
12	NORMAL	Estonia	under 18	M	basic education	student
13	NORMAL	Estonia	under 18	M	basic education	student
14	NORMAL	Estonia	under 18	F	basic education	student
15	NORMAL	Estonia	under 18	M	basic education	student
16	NORMAL	Estonia	under 18	M	basic education	student
17	NORMAL	Estonia	under 18	F	basic education	student
18	NORMAL	Estonia	19 - 30	M	upper secondary edu.	official
19	NORMAL	Estonia	19 - 30	M	basic education	builder
20	NORMAL	Estonia	31 - 45	F	upper secondary edu.	official
21	NORMAL	Estonia	31 - 45	F	upper secondary edu.	librarian
22	NORMAL	Estonia	31 - 45	M	upper secondary edu.	employee
23	NORMAL	Estonia	46 - 60	M	upper secondary edu.	mechanic
24	POOR	Estonia	19 - 30	F	basic education	customer service
25	POOR	Estonia	31 - 45	F	upper secondary edu.	postman
26	POOR	Estonia	46 - 60	F	upper secondary edu.	baker
27	POOR	Estonia	over 61	M	upper secondary edu.	retired
28	POOR	Estonia	over 61	F	basic education	
29	POOR	Estonia	over 61	M	upper secondary edu.	retired
30	POOR	Estonia	over 61	M	basic education	driver
31	EXCELLENT	Italy	over 61	F	upper secondary edu.	retired
32	EXCELLENT	Italy	over 61	M	upper secondary edu.	retired
33	GOOD	Italy	19 - 30	f	higher education	lawyer
34	GOOD	Italy	31 - 45	M	upper secondary edu.	artisan
35	GOOD	Italy	19 - 30	M	higher education	architect
36	GOOD	Italy	31 - 45	F	upper secondary edu.	bartender
37	GOOD	Italy	46 - 60	M	upper secondary edu.	employee
38	GOOD	Italy	46 - 60	F	upper secondary edu.	nurse
39	GOOD	Italy	19 - 30	F	higher education	midwife
40	GOOD	Italy	over 61	F	upper secondary edu.	retired
41	GOOD	Italy	46 - 60	F	upper secondary edu.	nurse
42	GOOD	Italy	over 61	M	lower secondary edu.	retired (ex worker)
43	GOOD	Italy	over 61	F	upper secondary edu.	housewife
44	GOOD	Italy	under 18	M	lower secondary edu.	student
45	GOOD	Italy	19 - 30	M	upper secondary edu.	worker
46	GOOD	Italy	19 - 30	F	higher education	employee
47	GOOD	Italy	under 18	M	lower secondary edu.	student
48	GOOD	Italy	under 18	N	lower secondary edu.	student
49	GOOD	Italy	under 18	M	lower secondary edu.	student
50	GOOD	Italy	31 - 46	F	upper secondary edu.	employee
51	GOOD	Italy	46 - 60	F	higher education	employee
52	GOOD	Italy	46 - 60	F	upper secondary edu.	nurse
53	GOOD	Italy	31 - 45	F	higher education	teacher



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54	NORMAL	Italy	46 - 60	F	upper secondary edu.	cashier
55	NORMAL	Italy	46 - 60	M	upper secondary edu.	warehouse worker
56	NORMAL	Italy	31 - 45	F	upper secondary edu.	shop assistant
57	NORMAL	Italy	over 61	M	upper secondary edu.	retired
58	NORMAL	Italy	19 - 30	M	upper secondary edu.	employee
59	NORMAL	Italy	under 18	M	lower secondary edu.	student
60	NORMAL	Italy	19 - 30	F	lower secondary edu.	student
61	GOOD	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
62	GOOD	Latvia	19 - 30	M	higher education	entrepreneur
63	GOOD	Latvia	19 - 30	F	higher education	
64	GOOD	Latvia	19 - 30	F	higher education	shop assistant
65	GOOD	Latvia	19 - 30	F	upper secondary edu.	student
66	GOOD	Latvia	19 - 30	F	upper secondary edu.	expert
67	GOOD	Latvia	under 18	M	upper secondary edu.	student
68	GOOD	Latvia	19 - 30	M	upper secondary edu.	public transport expert
69	GOOD	Latvia	46 - 60	M	higher education	lawyer
70	GOOD	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
71	GOOD	Latvia	19 - 30	M	upper secondary edu.	student
72	GOOD	Latvia	19 - 30	M	upper secondary edu.	student
73	GOOD	Latvia	19 - 30	M	upper secondary edu.	student
74	NORMAL	Latvia	19 - 30	M	upper secondary edu.	student
75	NORMAL	Latvia	19 - 30	F	upper secondary edu.	student
76	NORMAL	Latvia	19 - 30	F	upper secondary edu.	housewife
77	NORMAL	Latvia	46 - 60	F	higher education	manager
78	NORMAL	Latvia	31 - 45	M	upper secondary edu.	it expert
79	NORMAL	Latvia	31 - 45	F	higher education	project manager
80	NORMAL	Latvia	31 - 45	M	upper secondary edu.	it expert
81	NORMAL	Latvia	31 - 45	F	higher education	project manager
82	NORMAL	Latvia	46 - 60	F	higher education	manager
83	NORMAL	Latvia	19 - 30	F	upper secondary edu.	housewife
84	NORMAL	Latvia	19 - 30	F	upper secondary edu.	student
85	NORMAL	Latvia	19 - 30	M	upper secondary edu.	student
86	NORMAL	Latvia	19 - 30	F	upper secondary edu.	student
87	NORMAL	Latvia	under 18	F	upper secondary edu.	student
88	NORMAL	Latvia	under 18	F	upper secondary edu.	student
89	NORMAL	Latvia	31 - 45	F	higher education	project manager
90	NORMAL	Latvia	19 - 30	F	upper secondary edu.	student
91	NORMAL	Latvia	19 - 30	M	higher education	project manager
92	NORMAL	Polacca	19 - 30	f	upper secondary edu.	teacher
93	EXCELLENT	Portugal	over 61	F	upper secondary edu.	retired
94	EXCELLENT	Portugal	46 - 60	F	higher education	professor
95	EXCELLENT	Portugal	46 - 60	F	higher education	retirement home manager
96	EXCELLENT	Portugal	31 - 45	F	higher education	professor
97	EXCELLENT	Portugal	19 - 30	M	higher education	psychologist
98	EXCELLENT	Portugal	31 - 45	F	higher education	psychologist
99	EXCELLENT	Portugal	19 - 30	F	upper secondary edu.	student
100	EXCELLENT	Portugal	under 18	F	upper secondary edu.	student
101	GOOD	Portugal	19 - 30	M	upper secondary edu.	student
102	GOOD	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
103	GOOD	Portugal	31 - 45	M	higher education	professor
104	GOOD	Portugal	19 - 30	M	upper secondary edu.	student
105	GOOD	Portugal	19 - 30	F	upper secondary edu.	unemployer
106	GOOD	Portugal	31 - 45	M	upper secondary edu.	secure force
107	GOOD	Portugal	19 - 30	F	upper secondary edu.	unemployer
108	GOOD	Portugal	31 - 45	F	upper secondary edu.	administrative
109	GOOD	Portugal	31 - 45	F	upper secondary edu.	teacher
110	GOOD	Portugal	31 - 45	F	upper secondary edu.	official



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111	GOOD	Portugal	31 - 45	F	upper secondary edu.	beautician
112	GOOD	Portugal	31 - 45	F	upper secondary edu.	administrative
113	GOOD	Portugal	under 18	F	upper secondary edu.	student
114	GOOD	Portugal	31 - 45	F	higher education	engineer
115	GOOD	Portugal	19 - 30	F	higher education	student
116	GOOD	Portugal	19 - 30	F	higher education	
117	NORMAL	Portugal	31 - 45	M	higher education	economist
118	NORMAL	Portugal	31 - 45	F	higher education	teacher
119	NORMAL	Portugal	31 - 45	M	upper secondary edu.	technician
120	NORMAL	Portugal	31 - 45	M	upper secondary edu.	seller
121	NORMAL	Portugal	31 - 45	F	upper secondary edu.	hairdresser
122	NORMAL	Portugal	31 - 45	f	basic education	cleaning lady
123	NORMAL	Portugal	under 18	M	upper secondary edu.	student
124	NORMAL	Portugal	under 18	f	basic education	student
125	NORMAL	Portugal	under 18	f	basic education	student
126	NORMAL	Portugal	31 - 45	F	higher education	physiotherapist
127	GOOD	Angola	31 - 45	M	upper secondary edu.	school assistant
128	EXCELLENT	France	31 - 45	F	upper secondary edu.	nurse
129	EXCELLENT	Spain	under 18	M	compulsory secondary edu.	student
130	EXCELLENT	Spain	under 18	M	compulsory secondary edu.	student
131	EXCELLENT	Spain	46 - 60	F	higher education	nurse
132	EXCELLENT	Spain	46 - 60	F	higher education	administrative
133	EXCELLENT	Spain	over 61	M	compulsory secondary edu.	retired
134	EXCELLENT	Spain	over 61	M	compulsory secondary edu.	retired - bank
135	EXCELLENT	Spain	over 61	M	compulsory secondary edu.	retired - former worker
136	EXCELLENT	Spain	46 - 60	M	compulsory secondary edu.	dealer
137	EXCELLENT	Spain	over 61	F	compulsory secondary edu.	housewife
138	EXCELLENT	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
139	GOOD	Spain	under 18	F	compulsory secondary edu.	student
140	GOOD	Spain	under 18	F	compulsory secondary edu.	student
141	GOOD	Spain	under 18	F	compulsory secondary edu.	student
142	GOOD	Spain	under 18	F	compulsory secondary edu.	student
143	GOOD	Spain	under 18	M	compulsory secondary edu.	student
144	GOOD	Spain	46 - 60	F	higher education	teacher
145	GOOD	Spain	46 - 60	f	higher education	bank
146	GOOD	Spain	46 - 60	F	higher education	teacher
147	GOOD	Spain	46 - 60	F	higher education	nurse
148	GOOD	Spain	46 - 60	M	higher education	nurse
149	GOOD	Spain	over 61	M	higher education	retired - bank
150	GOOD	Spain	over 61	M	higher education	retired - bank
151	GOOD	Spain	over 61	M	compulsory secondary edu.	retired - former worker
152	GOOD	Spain	over 61	F	compulsory secondary edu.	housewife
153	GOOD	Spain	over 61	F	compulsory secondary edu.	housewife
154	GOOD	Spain	31 - 45	F	upper secondary edu.	administrative
155	GOOD	Spain	over 61	F	compulsory secondary edu.	retired - nurse
156	NORMAL	Spain	under 18	F	compulsory secondary edu.	student
157	NORMAL	Spain	under 18	M	compulsory secondary edu.	student
158	NORMAL	Spain	31 - 45	M	higher education	engineer
159	NORMAL	Spain	46 - 60	M	higher education	directive
160	NORMAL	Spain	46 - 60	F	higher education	administrative
161	NORMAL	Spain	46 - 60	M	higher education	dentist



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TAB. 2.7

7) Do you think that better public services (as mentioned above) can improve the quality of life in your region?

52

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO	Estonia	under 18	M	basic education	student
2	NO	Estonia	over 61	F	upper secondary edu.	specialist
3	NO	Estonia	over 61	M	upper secondary edu.	retired
4	NO	Estonia	over 61	M	upper secondary edu.	retired
5	YES	Estonia	under 18	M	basic education	student
6	YES	Estonia	under 18	F	basic education	student
7	YES	Estonia	under 18	M	basic education	student
8	YES	Estonia	under 18	M	basic education	student
9	YES	Estonia	under 18	F	basic education	student
10	YES	Estonia	19 - 30	F	higher education	project manager
11	YES	Estonia	19 - 30	M	higher education	land manager
12	YES	Estonia	19 - 30	M	upper secondary edu.	mechanic
13	YES	Estonia	19 - 30	M	upper secondary edu.	official
14	YES	Estonia	19 - 30	M	basic education	builder
15	YES	Estonia	19 - 30	F	basic education	customer service
16	YES	Estonia	31 - 45	F	upper secondary edu.	official
17	YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
18	YES	Estonia	31 - 45	F	upper secondary edu.	librarian
19	YES	Estonia	19 - 30	F	higher education	teacher
20	YES	Estonia	31 - 45	F	upper secondary edu.	postman
21	YES	Estonia	31 - 45	M	upper secondary edu.	employee
22	YES	Estonia	46 - 60	F	upper secondary edu.	specialist
23	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
24	YES	Estonia	46 - 60	F	upper secondary edu.	seller
25	YES	Estonia	46 - 60	F	upper secondary edu.	baker
26	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
27	YES	Estonia	46 - 60	F	upper secondary edu.	civil service
28	YES	Estonia	over 61	F	basic education	retired
29	YES	Estonia	over 61	F	basic education	
30	YES	Estonia	over 61	M	basic education	driver
31	NO	Italy	31 - 45	F	upper secondary edu.	bartender
32	YES	Italy	19 - 30	f	higher education	lawyer
33	YES	Italy	31 - 45	M	upper secondary edu.	artisan
34	YES	Italy	over 61	F	upper secondary edu.	retired
35	YES	Italy	over 61	M	upper secondary edu.	retired
36	YES	Italy	19 - 30	M	higher education	architect
37	YES	Italy	46 - 60	F	upper secondary edu.	cashier
38	YES	Italy	46 - 60	M	upper secondary edu.	employee
39	YES	Italy	46 - 60	F	upper secondary edu.	nurse
40	YES	Italy	19 - 30	F	higher education	midwife
41	YES	Italy	over 61	F	upper secondary edu.	retired
42	YES	Italy	46 - 60	M	upper secondary edu.	warehouse worker
43	YES	Italy	31 - 45	F	upper secondary edu.	shop assistant
44	YES	Italy	over 61	M	upper secondary edu.	retired
45	YES	Italy	46 - 60	F	upper secondary edu.	nurse
46	YES	Italy	over 61	M	lower secondary edu.	retired (ex worker)
47	YES	Italy	19 - 30	M	upper secondary edu.	employee
48	YES	Italy	over 61	F	upper secondary edu.	housewife
49	YES	Italy	under 18	M	lower secondary edu.	student
50	YES	Italy	under 18	M	lower secondary edu.	student
51	YES	Italy	19 - 30	M	upper secondary edu.	worker
52	YES	Italy	19 - 30	F	higher education	employee



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53	YES	Italy	19 - 30	F	lower secondary edu.	student
54	YES	Italy	under 18	M	lower secondary edu.	student
55	YES	Italy	under 18	N	lower secondary edu.	student
56	YES	Italy	under 18	M	lower secondary edu.	student
57	YES	Italy	31 - 46	F	upper secondary edu.	employee
58	YES	Italy	46 - 60	F	higher education	employee
59	YES	Italy	46 - 60	F	upper secondary edu.	nurse
60	YES	Italy	31 - 45	F	higher education	teacher
61	YES	Latvia	31 - 45	F	higher education	project manager
62	YES	Latvia	19 - 30	M	upper secondary edu.	student
63	YES	Latvia	19 - 30	F	upper secondary edu.	student
64	YES	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
65	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
66	YES	Latvia	46 - 60	F	higher education	manager
67	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
68	YES	Latvia	31 - 45	F	higher education	project manager
69	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
70	YES	Latvia	46 - 60	F	higher education	manager
71	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
72	YES	Latvia	19 - 30	M	higher education	entrepreneur
73	YES	Latvia	19 - 30	F	upper secondary edu.	student
74	YES	Latvia	19 - 30	M	upper secondary edu.	student
75	YES	Latvia	19 - 30	F	higher education	
76	YES	Latvia	19 - 30	F	higher education	shop assistant
77	YES	Latvia	19 - 30	F	upper secondary edu.	student
78	YES	Latvia	19 - 30	F	upper secondary edu.	expert
79	YES	Latvia	under 18	F	upper secondary edu.	student
80	YES	Latvia	under 18	M	upper secondary edu.	student
81	YES	Latvia	under 18	F	upper secondary edu.	student
82	YES	Latvia	19 - 30	M	upper secondary edu.	public transport expert
83	YES	Latvia	46 - 60	M	upper secondary edu.	lawyer
84	YES	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
85	YES	Latvia	19 - 30	M	upper secondary edu.	student
86	YES	Latvia	31 - 45	F	higher education	project manager
87	YES	Latvia	19 - 30	F	upper secondary edu.	student
88	YES	Latvia	19 - 30	M	upper secondary edu.	student
89	YES	Latvia	19 - 30	M	upper secondary edu.	student
90	YES	Latvia	19 - 30	F	upper secondary edu.	student
91	YES	Poland	19 - 30	f	upper secondary edu.	teacher
92	NO	Portugal	31 - 45	F	upper secondary edu.	hairdresser
93	NO	Portugal	under 18	F	upper secondary edu.	student
94	YES	Portugal	31 - 45	M	higher education	economist
95	YES	Portugal	19 - 30	M	higher education	student
96	YES	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
97	YES	Portugal	31 - 45	M	higher education	professor
98	YES	Portugal	19 - 30	M	upper secondary edu.	student
99	YES	Portugal	31 - 45	F	higher education	teacher
100	YES	Portugal	over 61	F	upper secondary edu.	retired
101	YES	Portugal	31 - 45	M	upper secondary edu.	technician
102	YES	Portugal	31 - 45	M	upper secondary edu.	seller
103	YES	Portugal	46 - 60	F	higher education	professor
104	YES	Portugal	46 - 60	F	higher education	retirement home manager
105	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
106	YES	Portugal	31 - 45	F	higher education	professor
107	YES	Portugal	19 - 30	M	higher education	psychologist
108	YES	Portugal	31 - 45	F	higher education	psychologist
109	YES	Portugal	31 - 45	M	upper secondary edu.	secure force



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110	YES	Portugal	19 - 30	F	upper secondary edu.	student
111	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
112	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
113	YES	Portugal	31 - 45	F	upper secondary edu.	teacher
114	YES	Portugal	31 - 45	f	basic education	cleaning lady
115	YES	Portugal	31 - 45	F	upper secondary edu.	official
116	YES	Portugal	31 - 45	F	upper secondary edu.	beautician
117	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
118	YES	Portugal	under 18	M	upper secondary edu.	student
119	YES	Portugal	under 18	F	upper secondary edu.	student
120	YES	Portugal	under 18	f	basic education	student
121	YES	Portugal	31 - 45	F	higher education	engineer
122	YES	Portugal	19 - 30	F	higher education	student
123	YES	Portugal	19 - 30	F	higher education	
124	YES	Portugal	under 18	f	basic education	student
125	YES	Portugal	31 - 45	F	higher education	physiotherapist
126	YES	France	31 - 45	F	upper secondary edu.	nurse
127	YES	Angola	31 - 45	M	upper secondary edu.	school assistant
128	YES	Spain	under 18	F	compulsory secondary edu.	student
129	YES	Spain	under 18	F	compulsory secondary edu.	student
130	YES	Spain	under 18	F	compulsory secondary edu.	student
131	YES	Spain	under 18	F	compulsory secondary edu.	student
132	YES	Spain	under 18	F	compulsory secondary edu.	student
133	YES	Spain	under 18	M	compulsory secondary edu.	student
134	YES	Spain	under 18	M	compulsory secondary edu.	student
135	YES	Spain	under 18	M	compulsory secondary edu.	student
136	YES	Spain	under 18	M	compulsory secondary edu.	student
137	YES	Spain	46 - 60	F	higher education	teacher
138	YES	Spain	31 - 45	M	higher education	engineer
139	YES	Spain	46 - 60	M	higher education	directive
140	YES	Spain	46 - 60	F	higher education	nurse
141	YES	Spain	46 - 60	f	higher education	bank
142	YES	Spain	46 - 60	F	higher education	administrative
143	YES	Spain	46 - 60	F	higher education	teacher
144	YES	Spain	46 - 60	F	higher education	administrative
145	YES	Spain	46 - 60	F	higher education	nurse
146	YES	Spain	46 - 60	M	higher education	nurse
147	YES	Spain	46 - 60	M	higher education	dentist
148	YES	Spain	over 61	M	compulsory secondary edu.	retired
149	YES	Spain	over 61	M	higher education	retired - bank
150	YES	Spain	over 61	M	higher education	retired - bank
151	YES	Spain	over 61	M	compulsory secondary edu.	retired - bank
152	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
153	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
154	YES	Spain	46- 60	M	compulsory secondary edu.	dealer
155	YES	Spain	over 61	F	compulsory secondary edu.	housewife
156	YES	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
157	YES	Spain	over 61	F	compulsory secondary edu.	housewife
158	YES	Spain	over 61	F	compulsory secondary edu.	housewife
159	YES	Spain	over 61	F	compulsory secondary edu.	retired - nurse
160	YES	Spain	31 - 45	F	upper secondary edu.	administrative
161	YES	Spain	over 61	F	compulsory secondary edu.	retired - nurse



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TAB. 2.8

8) Local authorities support the promotion of Health-Enhancing Physical Activity, for example through promotional message on local media, promoting the availability of a varied sport and exercise programme or encouraging people to use walking and cycle path?

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		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	YES - A	Estonia	under 18	M	basic education	student
2	YES - A	Estonia	under 18	M	basic education	student
3	YES - A	Estonia	under 18	F	basic education	student
4	YES - A	Estonia	46 - 60	M	upper secondary edu.	mechanic
5	YES - A	Estonia	over 61	M	upper secondary edu.	retired
6	YES - A	Estonia	over 61	F	basic education	
7	YES - A - B	Estonia	under 18	F	basic education	student
8	YES - A - B	Estonia	under 18	M	basic education	student
9	YES - A - B	Estonia	under 18	M	basic education	student
10	YES - A - B	Estonia	19 - 30	F	higher education	project manager
11	YES - A - B	Estonia	31 - 45	F	upper secondary edu.	official
12	YES - A - B	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
13	YES - A - B	Estonia	19 - 30	F	higher education	teacher
14	YES - A - B	Estonia	46 - 60	F	upper secondary edu.	baker
15	YES - A - B - C	Estonia	46 - 60	F	upper secondary edu.	specialist
16	YES - A - B - C	Estonia	46 - 60	F	upper secondary edu.	civil service
17	YES - A - B - C	Estonia	over 61	F	upper secondary edu.	specialist
18	YES - B	Estonia	19 - 30	M	higher education	land manager
19	YES - B	Estonia	19 - 30	M	upper secondary edu.	official
20	YES - B	Estonia	19 - 30	M	basic education	builder
21	YES - B	Estonia	19 - 30	F	basic education	customer service
22	YES - B	Estonia	31 - 45	F	upper secondary edu.	librarian
23	YES - B	Estonia	31 - 45	F	upper secondary edu.	postman
24	YES - B	Estonia	46 - 60	M	upper secondary edu.	mechanic
25	YES - B	Estonia	46 - 60	F	upper secondary edu.	seller
26	YES - B	Estonia	over 61	M	upper secondary edu.	retired
27	YES - B	Estonia	over 61	M	basic education	driver
28	YES - B - C	Estonia	over 61	F	basic education	retired
29	YES - A	Estonia	19 - 30	M	upper secondary edu.	mechanic
30	YES - A - B - C	Estonia	31 - 45	M	upper secondary edu.	employee
31	YES - C	Italy	19 - 30	f	higher education	lawyer
32	YES - B	Italy	31 - 45	M	upper secondary edu.	artisan
33	YES - B	Italy	over 61	F	upper secondary edu.	retired
34	YES - C	Italy	over 61	M	upper secondary edu.	retired
35	YES - B	Italy	19 - 30	M	higher education	architect
36	NO	Italy	31 - 45	F	upper secondary edu.	bartender
37	NO	Italy	46 - 60	F	upper secondary edu.	cashier
38	YES - B	Italy	46 - 60	M	upper secondary edu.	employee
39	YES - C	Italy	46 - 60	F	upper secondary edu.	nurse
40	YES - A	Italy	19 - 30	F	higher education	midwife
41	YES - C	Italy	over 61	F	upper secondary edu.	retired
42	NO	Italy	46 - 60	M	upper secondary edu.	warehouse worker
43	NO	Italy	31 - 45	F	upper secondary edu.	shop assistant
44	YES - C	Italy	over 61	M	upper secondary edu.	retired
45	YES - B - C	Italy	46 - 60	F	upper secondary edu.	nurse
46	YES - C	Italy	over 61	M	lower secondary edu.	retired (ex worker)
47	NO	Italy	19 - 30	M	upper secondary edu.	employee
48	YES - C	Italy	over 61	F	upper secondary edu.	housewife
49	YES - C	Italy	under 18	M	lower secondary edu.	student
50	NO	Italy	under 18	M	lower secondary edu.	student
51	NO	Italy	19 - 30	M	upper secondary edu.	worker





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52	NO	Italy	19 - 30	F	higher education	employee
53	NO	Italy	19 - 30	F	lower secondary edu.	student
54	YES	Italy	under 18	M	lower secondary edu.	student
55	YES	Italy	under 18	N	lower secondary edu.	student
56	NO	Italy	under 18	M	lower secondary edu.	student
57	YES - B	Italy	31 - 46	F	upper secondary edu.	employee
58	YES - C	Italy	46 - 60	F	higher education	employee
59	YES - B	Italy	46 - 60	F	upper secondary edu.	nurse
60	NO	Italy	31 - 45	F	higher education	teacher
61	NO	Latvia	46 - 60	F	higher education	manager
62	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
63	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
64	NO	Latvia	46 - 60	F	higher education	manager
65	YES - A	Latvia	19 - 30	F	upper secondary edu.	student
66	YES - A	Latvia	19 - 30	F	upper secondary edu.	housewife
67	YES - A	Latvia	19 - 30	F	upper secondary edu.	housewife
68	YES - A	Latvia	19 - 30	F	upper secondary edu.	student
69	YES - A	Latvia	19 - 30	F	upper secondary edu.	student
70	YES - A	Latvia	19 - 30	F	higher education	
71	YES - A	Latvia	under 18	F	upper secondary edu.	student
72	YES - A	Latvia	under 18	F	upper secondary edu.	student
73	YES - A	Latvia	19 - 30	F	higher education	shop assistant
74	YES - A	Latvia	under 18	M	upper secondary edu.	student
75	YES - A - B	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
76	YES - A - B	Latvia	31 - 45	F	higher education	project manager
77	YES - A - B	Latvia	31 - 45	F	higher education	project manager
78	YES - A - B	Latvia	19 - 30	M	higher education	entrepreneur
79	YES - A - B	Latvia	46 - 60	M	higher education	lawyer
80	YES - A - B	Latvia	19 - 30	F	upper secondary edu.	student
81	YES - A - B - C	Latvia	19 - 30	F	upper secondary edu.	expert
82	YES - A - B - C	Latvia	19 - 30	F	upper secondary edu.	student
83	YES - A - C	Latvia	19 - 30	M	upper secondary edu.	student
84	YES - A - C	Latvia	19 - 30	M	upper secondary edu.	student
85	YES - A - C	Latvia	19 - 30	M	upper secondary edu.	student
86	YES - A - C	Latvia	19 - 30	M	upper secondary edu.	student
87	YES - B	Latvia	19 - 30	M	upper secondary edu.	public transport expert
88	YES - B	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
89	YES - B	Latvia	19 - 30	M	upper secondary edu.	student
90	YES - B	Latvia	19 - 30	M	higher education	project manager
91	YES - B - C	Latvia	31 - 45	F	higher education	project manager
92	NO	Poland	19 - 30	f	upper secondary edu.	teacher
93	NO	Portugal	31 - 45	M	higher education	economist
94	NO	Portugal	19 - 30	M	upper secondary edu.	student
95	NO	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
96	NO	Portugal	31 - 45	M	higher education	professor
97	NO	Portugal	31 - 45	F	higher education	teacher
98	NO	Portugal	31 - 45	M	upper secondary edu.	technician
99	NO	Portugal	31 - 45	M	upper secondary edu.	seller
100	NO	Portugal	19 - 30	F	upper secondary edu.	unemployer
101	NO	Portugal	31 - 45	F	higher education	professor
102	NO	Portugal	19 - 30	M	higher education	psychologist
103	NO	Portugal	31 - 45	f	basic education	cleaning lady
104	NO	Portugal	31 - 45	F	upper secondary edu.	official
105	NO	Portugal	under 18	M	upper secondary edu.	student
106	NO	Portugal	31 - 45	F	higher education	physiotherapist
107	YES	Portugal	46 - 60	F	higher education	retirement home manager
108	YES - A	Portugal	31 - 45	F	upper secondary edu.	teacher

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109	YES - A	Portugal	31 - 45	F	upper secondary edu.	beautician
110	YES - A	Portugal	under 18	F	upper secondary edu.	student
111	YES - A	Portugal	under 18	f	basic education	student
112	YES - A - B	Portugal	46 - 60	F	higher education	professor
113	YES - A - B - C	Portugal	over 61	F	upper secondary edu.	retired
114	YES - A - B - C	Portugal	under 18	F	upper secondary edu.	student
115	YES - B	Portugal	19 - 30	M	upper secondary edu.	student
116	YES - B	Portugal	31 - 45	F	higher education	psychologist
117	YES - B	Portugal	19 - 30	F	upper secondary edu.	student
118	YES - B	Portugal	31 - 45	F	upper secondary edu.	administrative
119	YES - B	Portugal	31 - 45	F	higher education	engineer
120	YES - B	Portugal	19 - 30	F	higher education	student
121	YES - B	Portugal	under 18	f	basic education	student
122	YES - B - C	Portugal	31 - 45	F	upper secondary edu.	hairdresse
123	YES - C	Portugal	31 - 45	M	upper secondary edu.	secure force
124	YES - C	Portugal	19 - 30	F	upper secondary edu.	unemployer
125	YES - C	Portugal	19 - 30	F	higher education	
126	YES- A	Portugal	31 - 45	F	upper secondary edu.	administrative
127	YES - A	Angola	31 - 45	M	upper secondary edu.	school assistant
128	NO	France	31 - 45	F	upper secondary edu.	nurse
129	NO	Spain	over 61	M	higher education	retired - bank
130	NO	Spain	over 61	M	higher education	retired - bank
131	NO	Spain	31 - 45	F	upper secondary edu.	administrative
132	YES	Spain	over 61	F	compulsory secondary edu.	housewife
133	YES - A	Spain	under 18	F	compulsory secondary edu.	student
134	YES - A	Spain	under 18	F	compulsory secondary edu.	student
135	YES - A	Spain	under 18	F	compulsory secondary edu.	student
136	YES - A	Spain	under 18	F	compulsory secondary edu.	student
137	YES - A	Spain	31 - 45	M	higher education	engineer
138	YES - A	Spain	over 61	F	compulsory secondary edu.	retired - nurse
139	YES - A-B	Spain	46 - 60	F	higher education	teacher
140	YES - A-B	Spain	46 - 60	F	higher education	administrative
141	YES - B	Spain	46 - 60	M	higher education	directive
142	YES - B	Spain	46 - 60	F	higher education	nurse
143	YES - B	Spain	46 - 60	f	higher education	bank
144	YES - B	Spain	46 - 60	F	higher education	teacher
145	YES - B	Spain	46 - 60	F	higher education	administrative
146	YES - B	Spain	46 - 60	F	higher education	nurse
147	YES - B	Spain	46 - 60	M	higher education	dentist
148	YES - B	Spain	over 61	M	compulsory secondary edu.	retired
149	YES - B	Spain	over 61	M	compulsory secondary edu.	retired - bank
150	YES - B	Spain	over 61	M	compulsory secondary edu.	retired - former worker
151	YES - B	Spain	over 61	M	compulsory secondary edu.	retired - former worker
152	YES - B	Spain	46 - 60	M	compulsory secondary edu.	dealer
153	YES - B	Spain	over 61	F	compulsory secondary edu.	housewife
154	YES - B	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
155	YES - B	Spain	over 61	F	compulsory secondary edu.	housewife
156	YES - C	Spain	under 18	F	compulsory secondary edu.	student
157	YES - C	Spain	under 18	M	compulsory secondary edu.	student
158	YES - C	Spain	under 18	M	compulsory secondary edu.	student
159	YES - C	Spain	under 18	M	compulsory secondary edu.	student
160	YES - C	Spain	46 - 60	M	higher education	nurse
161	YES - C	Spain	under 18	M	compulsory secondary edu.	student

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TAB. 2.9

9) Do you have children? If yes, your children play any sports? If yes, how often? At school are proposed any initiative to promote physical activities such as walk group, journey home/school on foot or by bicycle, sport activities outside school hours, ...

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		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO - YES	Spain	under 18	F	compulsory secondary edu.	student
2	NO	Spain	under 18	M	compulsory secondary edu.	student
3	NO	Spain	under 18	M	compulsory secondary edu.	student
4	NO	Spain	under 18	M	compulsory secondary edu.	student
5	NO	Spain	under 18	M	compulsory secondary edu.	student
6	NO	Spain	31 - 45	M	higher education	engineer
7	NO	Spain	46 - 60	F	higher education	administrative
8	NO	Spain	over 61	M	compulsory secondary edu.	retired
9	NO	Spain	under 18	F	compulsory secondary edu.	student
10	NO - YES	Spain	under 18	F	compulsory secondary edu.	student
11	NO - YES	Spain	under 18	F	compulsory secondary edu.	student
12	NO - YES	Spain	under 18	F	compulsory secondary edu.	student
13	YES - NO	Spain	46 - 60	M	compulsory secondary edu.	dealer
14	YES - NO	Spain	over 61	F	compulsory secondary edu.	housewife
15	YES - YES - A	Spain	over 61	F	compulsory secondary edu.	housewife
16	YES - YES - A	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
17	YES - YES - A	Spain	over 61	F	compulsory secondary edu.	housewife
18	YES - YES - A	Spain	over 61	F	compulsory secondary edu.	retired - nurse
19	YES - YES - A	Spain	over 61	M	compulsory secondary edu.	retired - former worker
20	YES - YES - A - NO	Spain	46 - 60	F	higher education	nurse
21	YES - YES - A - NO	Spain	46 - 60	f	higher education	bank
22	YES - YES - A - NO	Spain	over 61	M	compulsory secondary edu.	retired - bank
23	YES - YES - A - YES	Spain	46 - 60	F	upper secondary edu.	teacher
24	YES - YES - A - YES	Spain	46 - 60	F	higher education	teacher
25	YES - YES - A - YES	Spain	46 - 60	M	higher education	nurse
26	YES - YES - B	Spain	over 61	M	higher education	retired - bank
27	YES - YES - B	Spain	over 61	M	higher education	retired - bank
28	YES - YES - B	Spain	over 61	M	compulsory secondary edu.	retired - former worker
29	YES - YES - B - NO	Spain	46 - 60	F	higher education	nurse
30	YES - YES - B - NO	Spain	46 - 60	M	higher education	dentist
31	YES - YES - C - NO	Spain	46 - 60	F	higher education	administrative
32	YES - YES - C - YES	Spain	46 - 60	M	upper secondary edu.	directive
33	YES	Portugal	31 - 45	M	higher education	economist
34	NO	Portugal	19 - 30	M	upper secondary edu.	student
35	NO	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
36	NO	Portugal	31 - 45	M	higher education	professor
37	NO	Portugal	19 - 30	M	upper secondary edu.	student
38	NO	Portugal	31 - 45	F	higher education	teacher
39	NO	Portugal	31 - 45	M	upper secondary edu.	seller
40	NO	Angola	31 - 45	M	upper secondary edu.	school assistant
41	NO	Poland	19 - 30	f	upper secondary edu.	teacher
42	NO	Portugal	46 - 60	F	higher education	professor
43	NO	Portugal	19 - 30	F	upper secondary edu.	unemployer
44	NO	Portugal	31 - 45	F	higher education	professor
45	NO	Portugal	19 - 30	M	higher education	psychologist
46	NO	Portugal	31 - 45	F	higher education	psychologist
47	NO	Portugal	19 - 30	F	upper secondary edu.	student
48	NO	Portugal	19 - 30	F	upper secondary edu.	unemployer
49	NO	Portugal	31 - 45	F	upper secondary edu.	official





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50	NO	Portugal	under 18	M	upper secondary edu.	student
51	NO	Portugal	under 18	F	upper secondary edu.	student
52	NO	Portugal	under 18	F	upper secondary edu.	student
53	NO	Portugal	under 18	f	upper secondary edu.	student
54	NO	Portugal	31 - 45	F	higher education	engineer
55	NO	Portugal	19 - 30	F	higher education	
56	NO	Portugal	under 18	f	basic education	student
57	YES - NO	Portugal	31 - 45	f	basic education	cleaning lady
58	YES - NO - NO	Spain	31 - 45	F	higher education	administrative
59	YES - YES	Portugal	over 61	F	upper secondary edu.	retired
60	YES - YES - A - YES	Portugal	31 - 45	F	upper secondary edu.	administrative
61	YES - YES - A - NO	France	31 - 45	F	upper secondary edu.	nurse
62	YES - YES - A - NO	Portugal	31 - 45	F	upper secondary edu.	teacher
63	YES - YES - A - NO	Portugal	31 - 45	F	higher education	physiotherapist
64	YES - YES - A - YES	Portugal	46 - 60	F	higher education	retirement home manager
65	YES - YES - A - YES	Portugal	31 - 45	F	upper secondary edu.	hairdresser
66	YES - YES - A - YES	Portugal	31 - 45	F	upper secondary edu.	beautician
67	YES - YES - B - NO	Portugal	19 - 30	F	higher education	student
68	YES - YES - B - YES	Portugal	31 - 45	M	upper secondary edu.	secure force
69	YES - YES - B - YES	Portugal	31 - 45	F	upper secondary edu.	administrative
70	YES - YES - C - NO	Portugal	31 - 45	M	upper secondary edu.	technician
71	NO	Estonia	under 18	M	basic education	student
72	NO	Estonia	under 18	M	basic education	student
73	NO	Estonia	under 18	F	basic education	student
74	NO	Estonia	under 18	M	basic education	student
75	NO	Estonia	under 18	M	basic education	student
76	NO	Estonia	under 18	F	basic education	student
77	NO	Estonia	19 - 30	F	higher education	project manager
78	NO	Estonia	19 - 30	M	higher education	land manager
79	NO	Estonia	19 - 30	M	upper secondary edu.	mechanic
80	NO	Estonia	19 - 30	M	upper secondary edu.	official
81	NO	Estonia	19 - 30	M	basic education	builder
82	NO	Estonia	19 - 30	F	basic education	customer service
83	NO	Estonia	19 - 30	F	higher education	teacher
84	NO	Estonia	46 - 60	F	upper secondary edu.	specialist
85	NO	Estonia	46 - 60	F	upper secondary edu.	civil service
86	NO	Estonia	over 61	M	upper secondary edu.	retired
87	YES - YES - A - YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
88	YES - YES - A - YES	Estonia	over 61	F	upper secondary edu.	specialist
89	YES - YES - B - YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
90	YES - YES - B - YES	Estonia	31 - 45	F	upper secondary edu.	librarian
91	YES - YES - B - YES	Estonia	46 - 60	F	upper secondary edu.	baker
92	YES - YES - B - YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
93	YES - YES - B - YES	Estonia	over 61	F	basic education	retired
94	YES - YES - B - YES	Estonia	over 61	F	basic education	
95	YES - YES - B - YES	Estonia	over 61	M	basic education	driver
96	YES - YES - C - YES	Estonia	31 - 45	F	upper secondary edu.	official
97	YES - YES - C - YES	Estonia	31 - 45	F	upper secondary edu.	postman
98	YES - YES - C - YES	Estonia	31 - 45	M	upper secondary edu.	employee
99	YES - YES - C - YES	Estonia	46 - 60	F	upper secondary edu.	seller
100	YES - YES - C - YES	Estonia	over 61	M	upper secondary edu.	retired
101	NO - NO - NO	Latvia	19 - 30	M	upper secondary edu.	student
102	NO	Latvia	19 - 30	M	higher education	entrepreneur
103	NO	Latvia	19 - 30	F	upper secondary edu.	student
104	NO	Latvia	19 - 30	M	upper secondary edu.	student
105	NO	Latvia	19 - 30	F	upper secondary edu.	student
106	NO	Latvia	19 - 30	F	higher education	shop assistant



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107	NO	Latvia	19 - 30	F	upper secondary edu.	expert
108	NO	Latvia	under 18	F	upper secondary edu.	student
109	NO	Latvia	under 18	M	upper secondary edu.	student
110	NO	Latvia	under 18	F	upper secondary edu.	student
111	NO	Latvia	19 - 30	M	upper secondary edu.	student
112	NO	Latvia	19 - 30	M	upper secondary edu.	student
113	NO	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
114	NO - NO - NO	Latvia	19 - 30	F	upper secondary edu.	student
115	NO - NO - NO	Latvia	19 - 30	F	upper secondary edu.	student
116	YES - NO - NO	Latvia	46 - 60	F	higher education	manager
117	YES - NO - NO	Latvia	31 - 45	M	upper secondary edu.	it expert
118	YES - NO - NO	Latvia	31 - 45	F	higher education	project manager
119	YES - NO - NO	Latvia	31 - 45	M	upper secondary edu.	it expert
120	YES - NO - NO	Latvia	31 - 45	F	higher education	project manager
121	YES - NO - NO	Latvia	46 - 60	F	higher education	manager
122	YES - NO - NO	Latvia	19 - 30	F	upper secondary edu.	housewife
123	YES - NO - NO	Latvia	19 - 30	M	upper secondary edu.	public transport expert
124	YES - NO - YES	Latvia	19 - 30	F	upper secondary edu.	housewife
125	YES - NO - YES	Latvia	19 - 30	F	higher education	
126	YES - NO - YES	Latvia	19 - 30	M	higher education	project manager
127	YES - YES - A - NO	Latvia	46 - 60	M	upper secondary edu.	lawyer
128	YES - YES - A - NO	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
129	YES - YES - A - YES	Latvia	19 - 30	F	upper secondary edu.	student
130	YES - YES - B - YES	Latvia	31 - 45	F	higher education	project manager
131	YES - YES - C - NO	Latvia	19 - 30	M	upper secondary edu.	student
132	NO	Italy	19 - 30	f	higher education	lawyer
133	NO	Italy	19 - 30	M	higher education	architect
134	NO	Italy	31 - 45	F	upper secondary edu.	bartender
135	NO	Italy	under 18	M	lower secondary edu.	student
136	NO	Italy	under 18	M	lower secondary edu.	student
137	NO	Italy	19 - 30	F	higher education	employee
138	NO	Italy	19 - 30	F	lower secondary edu.	student
139	NO	Italy	under 18	M	lower secondary edu.	student
140	NO	Italy	under 18	N	lower secondary edu.	student
141	NO	Italy	under 18	M	lower secondary edu.	student
142	NO	Italy	31 - 46	F	upper secondary edu.	employee
143	NO	Italy	46 - 60	F	higher education	employee
144	NO	Italy	31 - 45	F	higher education	teacher
145	YES	Italy	19 - 30	M	upper secondary edu.	worker
146	YES - NO	Italy	31 - 45	M	upper secondary edu.	artisan
147	YES - NO	Italy	19 - 30	F	higher education	midwife
148	YES - NO	Italy	over 61	F	upper secondary edu.	retired
149	YES - NO - NO	Italy	46 - 60	F	upper secondary edu.	cashier
150	YES - YES - A	Italy	over 61	F	upper secondary edu.	retired
151	YES - YES - A	Italy	over 61	M	upper secondary edu.	retired
152	YES - YES - B	Italy	over 61	M	upper secondary edu.	retired
153	YES - YES - B	Italy	over 61	M	lower secondary edu.	retired (ex worker)
154	YES - YES - B	Italy	over 61	F	upper secondary edu.	housewife
155	YES - YES - B - YES	Italy	46 - 60	M	upper secondary edu.	warehouse worker
156	YES - YES - B - YES	Italy	46 - 60	F	upper secondary edu.	nurse
157	YES - YES - B - YES	Italy	46 - 60	F	upper secondary edu.	nurse
158	YES - YES - C	Italy	46 - 60	M	upper secondary edu.	employee
159	YES - YES - C	Italy	19 - 30	M	upper secondary edu.	employee
160	YES - YES - C - YES	Italy	46 - 60	F	upper secondary edu.	nurse
161	YES - YES - C - YES	Italy	31 - 45	F	upper secondary edu.	shop assistant



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TAB. 2.10

10) Do you think that sport can be a “social inclusion tool”?

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	YES	Spain	under 18	F	compulsory secondary edu.	student
2	YES	Spain	under 18	F	compulsory secondary edu.	student
3	YES	Spain	under 18	F	compulsory secondary edu.	student
4	YES	Spain	under 18	F	compulsory secondary edu.	student
5	YES	Spain	under 18	F	compulsory secondary edu.	student
6	YES	Spain	under 18	M	compulsory secondary edu.	student
7	YES	Spain	under 18	M	compulsory secondary edu.	student
8	YES	Spain	under 18	M	compulsory secondary edu.	student
9	YES	Spain	under 18	M	compulsory secondary edu.	student
10	YES	Spain	46 - 60	F	higher education	teacher
11	YES	Spain	31 - 45	M	higher education	engineer
12	YES	Spain	46 - 60	M	higher education	directive
13	YES	Spain	46 - 60	F	higher education	nurse
14	YES	Spain	46 - 60	f	higher education	bank
15	YES	Spain	46 - 60	F	higher education	administrative
16	YES	Spain	46 - 60	F	higher education	teacher
17	YES	Spain	46 - 60	F	higher education	administrative
18	YES	Spain	46 - 60	F	higher education	nurse
19	YES	Spain	46 - 60	M	higher education	nurse
20	YES	Spain	46 - 60	M	higher education	dentist
21	YES	Spain	over 61	M	compulsory secondary edu.	retired
22	YES	Spain	over 61	M	higher education	retired - bank
23	YES	Spain	over 61	M	higher education	retired - bank
24	YES	Spain	over 61	M	compulsory secondary edu.	retired - bank
25	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
26	YES	Spain	over 61	M	compulsory secondary edu.	retired - former worker
27	YES	Spain	46 - 60	M	compulsory secondary edu.	dealer
28	YES	Spain	over 61	F	compulsory secondary edu.	housewife
29	YES	Spain	over 61	F	compulsory secondary edu.	retired - former beautician
30	YES	Spain	over 61	F	compulsory secondary edu.	housewife
31	YES	Spain	over 61	F	compulsory secondary edu.	housewife
32	YES	Spain	over 61	F	compulsory secondary edu.	retired - hurse
33	YES	Portugal	31 - 45	M	higher education	economist
34	YES	Portugal	19 - 30	M	upper secondary edu.	student
35	YES	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
36	YES	Portugal	31 - 45	M	higher education	professor
37	YES	Portugal	19 - 30	M	upper secondary edu.	student
38	YES	Portugal	31 - 45	F	higher education	teacher
39	YES	Portugal	over 61	F	upper secondary edu.	retired
40	YES	Portugal	31 - 45	M	upper secondary edu.	technician
41	YES	Portugal	31 - 45	M	upper secondary edu.	seller
42	YES	Angola	31 - 45	M	upper secondary edu.	school assistant
43	YES	Poland	19 - 30	f	upper secondary edu.	teacher
44	YES	Portugal	46 - 60	F	higher education	professor
45	YES	Portugal	46 - 60	F	higher education	retirement home manager
46	YES	Portugal	19 - 30	F	upper secondary edu.	unemployer
47	YES	Portugal	31 - 45	F	higher education	professor
48	YES	Portugal	31 - 45	F	upper secondary edu.	nurse
49	YES	Portugal	19 - 30	M	higher education	psychologist
50	YES	Portugal	31 - 45	F	higher education	psychologist
51	YES	Portugal	31 - 45	M	upper secondary edu.	secure force
52	YES	Portugal	19 - 30	F	upper secondary edu.	student
53	NO	Portugal	19 - 30	F	upper secondary edu.	unemployer

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54	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
55	YES	Portugal	31 - 45	F	upper secondary edu.	teacher
56	YES	Portugal	31 - 45	F	upper secondary edu.	hairstresser
57		Portugal	31 - 45	f	basic education	cleaning lady
58	YES	Portugal	31 - 45	F	upper secondary edu.	official
59	YES	Portugal	31 - 45	F	upper secondary edu.	beautician
60	YES	Portugal	31 - 45	F	upper secondary edu.	administrative
61	YES	Portugal	under 18	M	upper secondary edu.	student
62	YES	Portugal	under 18	F	upper secondary edu.	student
63	YES	Portugal	under 18	F	upper secondary edu.	student
64		Portugal	under 18	f	basic education	student
65	YES	Spain	31 - 45	F	upper secondary edu.	administrative
66	YES	Portugal	31 - 45	F	higher education	engineer
67	YES	Portugal	19 - 30	F	higher education	student
68	YES	Portugal	19 - 30	F	higher education	
69	YES	Portugal	under 18	f	basic education	student
70	YES	Portugal	31 - 45	F	higher education	physiotherapist
71	YES	Estonia	under 18	M	basic education	student
72	YES	Estonia	under 18	M	basic education	student
73	YES	Estonia	under 18	F	basic education	student
74	YES	Estonia	under 18	M	basic education	student
75	YES	Estonia	under 18	M	basic education	student
76	YES	Estonia	under 18	F	basic education	student
77	YES	Estonia	19 - 30	F	higher education	project manager
78	YES	Estonia	19 - 30	M	higher education	land manager
79	YES	Estonia	19 - 30	M	upper secondary edu.	mechanic
80	YES	Estonia	19 - 30	M	upper secondary edu.	official
81	YES	Estonia	19 - 30	M	basic education	builder
82	YES	Estonia	19 - 30	F	basic education	customer service
83	YES	Estonia	31 - 45	F	upper secondary edu.	official
84	YES	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
85	YES	Estonia	31 - 45	F	upper secondary edu.	librarian
86	YES	Estonia	19 - 30	F	higher education	teacher
87	YES	Estonia	31 - 45	F	upper secondary edu.	postman
88	YES	Estonia	31 - 45	M	upper secondary edu.	employee
89	YES	Estonia	46 - 60	F	upper secondary edu.	specialist
90	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
91	YES	Estonia	46 - 60	F	upper secondary edu.	seller
92	YES	Estonia	46 - 60	F	upper secondary edu.	baker
93	YES	Estonia	46 - 60	M	upper secondary edu.	mechanic
94	YES	Estonia	46 - 60	F	upper secondary edu.	civil service
95	YES	Estonia	over 61	F	upper secondary edu.	specialist
96	YES	Estonia	over 61	M	upper secondary edu.	retired
97	YES	Estonia	over 61	F	basic education	retired
98		Estonia	over 61	F	basic education	
99	YES	Estonia	over 61	M	upper secondary edu.	retired
100	NO	Estonia	over 61	M	basic education	driver
101	YES	Latvia	19 - 30	M	upper secondary edu.	student
102	YES	Latvia	19 - 30	F	upper secondary edu.	student
103	YES	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
104	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
105	YES	Latvia	46 - 60	F	higher education	manager
106	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
107	YES	Latvia	31 - 45	F	higher education	project manager
108	YES	Latvia	31 - 45	M	upper secondary edu.	it expert
109	YES	Latvia	31 - 45	F	higher education	project manager
110	YES	Latvia	46 - 60	F	higher education	manager

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111	YES	Latvia	19 - 30	F	upper secondary edu.	housewife
112	YES	Latvia	19 - 30	M	higher education	entrepreneur
113	YES	Latvia	19 - 30	F	upper secondary edu.	student
114	YES	Latvia	19 - 30	M	upper secondary edu.	student
115	YES	Latvia	19 - 30	F	upper secondary edu.	student
116	YES	Latvia	19 - 30	F	higher education	
117	YES	Latvia	19 - 30	F	higher education	shop assistant
118	YES	Latvia	19 - 30	F	upper secondary edu.	student
119	YES	Latvia	19 - 30	F	upper secondary edu.	expert
120	YES	Latvia	under 18	F	upper secondary edu.	student
121	YES	Latvia	under 18	M	upper secondary edu.	student
122	YES	Latvia	under 18	F	upper secondary edu.	student
123	YES	Latvia	19 - 30	M	upper secondary edu.	public transport expert
124	YES	Latvia	46 - 60	M	upper secondary edu.	lawyer
125	YES	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
126	YES	Latvia	19 - 30	M	upper secondary edu.	student
127	YES	Latvia	31 - 45	F	higher education	project manager
128	YES	Latvia	19 - 30	F	upper secondary edu.	student
129	YES	Latvia	19 - 30	M	higher education	project manager
130	YES	Latvia	19 - 30	M	upper secondary edu.	student
131	YES	Latvia	19 - 30	M	upper secondary edu.	student
132	YES	Italy	19 - 30	f	higher education	lawyer
133	YES	Italy	31 - 45	M	upper secondary edu.	artisan
134	YES	Italy	over 61	F	upper secondary edu.	retired
135	YES	Italy	over 61	M	upper secondary edu.	retired
136	YES	Italy	19 - 30	M	higher education	architect
137	YES	Italy	31 - 45	F	upper secondary edu.	bartender
138	YES	Italy	46 - 60	F	upper secondary edu.	cashier
139	YES	Italy	46 - 60	M	upper secondary edu.	employee
140	YES	Italy	46 - 60	F	upper secondary edu.	nurse
141	YES	Italy	19 - 30	F	higher education	midwife
142	YES	Italy	over 61	F	upper secondary edu.	retired
143	YES	Italy	46 - 60	M	upper secondary edu.	warehouse worker
144	YES	Italy	31 - 45	F	upper secondary edu.	shop assistant
145	YES	Italy	over 61	M	upper secondary edu.	retired
146	YES	Italy	46 - 60	F	upper secondary edu.	nurse
147	YES	Italy	over 61	M	lower secondary edu.	retired (ex worker)
148	YES	Italy	19 - 30	M	upper secondary edu.	employee
149	YES	Italy	over 61	F	upper secondary edu.	housewife
150	YES	Italy	under 18	M	lower secondary edu.	student
151	YES	Italy	under 18	M	lower secondary edu.	student
152	YES	Italy	19 - 30	M	upper secondary edu.	worker
153	YES	Italy	19 - 30	F	higher education	employee
154	YES	Italy	19 - 30	F	lower secondary edu.	student
155	YES	Italy	under 18	M	lower secondary edu.	student
156	YES	Italy	under 18	N	lower secondary edu.	student
157	YES	Italy	under 18	M	lower secondary edu.	student
158	YES	Italy	31 - 46	F	upper secondary edu.	employee
159	YES	Italy	46 - 60	F	higher education	employee
160	YES	Italy	46 - 60	F	upper secondary edu.	nurse
161	YES	Italy	31 - 45	F	higher education	teacher



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TAB. 2.11

11) In your region are proposed some initiative to promote physical activities for seniors, people with a chronic illness (for example diabetes, obesity, ...) or groups with special needs (disabled people, immigrant, disadvantaged people, ...)? If yes, do you know which kind of initiative? If no or if you don't know, do you think that could be useful? Have you any advice?

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		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	I DON'T KNOW	Estonia	under 18	M	basic education	student
2	I DON'T KNOW	Estonia	under 18	M	basic education	student
3	I DON'T KNOW	Estonia	under 18	F	basic education	student
4	I DON'T KNOW	Estonia	under 18	M	basic education	student
5	I DON'T KNOW	Estonia	under 18	M	basic education	student
6	I DON'T KNOW	Estonia	under 18	F	basic education	student
7	I DON'T KNOW	Estonia	19 - 30	F	higher education	project manager
8	I DON'T KNOW	Estonia	19 - 30	M	higher education	land manager
9	I DON'T KNOW	Estonia	19 - 30	M	upper secondary edu.	mechanic
10	I DON'T KNOW	Estonia	19 - 30	M	upper secondary edu.	official
11	I DON'T KNOW	Estonia	19 - 30	M	basic education	builder
12	I DON'T KNOW	Estonia	31 - 45	F	upper secondary edu.	official
13	I DON'T KNOW	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
14	I DON'T KNOW	Estonia	46 - 60	M	upper secondary edu.	mechanic
15	I DON'T KNOW	Estonia	46 - 60	F	upper secondary edu.	seller
16	I DON'T KNOW	Estonia	over 61	F	upper secondary edu.	specialist
17	I DON'T KNOW	Estonia	over 61	F	basic education	
18	I DON'T KNOW	Estonia	over 61	M	basic education	driver
19	YES - A	Estonia	over 61	F	basic education	retired
20	YES - B	Estonia	46 - 60	F	upper secondary edu.	specialist
21	YES - B - C	Estonia	46 - 60	M	upper secondary edu.	mechanic
22	YES - C	Estonia	19 - 30	F	basic education	customer service
23	YES - C	Estonia	31 - 45	F	upper secondary edu.	librarian
24	YES - C	Estonia	19 - 30	F	higher education	teacher
25	YES - C	Estonia	31 - 45	F	upper secondary edu.	postman
26	YES - C	Estonia	31 - 45	M	upper secondary edu.	employee
27	YES - C	Estonia	46 - 60	F	upper secondary edu.	baker
28	YES - C	Estonia	46 - 60	F	upper secondary edu.	civil service
29	YES - C	Estonia	over 61	M	upper secondary edu.	retired
30	YES - C	Estonia	over 61	M	upper secondary edu.	retired
31	YES - A	Italy	19 - 30	f	higher education	lawyer
32	I DON'T KNOW	Italy	31 - 45	M	upper secondary edu.	artisan
33	YES - C	Italy	over 61	F	upper secondary edu.	retired
34	YES - A	Italy	over 61	M	upper secondary edu.	retired
35	YES - A	Italy	19 - 30	M	higher education	architect
36	I DON'T KNOW	Italy	31 - 45	F	upper secondary edu.	bartender
37	NO	Italy	46 - 60	F	upper secondary edu.	cashier
38	NO	Italy	46 - 60	M	upper secondary edu.	employee
39	YES - A	Italy	46 - 60	F	upper secondary edu.	nurse
40	YES - A	Italy	19 - 30	F	higher education	midwife
41	YES - A	Italy	over 61	F	upper secondary edu.	retired
42	NO	Italy	46 - 60	M	upper secondary edu.	warehouse worker
43	I DON'T KNOW	Italy	31 - 45	F	upper secondary edu.	shop assistant
44	YES - A	Italy	over 61	M	upper secondary edu.	retired
45	YES	Italy	46 - 60	F	upper secondary edu.	nurse
46	YES - A	Italy	over 61	M	lower secondary edu.	retired (ex worker)
47	I DON'T KNOW	Italy	19 - 30	M	upper secondary edu.	employee
48	YES - A	Italy	over 61	F	upper secondary edu.	housewife
49	YES - A	Italy	under 18	M	lower secondary edu.	student



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50	I DON'T KNOW	Italy	under 18	M	lower secondary edu.	student
51	I DON'T KNOW	Italy	19 - 30	M	upper secondary edu.	worker
52	YES - A	Italy	19 - 30	F	higher education	employee
53	I DON'T KNOW	Italy	19 - 30	F	lower secondary edu.	student
54	I DON'T KNOW	Italy	under 18	M	lower secondary edu.	student
55	YES - A	Italy	under 18	N	lower secondary edu.	student
56	I DON'T KNOW	Italy	under 18	M	lower secondary edu.	student
57	I DON'T KNOW	Italy	31 - 46	F	upper secondary edu.	employee
58	YES - A	Italy	46 - 60	F	higher education	employee
59	YES - A	Italy	46 - 60	F	upper secondary edu.	nurse
60	I DON'T KNOW	Italy	31 - 45	F	higher education	teacher
61	I DON'T KNOW	Latvia	19 - 30	F	upper secondary edu.	student
62	I DON'T KNOW	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
63	I DON'T KNOW	Latvia	19 - 30	F	upper secondary edu.	housewife
64	I DON'T KNOW	Latvia	46 - 60	F	higher education	manager
65	I DON'T KNOW	Latvia	31 - 45	M	upper secondary edu.	it expert
66	I DON'T KNOW	Latvia	31 - 45	F	higher education	project manager
67	I DON'T KNOW	Latvia	31 - 45	M	upper secondary edu.	it expert
68	I DON'T KNOW	Latvia	31 - 45	F	higher education	project manager
69	I DON'T KNOW	Latvia	46 - 60	F	higher education	manager
70	I DON'T KNOW	Latvia	19 - 30	F	upper secondary edu.	housewife
71	I DON'T KNOW	Latvia	19 - 30	M	higher education	entrepreneur
72	I DON'T KNOW	Latvia	19 - 30	F	upper secondary edu.	student
73	I DON'T KNOW	Latvia	19 - 30	F	upper secondary edu.	student
74	I DON'T KNOW	Latvia	19 - 30	F	higher education	shop assistant
75	I DON'T KNOW	Latvia	19 - 30	M	upper secondary edu.	public transport expert
76	I DON'T KNOW	Latvia	46 - 60	M	higher education	lawyer
77	I DON'T KNOW	Latvia	19 - 30	M	upper secondary edu.	student
78	I DON'T KNOW	Latvia	19 - 30	F	upper secondary edu.	student
79	YES	Latvia	19 - 30	F	upper secondary edu.	student
80	YES	Latvia	19 - 30	F	upper secondary edu.	expert
81	YES - A	Latvia	31 - 45	F	higher education	project manager
82	YES - A - B	Latvia	under 18	F	upper secondary edu.	student
83	YES - A - B	Latvia	under 18	M	upper secondary edu.	student
84	YES - A - B	Latvia	under 18	F	upper secondary edu.	student
85	YES - A - B	Latvia	19 - 30	M	upper secondary edu.	student
86	YES - A - B - C	Latvia	19 - 30	M	upper secondary edu.	student
87	YES - A - B - C	Latvia	19 - 30	M	upper secondary edu.	student
88	YES - A - C	Latvia	19 - 30	M	upper secondary edu.	student
89	YES - B	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
90	YES - C	Latvia	19 - 30	F	higher education	
91	YES - C	Latvia	19 - 30	M	higher education	project manager
92	NO	Poland	19 - 30	f	upper secondary edu.	teacher
93	I DON'T KNOW	Portugal	31 - 45	M	higher education	economist
94	I DON'T KNOW	Portugal	19 - 30	M	upper secondary edu.	student
95	I DON'T KNOW	Portugal	over 61	F	upper secondary edu.	retired
96	I DON'T KNOW	Portugal	31 - 45	M	upper secondary edu.	seller
97	I DON'T KNOW	Portugal	19 - 30	F	upper secondary edu.	unemployer
98	I DON'T KNOW	Portugal	31 - 45	F	higher education	psychologist
99	I DON'T KNOW	Portugal	31 - 45	M	upper secondary edu.	secure force
100	I DON'T KNOW	Portugal	19 - 30	F	upper secondary edu.	unemployer
101	I DON'T KNOW	Portugal	31 - 45	F	upper secondary edu.	administrative
102	I DON'T KNOW	Portugal	31 - 45	F	upper secondary edu.	hairdresser
103	I DON'T KNOW	Portugal	31 - 45	f	basic education	cleaning lady
104	I DON'T KNOW	Portugal	under 18	M	upper secondary edu.	student
105	I DON'T KNOW	Portugal	under 18	F	upper secondary edu.	student
106	I DON'T KNOW	Portugal	under 18	f	basic education	student





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107	I DON'T KNOW	Portugal	31 - 45	F	higher education	engineer
108	I DON'T KNOW	Portugal	19 - 30	F	basic education	student
109	I DON'T KNOW	Portugal	under 18	f	basic education	student
110	NO	Portugal	31 - 45	F	higher education	teacher
111	NO	Portugal	31 - 45	F	higher education	professor
112	NO	Portugal	31 - 45	F	higher education	physiotherapist
113	YES	Portugal	46 - 60	F	higher education	professor
114	YES - A	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
115	YES - A	Portugal	31 - 45	M	higher education	professor
116	YES - A	Portugal	31 - 45	M	upper secondary edu.	technician
117	YES - A	Portugal	46 - 60	F	higher education	retirement home manager
118	YES - A	Portugal	19 - 30	F	upper secondary edu.	student
119	YES - A	Portugal	31 - 45	F	upper secondary edu.	official
120	YES - A	Portugal	31 - 45	F	upper secondary edu.	beautician
121	YES - A	Portugal	31 - 45	F	upper secondary edu.	administrative
122	YES - A	Portugal	under 18	F	upper secondary edu.	student
123	YES - A - B	Portugal	31 - 45	F	upper secondary edu.	teacher
124	YES - A - C	Portugal	19 - 30	M	upper secondary edu.	student
125	YES - C	Portugal	19 - 30	M	higher education	psychologist
126		Portugal	19 - 30	F	higher education	
127	NO	France	31 - 45	F	upper secondary edu.	nurse
128	NO	Angola	31 - 45	M	basic education	school assistant
129	I DON'T KNOW	Spain	under 18	F	compulsory secondary edu.	student
130	I DON'T KNOW	Spain	under 18	F	compulsory secondary edu.	student
131	I DON'T KNOW	Spain	under 18	F	compulsory secondary edu.	student
132	I DON'T KNOW	Spain	under 18	M	compulsory secondary edu.	student
133	I DON'T KNOW	Spain	31 - 45	M	higher education	engineer
134	I DON'T KNOW	Spain	46 - 60	M	higher education	directive
135	I DON'T KNOW	Spain	46 - 60	M	higher education	dentist
136	I DON'T KNOW	Spain	over 61	M	compulsory secondary edu.	retired - worker
137	I DON'T KNOW	Spain	over 61	F	compulsory secondary edu.	housewife
138	NO	Spain	46 - 60	F	higher education	teacher
139	NO	Spain	46 - 60	F	higher education	administrative
140	NO	Spain	over 61	M	higher education	retired - bank
141	NO	Spain	over 61	M	compulsory secondary edu.	retired - worker
142	NO	Spain	over 61	F	compulsory secondary edu.	housewife
143	NO	Spain	31 - 45	F	upper secondary edu.	administrative
144	YES - A	Spain	under 18	F	compulsory secondary edu.	student
145	YES - A	Spain	under 18	F	compulsory secondary edu.	student
146	YES - A	Spain	46 - 60	F	higher education	teacher
147	YES - A	Spain	46 - 60	F	higher education	nurse
148	YES - A	Spain	46 - 60	f	higher education	bank
149	YES - A	Spain	46 - 60	F	higher education	nurse
150	YES - A	Spain	over 61	M	higher education	retired - bank
151	YES - A	Spain	46 - 60	M	compulsory secondary edu.	dealer
152	YES - A	Spain	over 61	F	compulsory secondary edu.	housewife
153	YES - A	Spain	over 61	F	compulsory secondary edu.	retired - beautician
154	YES - A	Spain	over 61	F	compulsory secondary edu.	retired - nurse
155	YES - B	Spain	46 - 60	M	higher education	nurse
156	YES - B	Spain	over 61	M	compulsory secondary edu.	retired
157	YES - B	Spain	over 61	M	compulsory secondary edu.	retired - bank
158	YES - B-C	Spain	under 18	M	compulsory secondary edu.	student
159	YES - C	Spain	under 18	M	compulsory secondary edu.	student
160	YES - C	Spain	under 18	M	compulsory secondary edu.	student
161	YES - A	Spain	46 - 60	F	higher education	administrative





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TAB. 2.12

12) How do you go to work/school?

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	BIKE	Estonia	31 - 45	F	upper secondary edu.	postman
2	CAR	Estonia	19 - 30	M	higher education	land manager
3	CAR	Estonia	19 - 30	M	basic education	builder
4	CAR	Estonia	31 - 45	f	upper secondary edu.	entrepreneur
5	CAR	Estonia	31 - 45	F	upper secondary edu.	librarian
6	CAR	Estonia	19 - 30	F	higher education	teacher
7	CAR	Estonia	31 - 45	M	upper secondary edu.	employee
8	CAR	Estonia	46 - 60	M	upper secondary edu.	mechanic
9	CAR	Estonia	46 - 60	F	upper secondary edu.	seller
10	CAR	Estonia	46 - 60	M	upper secondary edu.	mechanic
11	CAR	Estonia	46 - 60	F	upper secondary edu.	civil service
12	CAR	Estonia	over 61	F	upper secondary edu.	specialist
13	CAR	Estonia	over 61	M	basic education	driver
14	FOOT	Estonia	under 18	M	basic education	student
15	FOOT	Estonia	under 18	F	basic education	student
16	FOOT	Estonia	under 18	M	basic education	student
17	FOOT	Estonia	under 18	F	basic education	student
18	FOOT	Estonia	19 - 30	F	basic education	student
19	FOOT	Estonia	19 - 30	M	basic education	student
20	FOOT	Estonia	19 - 30	M	upper secondary edu.	official
21	FOOT	Estonia	31 - 45	F	upper secondary edu.	official
22	FOOT	Estonia	46 - 60	F	upper secondary edu.	specialist
23	FOOT	Estonia	46 - 60	F	upper secondary edu.	baker
24	FOOT	Estonia	over 61	M	upper secondary edu.	retired
25	FOOT	Estonia	over 61	M	upper secondary edu.	retired
26	FOOT	Estonia	over 61	F	basic education	retired
27	FOOT	Estonia	over 61	F	basic education	
28	PUBLIC T.	Estonia	under 18	M	basic education	student
29	PUBLIC T.	Estonia	under 18	M	basic education	student
30	PUBLIC T.	Estonia	19 - 30	F	basic education	customer service
31	BIKE	Italy	19 - 30	M	higher education	architect
32	BIKE	Italy	46 - 60	M	upper secondary edu.	employee
33	BIKE	Italy	46 - 60	F	upper secondary edu.	nurse
34	BIKE	Italy	over 61	M	lower secondary edu.	retired (ex worker)
35	CAR	Italy	31 - 45	M	upper secondary edu.	artisan
36	CAR	Italy	over 61	M	upper secondary edu.	retired
37	CAR	Italy	46 - 60	F	upper secondary edu.	cashier
38	CAR	Italy	19 - 30	F	higher education	midwife
39	CAR	Italy	46 - 60	M	upper secondary edu.	warehouse worker
40	CAR	Italy	31 - 45	F	upper secondary edu.	shop assistant
41	CAR	Italy	over 61	M	upper secondary edu.	retired
42	CAR	Italy	46 - 60	F	upper secondary edu.	nurse
43	CAR	Italy	19 - 30	M	upper secondary edu.	employee
44	CAR	Italy	19 - 30	M	upper secondary edu.	worker
45	CAR	Italy	19 - 30	F	higher education	employee
46	CAR	Italy	19 - 30	F	lower secondary edu.	student
47	CAR	Italy	31 - 46	F	upper secondary edu.	employee
48	CAR	Italy	46 - 60	F	higher education	employee
49	CAR	Italy	46 - 60	F	upper secondary edu.	nurse
50	CAR	Italy	31 - 45	F	higher education	teacher
51	FOOT	Italy	over 61	F	upper secondary edu.	retired
52	FOOT	Italy	over 61	F	upper secondary edu.	housewife
53	FOOT	Italy	under 18	M	lower secondary edu.	student



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54	FOOT	Italy	under 18	M	lower secondary edu.	student
55	FOOT	Italy	under 18	N	lower secondary edu.	student
56	FOOT	Italy	under 18	M	lower secondary edu.	student
57	PUBLIC T.	Italy	19 - 30	f	higher education	lawyer
58	PUBLIC T.	Italy	over 61	F	upper secondary edu.	retired
59	PUBLIC T.	Italy	31 - 45	F	upper secondary edu.	bartender
60	PUBLIC T.	Italy	under 18	M	lower secondary edu.	student
61	CAR	Latvia	19 - 30	M	upper secondary edu.	entrepreneur
62	CAR	Latvia	31 - 45	M	upper secondary edu.	it expert
63	CAR	Latvia	31 - 45	F	higher education	project manager
64	CAR	Latvia	31 - 45	M	upper secondary edu.	it expert
65	CAR	Latvia	31 - 45	F	higher education	project manager
66	CAR	Latvia	19 - 30	M	higher education	entrepreneur
67	CAR	Latvia	19 - 30	M	upper secondary edu.	public transport expert
68	CAR	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
69	CAR	Latvia	19 - 30	M	higher education	project manager
70	FOOT	Latvia	19 - 30	F	upper secondary edu.	student
71	FOOT	Latvia	46 - 60	F	higher education	manager
72	FOOT	Latvia	46 - 60	F	higher education	manager
73	FOOT	Latvia	19 - 30	F	upper secondary edu.	student
74	FOOT	Latvia	19 - 30	F	upper secondary edu.	student
75	FOOT	Latvia	19 - 30	F	higher education	
76	FOOT	Latvia	19 - 30	F	higher education	shop assistant
77	FOOT	Latvia	19 - 30	F	upper secondary edu.	expert
78	FOOT	Latvia	under 18	F	upper secondary edu.	student
79	FOOT	Latvia	under 18	F	upper secondary edu.	student
80	FOOT	Latvia	19 - 30	F	upper secondary edu.	student
81	FOOT/BIKE	Latvia	19 - 30	F	upper secondary edu.	student
82	FOOT/BIKE	Latvia	under 18	M	upper secondary edu.	student
83	FOOT/BIKE	Latvia	19 - 30	M	upper secondary edu.	student
84	FOOT/CAR	Latvia	19 - 30	M	upper secondary edu.	student
85	FOOT/CAR	Latvia	19 - 30	M	upper secondary edu.	student
86	FOOT/CAR	Latvia	31 - 45	F	higher education	project manager
87	FOOT/CAR	Latvia	19 - 30	M	upper secondary edu.	student
88	FOOT/CAR	Latvia	19 - 30	M	upper secondary edu.	student
89	FOOT/CAR/BIKE	Latvia	46 - 60	M	higher education	lawyer
90	PUBLIC T.	Latvia	19 - 30	F	upper secondary edu.	housewife
91	PUBLIC T.	Latvia	19 - 30	F	upper secondary edu.	housewife
92	CAR	Poland	19 - 30	f	upper secondary edu.	teacher
93	CAR	Portugal	31 - 45	M	higher education	economist
94	CAR	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
95	CAR	Portugal	31 - 45	M	higher education	professore
96	CAR	Portugal	over 61	F	upper secondary edu.	retired
97	CAR	Portugal	31 - 45	M	upper secondary edu.	technician
98	CAR	Portugal	31 - 45	M	upper secondary edu.	seller
99	CAR	Portugal	46 - 60	F	higher education	retirement home manager
100	CAR	Portugal	19 - 30	F	upper secondary edu.	unemployer
101	CAR	Portugal	31 - 45	F	higher education	professore
102	CAR	Portugal	19 - 30	M	higher education	psychologist
103	CAR	Portugal	31 - 45	M	upper secondary edu.	secure force
104	CAR	Portugal	19 - 30	F	upper secondary edu.	unemployer
105	CAR	Portugal	31 - 45	F	upper secondary edu.	administrative
106	CAR	Portugal	31 - 45	F	upper secondary edu.	teacher
107	CAR	Portugal	31 - 45	F	upper secondary edu.	hairdresser
108	CAR	Portugal	31 - 45	f	basic education	cleaning lady
109	CAR	Portugal	31 - 45	F	upper secondary edu.	official
110	CAR	Portugal	31 - 45	F	upper secondary edu.	beautician





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111	CAR	Portugal	31 - 45	F	upper secondary edu.	administrative
112	CAR	Portugal	under 18	M	upper secondary edu.	student
113	CAR	Portugal	19 - 30	F	higher education	
114	CAR	Portugal	under 18	f	basic education	studente
115	CAR	Portugal	31 - 45	F	higher education	physiotherapist
116	CAR	Portugal	31 - 45	F	higher education	psychologist
117	FOOT	Portugal	19 - 30	M	upper secondary edu.	student
118	FOOT	Portugal	19 - 30	M	upper secondary edu.	student
119	FOOT	Portugal	31 - 45	F	higher education	teacher
120	FOOT	Portugal	46 - 60	F	higher education	professore
121	FOOT	Portugal	19 - 30	F	upper secondary edu.	student
122	FOOT	Portugal	under 18	F	upper secondary edu.	student
123	FOOT	Portugal	under 18	f	basic education	studente
124	FOOT	Portugal	31 - 45	F	higher education	engineer
125	FOOT	Portugal	19 - 30	F	higher education	student
126	PUBLIC T.	Portugal	under 18	F	upper secondary edu.	student
127	FOOT	Angola	31 - 45	M	basic education	school assistant
128	CAR	France	31 - 45	F	upper secondary edu.	nurse
129	BIKE	Spain	46 - 60	F	higher education	teacher
130	BIKE	Spain	46 - 60	F	higher education	nurse
131	CAR	Spain	under 18	F	compulsory secondary edu.	student
132	CAR	Spain	31 - 45	M	higher education	engineer
133	CAR	Spain	46 - 60	M	higher education	directive
134	CAR	Spain	46 - 60	F	higher education	nurse
135	CAR	Spain	46 - 60	M	higher education	nurse
136	CAR	Spain	over 61	M	higher education	retired - bank
137	CAR	Spain	over 61	M	compulsory secondary edu.	retired - bank
138	CAR	Spain	46 - 60	M	compulsory secondary edu.	dealer
139	CAR	Spain	over 61	F	compulsory secondary edu.	housewife
140	CAR	Spain	over 61	F	compulsory secondary edu.	retired - nurse
141	FOOT	Spain	under 18	F	compulsory secondary edu.	student
142	FOOT	Spain	under 18	F	compulsory secondary edu.	student
143	FOOT	Spain	under 18	F	compulsory secondary edu.	student
144	FOOT	Spain	under 18	F	compulsory secondary edu.	student
145	FOOT	Spain	under 18	M	compulsory secondary edu.	student
146	FOOT	Spain	under 18	M	compulsory secondary edu.	student
147	FOOT	Spain	under 18	M	compulsory secondary edu.	student
148	FOOT	Spain	under 18	M	compulsory secondary edu.	student
149	FOOT	Spain	46 - 60	f	higher education	bank
150	FOOT	Spain	46 - 60	F	higher education	administrative
151	FOOT	Spain	46 - 60	F	higher education	teacher
152	FOOT	Spain	46 - 60	F	upper secondary edu.	administrative
153	FOOT	Spain	46 - 60	M	higher education	dentist
154	FOOT	Spain	over 61	M	compulsory secondary edu.	retired
155	FOOT	Spain	over 61	M	higher education	retired - bank
156	FOOT	Spain	over 61	F	compulsory secondary edu.	housewife
157	FOOT	Spain	over 61	F	compulsory secondary edu.	retired - beautician
158	FOOT	Spain	31 - 45	F	upper secondary edu.	administrative
159	PUBLIC T.	Spain	over 61	M	compulsory secondary edu.	retired - worker
160	PUBLIC T.	Spain	over 61	M	compulsory secondary edu.	retired - worker
161	PUBLIC T.	Spain	over 61	F	compulsory secondary edu.	housewife



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TAB. 2.13

13) Promotional initiatives of physical activities have been proposed at you workplace?

		COUNTRY	AGE	GENDER	EDUCATIONAL LEVEL	JOB
1	NO	Estonia	under 18	M	basic education	student
2	NO	Estonia	under 18	M	basic education	student
3	NO	Estonia	under 18	M	basic education	student
4	NO	Estonia	under 18	F	basic education	student
5	NO	Estonia	19 - 30	M	higher education	land manager
6	NO	Estonia	19 - 30	M	basic education	builder
7	NO	Estonia	19 - 30	F	basic education	customer service
8	NO	Estonia	19 - 30	F	higher education	teacher
9	NO	Estonia	46 - 60	M	upper secondary edu.	mechanic
10	NO	Estonia	46 - 60	F	upper secondary edu.	seller
11	NO	Estonia	over 61	M	upper secondary edu.	retired
12	NO	Estonia	over 61	M	basic education	driver
13	YES - A	Estonia	19 - 30	F	upper secondary edu.	project manager
14	YES - A - B	Estonia	over 61	F	upper secondary edu.	specialist
15	YES - B	Estonia	under 18	F	basic education	student
16	YES - B	Estonia	19 - 30	M	upper secondary edu.	mechanic
17	YES - B	Estonia	31 - 45	F	upper secondary edu.	official
18	YES - B	Estonia	31 - 45	F	upper secondary edu.	entrepreneur
19	YES - B	Estonia	31 - 45	F	upper secondary edu.	librarian
20	YES - B	Estonia	31 - 45	M	upper secondary edu.	employee
21	YES - B	Estonia	46 - 60	F	upper secondary edu.	specialist
22	YES - B	Estonia	46 - 60	M	upper secondary edu.	mechanic
23	YES - C	Estonia	19 - 30	M	upper secondary edu.	official
24	YES - C	Estonia	31 - 45	F	upper secondary edu.	postman
25	YES - C	Estonia	46 - 60	F	upper secondary edu.	baker
26	YES - C	Estonia	46 - 60	F	upper secondary edu.	civil service
27		Estonia	under 18	M	basic education	student
28		Estonia	over 61	M	upper secondary edu.	retired
29		Estonia	over 61	F	basic education	retired
30		Estonia	over 61	F	basic education	
31	NO	Italy	19 - 30	F	higher education	lawyer
32	NO	Italy	31 - 45	M	upper secondary edu.	artisan
33	NO	Italy	19 - 30	M	higher education	architect
34	NO	Italy	31 - 45	F	upper secondary edu.	bartender
35	NO	Italy	46 - 60	F	upper secondary edu.	cashier
36	NO	Italy	46 - 60	M	upper secondary edu.	employee
37	NO	Italy	46 - 60	M	upper secondary edu.	warehouse worker
38	NO	Italy	over 61	M	upper secondary edu.	retired
39	NO	Italy	over 61	M	lower secondary edu.	retired (ex worker)
40	NO	Italy	19 - 30	M	upper secondary edu.	employee
41	NO	Italy	19 - 30	M	upper secondary edu.	worker
42	NO	Italy	19 - 30	F	higher education	employee
43	NO	Italy	31 - 46	F	upper secondary edu.	employee
44	NO	Italy	46 - 60	F	higher education	employee
45	NO	Italy	31 - 45	F	higher education	teacher
46	YES - A	Italy	46 - 60	F	upper secondary edu.	nurse
47	YES - A	Italy	19 - 30	F	higher education	midwife
48	YES - A	Italy	31 - 45	F	upper secondary edu.	shop assistant
49	YES - A	Italy	46 - 60	F	upper secondary edu.	nurse
50	YES - A	Italy	46 - 60	F	upper secondary edu.	nurse
51	YES - C	Italy	over 61	F	upper secondary edu.	retired
52	YES - C	Italy	over 61	M	upper secondary edu.	retired
53		Italy	over 61	F	upper secondary edu.	retired



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54		Italy	over 61	F	upper secondary edu.	housewife
55		Italy	under 18	M	lower secondary edu.	student
56		Italy	under 18	M	lower secondary edu.	student
57		Italy	19 - 30	F	lower secondary edu.	student
58		Italy	under 18	M	lower secondary edu.	student
59		Italy	under 18	M	lower secondary edu.	student
60		Italy	under 18	M	lower secondary edu.	student
61	NO	Latvia	19 - 30	F	upper secondary edu.	housewife
62	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
63	NO	Latvia	31 - 45	M	upper secondary edu.	it expert
64	NO	Latvia	19 - 30	F	upper secondary edu.	housewife
65	NO	Latvia	19 - 30	F	higher education	
66	NO	Latvia	19 - 30	F	higher education	shop assistant
67	NO	Latvia	19 - 30	F	upper secondary edu.	expert
68	NO	Latvia	19 - 30	M	upper secondary edu.	public transport expert
69	NO	Latvia	46 - 60	M	higher education	lawyer
70	NO	Latvia	31 - 45	F	higher education	project manager
71	YES - A	Latvia	19 - 30	F	upper secondary edu.	student
72	YES - B	Latvia	19 - 30	M	higher education	student
73	YES - B	Latvia	19 - 30	M	upper secondary edu.	student
74	YES - B	Latvia	under 18	F	upper secondary edu.	student
75	YES - B	Latvia	under 18	M	upper secondary edu.	student
76	YES - B	Latvia	under 18	F	upper secondary edu.	student
77	YES - B	Latvia	19 - 30	M	upper secondary edu.	student
78	YES - B	Latvia	19 - 30	M	upper secondary edu.	student
79	YES - B	Latvia	19 - 30	M	upper secondary edu.	student
80	YES - C	Latvia	19 - 30	F	higher education	student
81	YES - C	Latvia	19 - 30	M	higher education	entrepreneur
82	YES - C	Latvia	46 - 60	F	higher education	manager
83	YES - C	Latvia	31 - 45	F	higher education	project manager
84	YES - C	Latvia	31 - 45	F	higher education	project manager
85	YES - C	Latvia	46 - 60	F	higher education	manager
86	YES - C	Latvia	19 - 30	M	higher education	entrepreneur
87	YES - C	Latvia	19 - 30	F	upper secondary edu.	student
88	YES - C	Latvia	19 - 30	F	upper secondary edu.	student
89	YES - C	Latvia	19 - 30	M	upper secondary edu.	trainer, sport judge
90	YES - C	Latvia	19 - 30	F	upper secondary edu.	student
91	YES - C	Latvia	19 - 30	M	higher education	project manager
92	NO	Poland	19 - 30	F	upper secondary edu.	teacher
93	NO	Portugal	19 - 30	M	upper secondary edu.	student
94	NO	Portugal	19 - 30	M	upper secondary edu.	multimedia technician
95	NO	Portugal	19 - 30	F	higher education	student
96	NO	Portugal	31 - 45	M	higher education	economist
97	NO	Portugal	31 - 45	M	higher education	professor
98	NO	Portugal	31 - 45	F	higher education	teacher
99	NO	Portugal	31 - 45	M	upper secondary edu.	seller
100	NO	Portugal	31 - 45	F	upper secondary edu.	teacher
101	NO	Portugal	31 - 45	F	upper secondary edu.	
102	NO	Portugal	31 - 45	F	upper secondary edu.	official
103	NO	Portugal	31 - 45	F	upper secondary edu.	administrative
104	NO	Portugal	31 - 45	F	higher education	engineer
105	NO	Portugal	31 - 45	F	higher education	physiotherapist
106	NO	Portugal	46 - 60	F	higher education	director
107	NO	Portugal	over 61	F	basic education	
108	NO	Portugal	under 18	M	upper secondary edu.	student
109	NO	Portugal	under 18	F	upper secondary edu.	student
110	NO	Portugal	under 18	f	basic education	student



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111	NO	France	31 - 45	F	upper secondary edu.	nurse
112	NO	Angola	31 - 45	M	basic education	school assistant
113	YES - A - C	Portugal	46 - 60	F	higher education	professor
114	YES - A	Portugal	19 - 30	F	upper secondary edu.	unemployer
115	YES - A	Portugal	31 - 45	M	upper secondary edu.	technician
116	YES - A	Portugal	31 - 45	M	upper secondary edu.	secure force
117	YES - A	Portugal	31 - 45	F	upper secondary edu.	administrative
118	YES - A	Portugal	under 18	F	upper secondary edu.	student
119	YES - B	Portugal	19 - 30	M	upper secondary edu.	student
120	YES - B	Portugal	31 - 45	F	higher education	professor
121	YES - C	Portugal	19 - 30	F	basic education	student
122	YES - C	Portugal	31 - 45	F	higher education	psychologist
123		Portugal	19 - 30	F	higher education	physiotherapist
124		Portugal	31 - 45	F	upper secondary edu.	beautician
125		Portugal	under 18	F	basic education	student
126		Portugal	19 - 30	F	upper secondary edu.	unemployer
127	NO	Spain	31 - 45	M	higher education	engineer
128	NO	Spain	46 - 60	M	higher education	directive
129	NO	Spain	46 - 60	F	higher education	nurse
130	NO	Spain	46 - 60	F	higher education	administrative
131	NO	Spain	46 - 60	F	higher education	teacher
132	NO	Spain	46 - 60	F	upper secondary edu.	administrative
133	NO	Spain	46 - 60	F	higher education	nurse
134	NO	Spain	46 - 60	M	higher education	dentist
135	NO	Spain	46 - 60	M	compulsory secondary edu.	dealer
136	NO	Spain	over 61	M	compulsory secondary edu.	retired
137	NO	Spain	over 61	M	higher education	retired - bank
138	NO	Spain	over 61	M	compulsory secondary edu.	retired - bank
139	NO	Spain	over 61	M	compulsory secondary edu.	retired - worker
140	NO	Spain	over 61	M	compulsory secondary edu.	retired - worker
141	NO	Spain	over 61	F	compulsory secondary edu.	housewife
142	NO	Spain	over 61	F	compulsory secondary edu.	retired - beautician
143	NO	Spain	over 61	F	compulsory secondary edu.	housewife
144	NO	Spain	over 61	F	compulsory secondary edu.	housewife
145	NO	Spain	over 61	F	compulsory secondary edu.	retired - nurse
146	NO	Spain	31 - 45	F	upper secondary edu.	administrative
147	YES	Spain	over 61	M	higher education	retired - bank
148	YES	Spain	under 18	M	compulsory secondary edu.	student
149	YES	Spain	under 18	M	compulsory secondary edu.	student
150	YES	Spain	under 18	M	compulsory secondary edu.	student
151	YES - A	Spain	46 - 60	F	higher education	teacher
152	YES - A	Spain	46 - 60	F	higher education	bank
153	YES - A	Spain	46 - 60	M	higher education	nurse
154	YES - A	Spain	under 18	F	compulsory secondary edu.	student
155	YES - A	Spain	under 18	F	compulsory secondary edu.	student
156	YES - B	Spain	under 18	F	compulsory secondary edu.	student
157	YES - B	Spain	under 18	M	compulsory secondary edu.	student
158	YES - C	Spain	under 18	F	compulsory secondary edu.	student
159	YES - C	Spain	under 18	F	compulsory secondary edu.	student



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ANNEX 3 - WHO Physical activity factsheet 2018

TAB. 3.1.1 – Latvia

<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity/data-and-statistics/physical-activity-factsheets/physical-activity-country-fact-sheets>

73

LATVIA PHYSICAL ACTIVITY FACTSHEET 2018



Total population
1 950 116

Median age
43.1 YEARS

GDP per capita
11 000 €



% of GDP for health **2.7**
% of GDP for education **5.5**
% of GDP for sports **0.2**



Population **MALE** **45.9%**
Population **FEMALE** **54.1%**

Life expectancy **MALES** **69.8 YEARS**
Life expectancy **FEMALES** **79.6 YEARS**

Success story

In 2013, Latvia established the National Healthy Municipalities Network as part of the WHO Healthy Cities Network. Since then, physical activity factsheets for 2015 were published, and all 15 municipalities have joined the Network, for a total of 153 municipalities, representing 94% of all municipalities in Latvia. Each year, information on health promotion is collected through the Network, and a comprehensive annual report is published. In addition, municipalities in this network share best practices, for example, by visiting other municipalities to exchange experiences. Such activities will increase the exchange of knowledge at regional level. The Centre for Disease Prevention and Control, with the Ministry of Health, organizes annual capacity building seminars for coordinators of the Network to discuss health promotion and disease prevention issues, including physical activity. The Network is a good example of collaboration among municipalities and local government to promote physical activity.



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TAB. 3.1.2 – Latvia



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

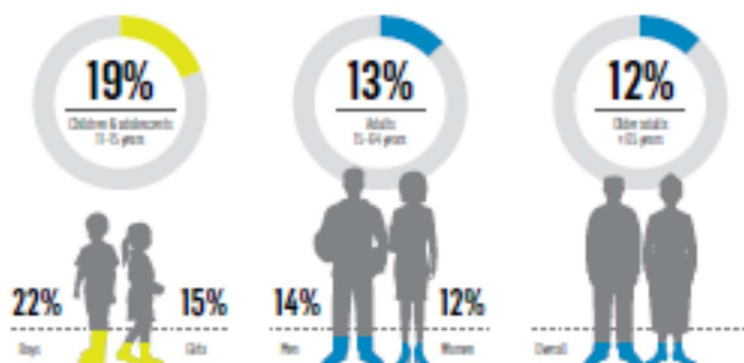
TARGET GROUPS WHO SHOULD



The national recommendations were initiated in 2014. They are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PERCENTAGE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Monitoring and surveillance of physical activity

SECTORS WITH CURRENT LAUNCH SYSTEMS

The physical activity levels of adults are monitored in the Health Behaviour in the Latvian Adult Population survey with the International Physical Activity Questionnaire. For children and adolescents, the Health Behaviour of School-aged Children is used. Furthermore, the State Sports Medicine Centre conducts annual medical check-ups for children and adolescents, which include performance measurements and body parameters.



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TAB. 3.1.3 – Latvia



POLICY RESPONSE

Funding allocated specifically to
physical activity promotion by sector

Since 2005, the Centre for Disease Prevention and Control has been conducting interventions to promote physical activity. The interventions have several objectives: to strengthen the muscles involved in posture, to teach correct breathing techniques to 7- and 8-year-olds and to educate seniors (≥ 54 years) in physical activity. Events are also organized to provide opportunities for older adults to participate in exercises such as Nordic walking.



National policies by sector

Sectors that have involved at least one of the national policies or action plans to promote physical activity



Target groups addressed by national policies

- ✓ Low socioeconomic groups
- ✓ Pregnant and breastfeeding women
- Ethnic minorities
- People deprived of liberty
- Migrants
- ✓ Older people
- ✓ People with disabilities
- People with chronic diseases
- ✓ Other



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TAB. 3.1.4 – Latvia



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



The "Exercise prescription in general practice" programme was established in 2014 by the State Sports Medicine centre, where a training course for general practitioners was developed to ensure that they can prescribe physical activity for prevention and for patients with medical conditions. Guidelines have been prepared for prescribing physical activity for specific patient groups, such as those with cardiovascular diseases, diabetes, cancer, pulmonary diseases, osteoarthritis, osteoporosis or sarcopenia, as well as for specific groups, such as young children, pregnant women and the elderly.

Latvia has been offering counselling on physical activity in the form of prescriptions for exercise from general medical practitioners since 2014. The scheme is led by the State Sports Medicine Centre and funded by the Ministry of Health. The curricular of students in all professional health training (general practitioners, nurses, public health professionals, health specialists) include physical activity promotion.

Physical activity in schools

Total hours of physical education
per week in **PRIMARY SCHOOLS**



2

All mandatory

Total hours of physical education
per week in **SECONDARY SCHOOLS**



3

All mandatory

Although there is no specific system for monitoring physical education, evaluation standards are set by regulation of study subjects in primary and secondary schools by a State standard.



Promotion of physical activity in the workplace



National awareness-raising campaign on physical activity

FOCUSSED IN NATIONAL CAMPAIGNS

In 2014, a public awareness campaign and country-wide sports events were carried out in collaboration with non-governmental organisations to promote physical activity, healthy lifestyle and cardiovascular fitness in the adolescent population during the summer holidays. More than 200 000 participants were involved in various events (e.g. summer camps, street dances and gymnastics, street football/tournaments, power lifting contests, healthy lifestyle and sports days). Continuation of this approach is under discussion.

In line with the European Union 2014–2020 planning period, a health promotion and disease prevention plan has been developed, with activities to promote physical activity, especially for priority target groups such as children, older adults, people with disabilities and people living in remote and rural areas. One of the planned activities is an extensive national awareness campaign on physical activity.



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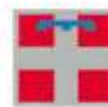




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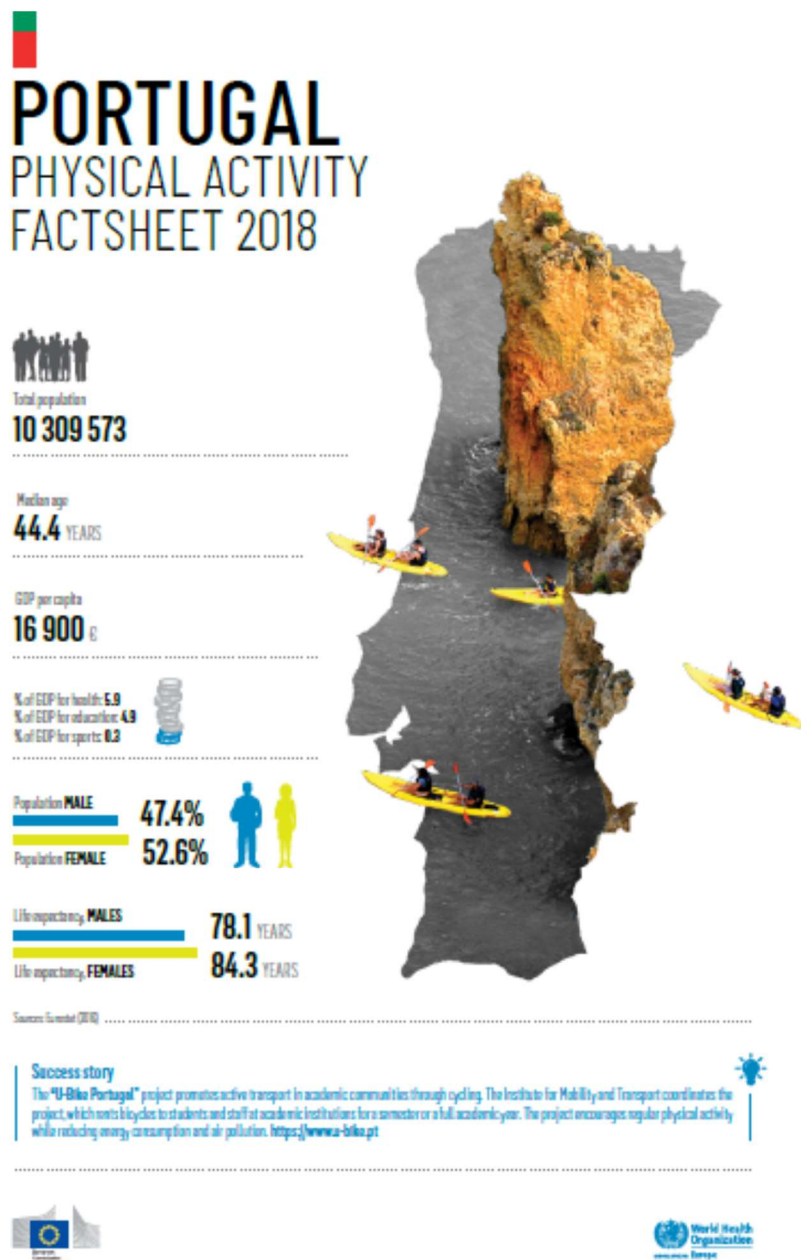
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TAB. 3.2.1 – Portugal

http://www.euro.who.int/_data/assets/pdf_file/0004/382576/portugal-eng.pdf?ua=1

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TAB. 3.2.2 – Portugal

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MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

TARGET GROUPS INCLUDED



National recommendations on physical activity are being developed in the framework of the Government coordination and leadership of promoting health-enhancing physical activity, with several academic and scientific bodies. They will provide guidelines for all age groups and for specific populations.

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

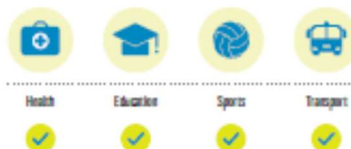


Data on levels of physical activity were obtained from the 2018 Eurobarometer survey (EB7827). Exercise, sport or other physical activity is performed almost daily by 9% and a few times a week by 26% of the population. Additional data on children and adolescents were collected in 2010 by the Portuguese Institute of Sports and Youth.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels in Portugal are monitored by the Portuguese Institute of Sports and Youth (National Physical Activity and Sports Monitoring System), by the Directorate-General of Health (Physical Activity as a Vital Sign in primary health care) and by the Directorate-General of Education (FITascola programme). The Institute for Mobility and Transport operates a terrestrial transport observation system, which includes walking and cycling.

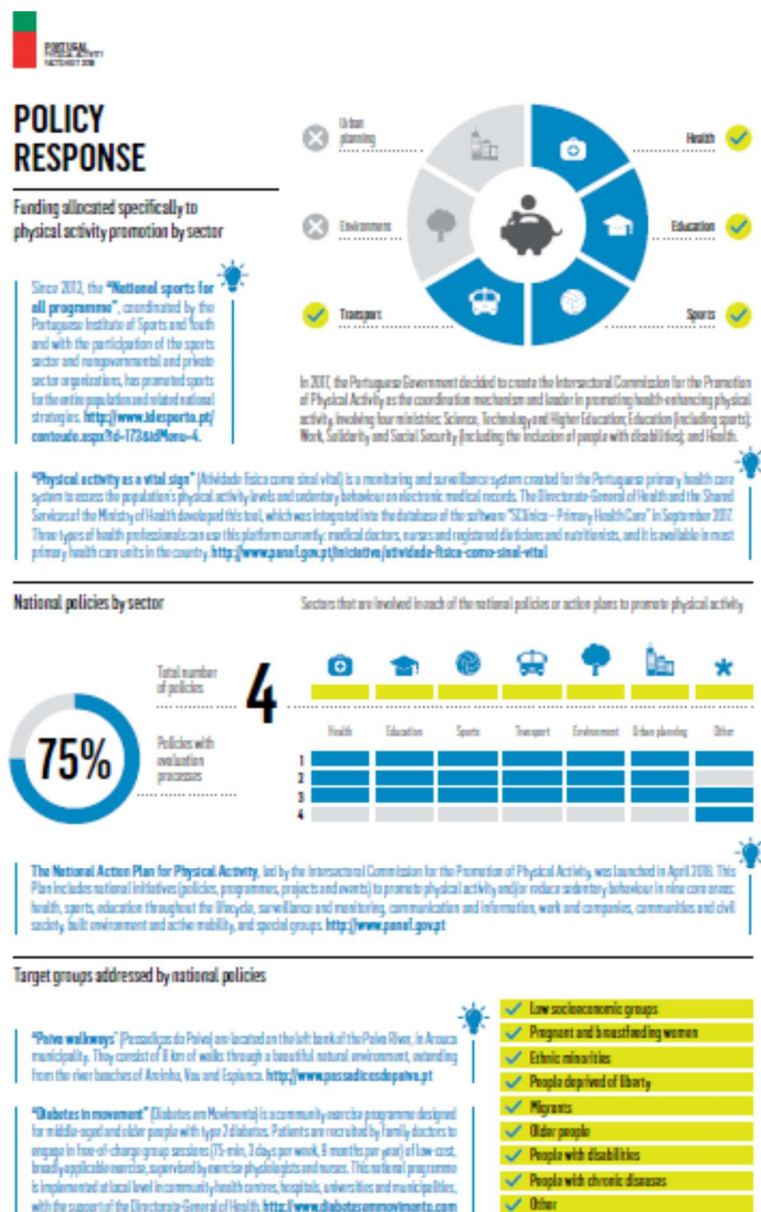


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TAB. 3.2.3 – Portugal

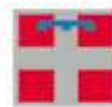




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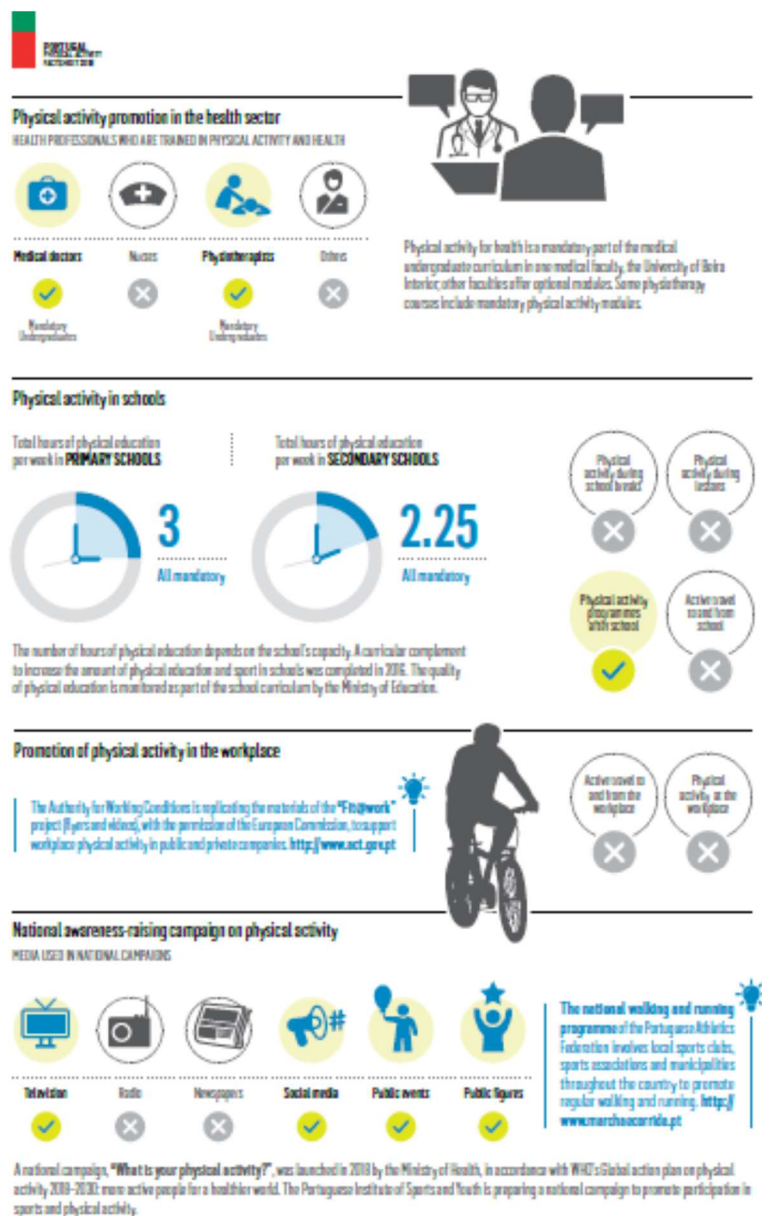
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TAB. 3.2.4 – Portugal

80

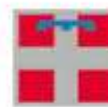




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TAB. 3.3.1 – Spain

http://www.euro.who.int/_data/assets/pdf_file/0008/382580/spain-eng.pdf?ua=1

81

SPAIN

PHYSICAL ACTIVITY FACTSHEET 2018



Total population

46 528 024

Median age

43.2 YEARS

GDP per capita

23 800 €

% of GDP for health: **6.8**

% of GDP for education: **4.8**

% of GDP for sports: **0.4**



Population **MALE**

49.1%

Population **FEMALE**

50.9%

Life expectancy **MALES**

80.5 YEARS

Life expectancy **FEMALES**

86.3 YEARS

Sources: Eurostat (2018)

Success story

"Positive parenting" targets parents and guardians of children aged 0-3 years and health professionals. It is a priority intervention of the Health Promotion and Prevention Strategy and covers four areas: parental bonding, healthy diets, physical activity and active play and rest and sleep. The intervention includes online, open, free training for mothers, fathers and other people with parenting functions. To ensure equity, online training is also proposed to health professionals, so that they can deliver the intervention to groups face-to-face. One edition of the course was adapted for social and health professionals who are in contact with Roma people, to ensure that they also benefit from positive parenting group interventions.

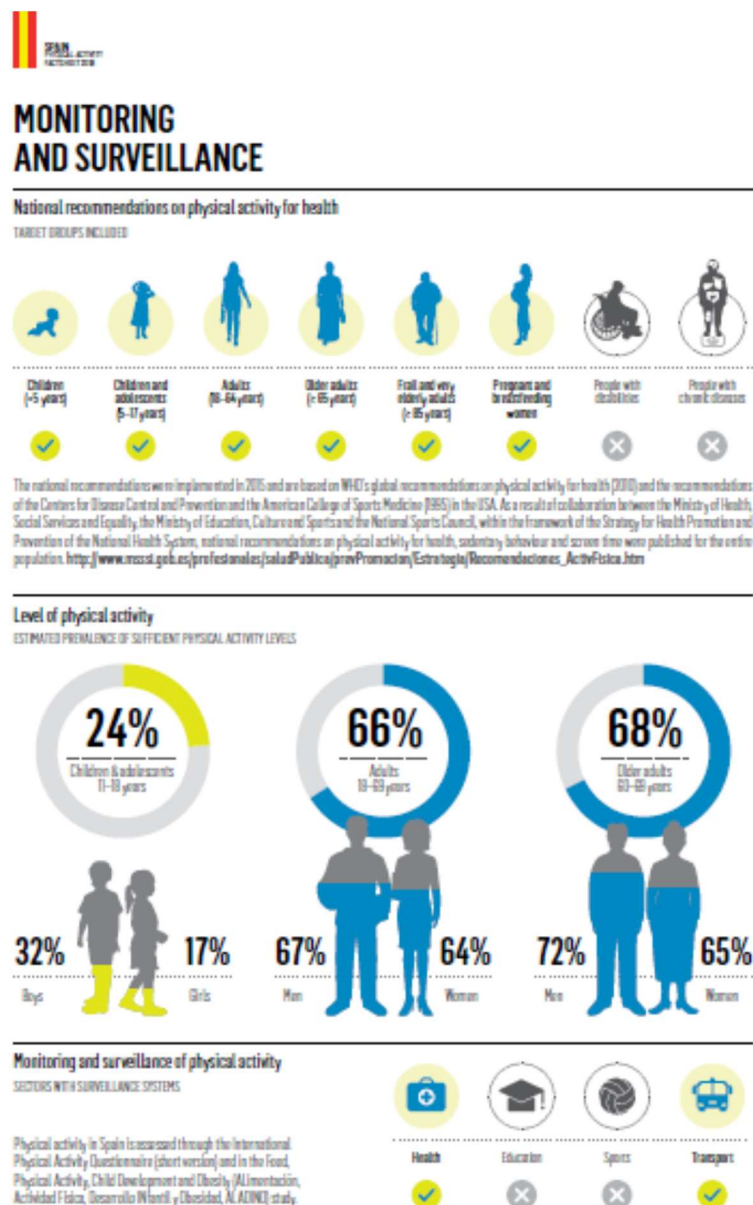


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TAB. 3.3.2 – Spain

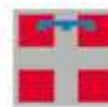




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TAB. 3.3.3 – Spain



POLICY RESPONSE

Funding allocated specifically to
physical activity promotion by sector



In 2015, Spain established a multisectoral National Health-enhancing Physical Activity Working Group, led by the Spanish Agency for the Protection of Health in Sports, to coordinate the promotion of physical activity.

The "Strategy for the promotion of physical activity and the fight against sedentarism" (Estrategia de Fomento de la Actividad Física Deportiva y Lucha Contra el Sedentarismo) is led by the High Council of Sports and is being extended to national level, although each of the 17 autonomous communities has its own strategy.

National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



Target groups addressed by national policies

- ✓ Low socioeconomic groups
- ✓ Pregnant and breastfeeding women
- ✗ Ethnic minorities
- ✗ People deprived of liberty
- ✗ Migrants
- ✓ Older people
- ✗ People with disabilities
- ✓ People with chronic diseases
- ✓ Other



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TAB. 3.3.4 – Spain

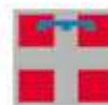




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TAB. 3.4.1 – Estonia

http://www.euro.who.int/_data/assets/pdf_file/0009/382374/estonia-eng.pdf?ua=1

85

ESTONIA

PHYSICAL ACTIVITY FACTSHEET 2018



Total population
1 315 635

Median age
41.8 YEARS

GDP per capita
13 700 €



% of GDP for health: **5.3**
% of GDP for education: **5.9**
% of GDP for sports: **0.4**



Population **MALE** **46.9%**
Population **FEMALE** **53.1%**

Life expectancy **MALES** **73.3 YEARS**
Life expectancy **FEMALES** **82.2 YEARS**

Sources: Eurostat (2018)

Success story

"Schools in motion" is a multi-component approach to promote the physical activity of students in school through active lessons, active recess, active transport and physical education lessons supporting lifelong physical activity. Measures have been introduced to improve indoor and outdoor environments for physical activity. A key element of the project is the involvement of all school personnel, students and parents in developing the interventions.



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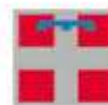




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TAB. 3.4.2 – Estonia



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

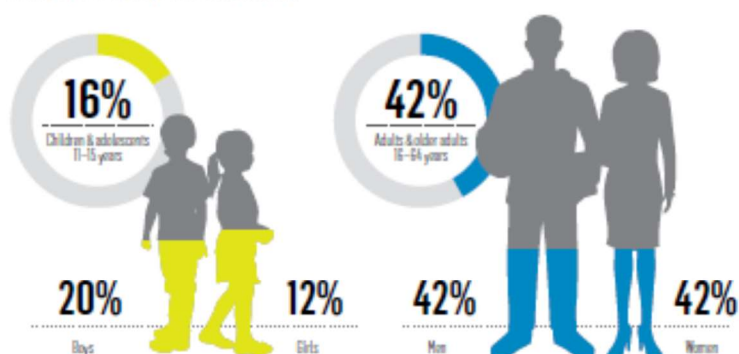
TARGET GROUPS INCLUDED



The national recommendations were implemented in 2017 and are based on the Nordic Nutrition Recommendations (2012), recommendations from the Nordic Council of Ministers (2013) and the United Kingdom physical activity guidelines (2011).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS



Adults are considered to be active if they achieve 30 min of physical activity twice a week in leisure time.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

"Health behaviour of the Estonian adult population", a national survey led by the National Institute for Health Development, is used to monitor physical activity in Estonia. It was implemented in 1994 and has been repeated every 2 years. The physical activity of children and adolescents is monitored in the Health Behaviour in School-aged Children survey.

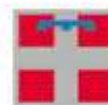




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TAB. 3.4.3 – Estonia



POLICY RESPONSE

Funding allocated specifically to
physical activity promotion by sector

One of the aims of the Estonian Sports Development Plan is to reorient physical education to the development of lifetime physical activity habits and motivation for daily activity. Previously, physical education was centred on sports; now, it focuses on developing physical literacy. <https://www.kooli.ee/et/tegevused/sport/irongestrategiele-vesti-sport-2020>



National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



Target groups addressed by national policies

- ✓ Low socioeconomic groups
- ✓ Pregnant and breastfeeding women
- ✓ Ethnic minorities
- ✓ People deprived of liberty
- ✓ Migrants
- ✓ Older people
- ✓ People with disabilities
- ✓ People with chronic diseases



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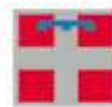




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TAB. 3.4.4 – Estonia



Physical activity promotion in the health sector

HEALTH PROFESSIONALS WHO ARE TRAINED IN PHYSICAL ACTIVITY AND HEALTH



A recreational activity grant system was established nationally in 2018 by the Estonian Youth Work Centre to create possibilities for versatile development of young people by systematic, informal learning. The main aim of the model is to increase participation in recreational activities among young people who are not currently participating. Nongovernmental organizations can apply to local municipalities for a grant, and applications are assessed on the basis of whether they will increase the availability and the diversity of options and improve the quality of recreational activities.

Physical activity in schools

Total hours of physical education per week in **PRIMARY SCHOOLS**

Two or three 45-min lessons per week. In grades 1-3 and 4-6, a total of eight physical education lessons are allocated by the school. For example, three lessons per week in grade 1, two per week in grade 2 and three per week in grade 3. In grades 7-9, two 45-min sessions in each grade.



Total hours of physical education per week in **SECONDARY SCHOOLS**

The national curriculum stipulates that, during the 3 years of secondary school, students should have 35 courses of 45 min of physical education. <https://www.riik.ee/en/national-curricula-2014>. Schools must also offer two optional courses.



Much research has been conducted in Estonia since 2004 on the quality of physical education. Both quantitative and qualitative methods have been used to explore the opinions of physical education teachers. In 2013, the physical conditions for organized physical education in schools were also studied and the opinions of physical education teachers assessed. Several other studies have looked at students' motivation and attitudes towards physical education, and a major survey was conducted in 2018 in which students in grades 4, 8 and 11 and their parents and teachers were asked about physical activity and physical education. This survey will be repeated annually. More information can be found in the document "Physical education concept. Upgrading Estonian physical education" (2017).

Promotion of physical activity in the workplace



National awareness-raising campaign on physical activity

MEDIA USED IN NATIONAL CAMPAIGNS



A national campaign is staged in 3 months during the year to increase public awareness and promote physical activity, with three themes. February is the month for leisure time in "Sports for all" facilities, April is the month for workplace sport, and September is the month for school sport. The campaign is led by the Estonian Sports for All Association, in cooperation with partners and jointly funded by the Ministry of Culture and other partners.



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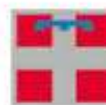




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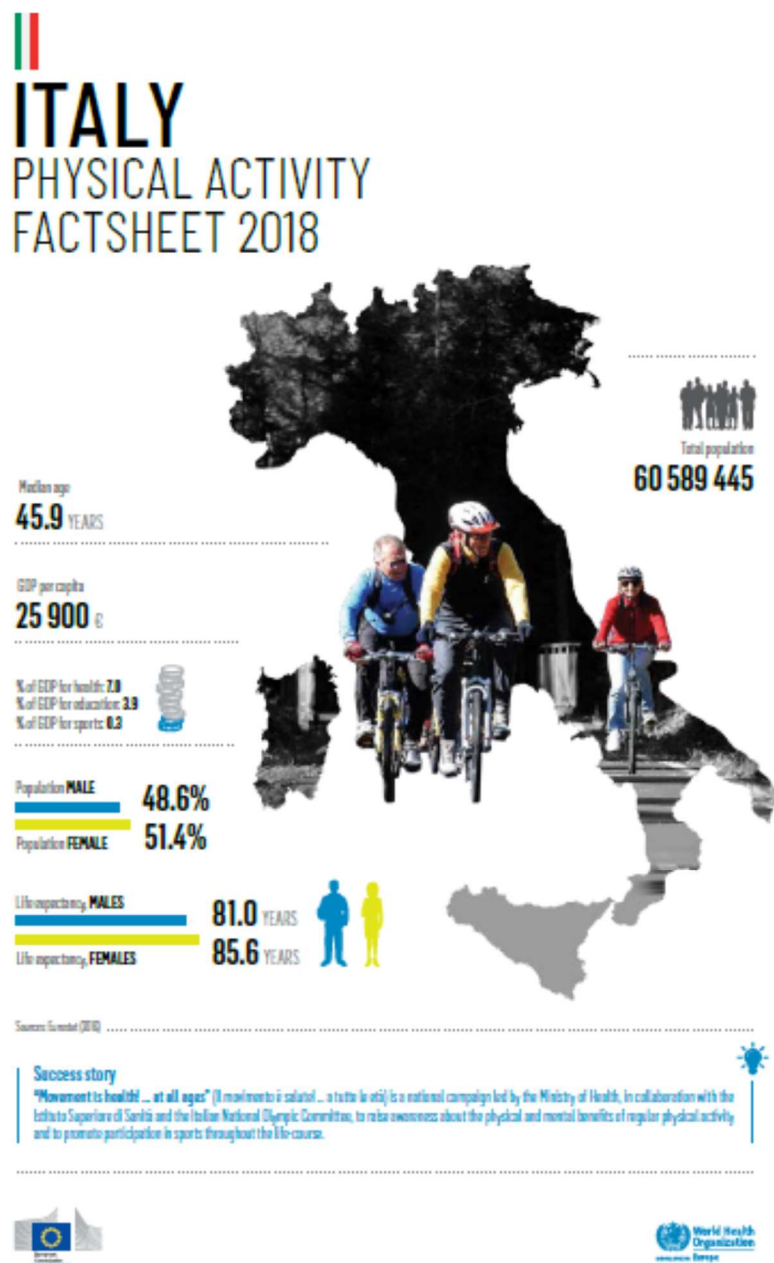
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TAB. 3.5.1 – Italy

http://www.euro.who.int/_data/assets/pdf_file/0006/382515/italy-eng.pdf?ua=1

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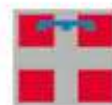




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TAB. 3.5.2 – Italy



MONITORING AND SURVEILLANCE

National recommendations on physical activity for health

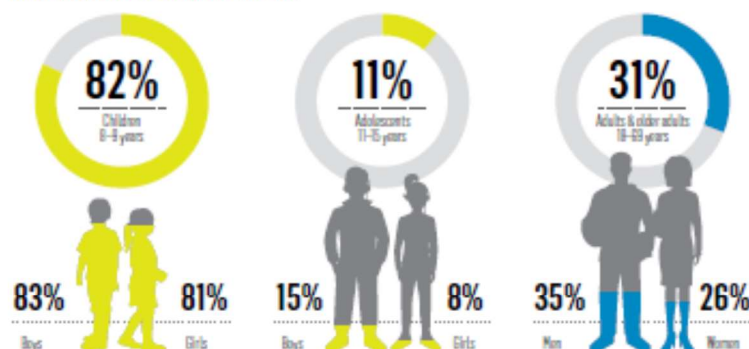
TARGET GROUPS INCLUDED



National recommendations are currently being prepared by a working group established by the Ministry of Health. They are based on WHO's global recommendations on physical activity for health (2010).

Level of physical activity

ESTIMATED PREVALENCE OF SUFFICIENT PHYSICAL ACTIVITY LEVELS

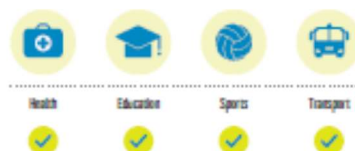


OKkie: % children 8-9 years old who performed physical activity the day before the survey; HBSC: % of adolescents who performed at least 60 minutes of physical activity every day; PASS: % adults who reported having a physically active job, did 30 minutes of moderate activity at least 5 days per week or at least 20 minutes of intense physical activity at least 3 days per week in the 30 days before the survey.

Monitoring and surveillance of physical activity

SECTORS WITH SURVEILLANCE SYSTEMS

Physical activity levels are monitored continuously through the following national surveillance systems, promoted by the Ministry of Health and led by the Istituto Superiore di Sanità (ISS): OKkie alla salute (Child Obesity Surveillance Initiative) collects data on children aged 8-9 years; The Health Behaviour in School-aged Children survey collects data on adolescents aged 11, 13 and 15 years; Progresso della Salute Sanitaria per le Scuole in Italia collects data on adults aged 18-69 years. Additional data are collected by the National Institute for Statistics.



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TAB. 3.5.3 – Italy

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POLICY RESPONSE

Funding allocated specifically to
physical activity promotion by sector

The "Sport at Schools" programme was established in 2007 to increase physical activity through sports in primary schools in a multi-faceted approach for students, teachers, school principals and families. The objectives are to promote participation in sports and increase physical education and the educational values of sport. It is implemented by the Italian Ministry of Education, University and Research and the Italian National Olympic Committee.



National policies by sector

Sectors that are involved in each of the national policies or action plans to promote physical activity



Target groups addressed by national policies

- ✓ Low socioeconomic groups
- ✓ Pregnant and breastfeeding women
- ✓ Ethnic minorities
- ✓ People deprived of liberty
- ✓ Migrants
- ✓ Older people
- ✓ People with disabilities
- ✓ People with chronic diseases



The transport survey "Comuni ciclabili" was established in 2017 by the Italian Cycling Federation and is funded by the National Association of Italian Municipalities.

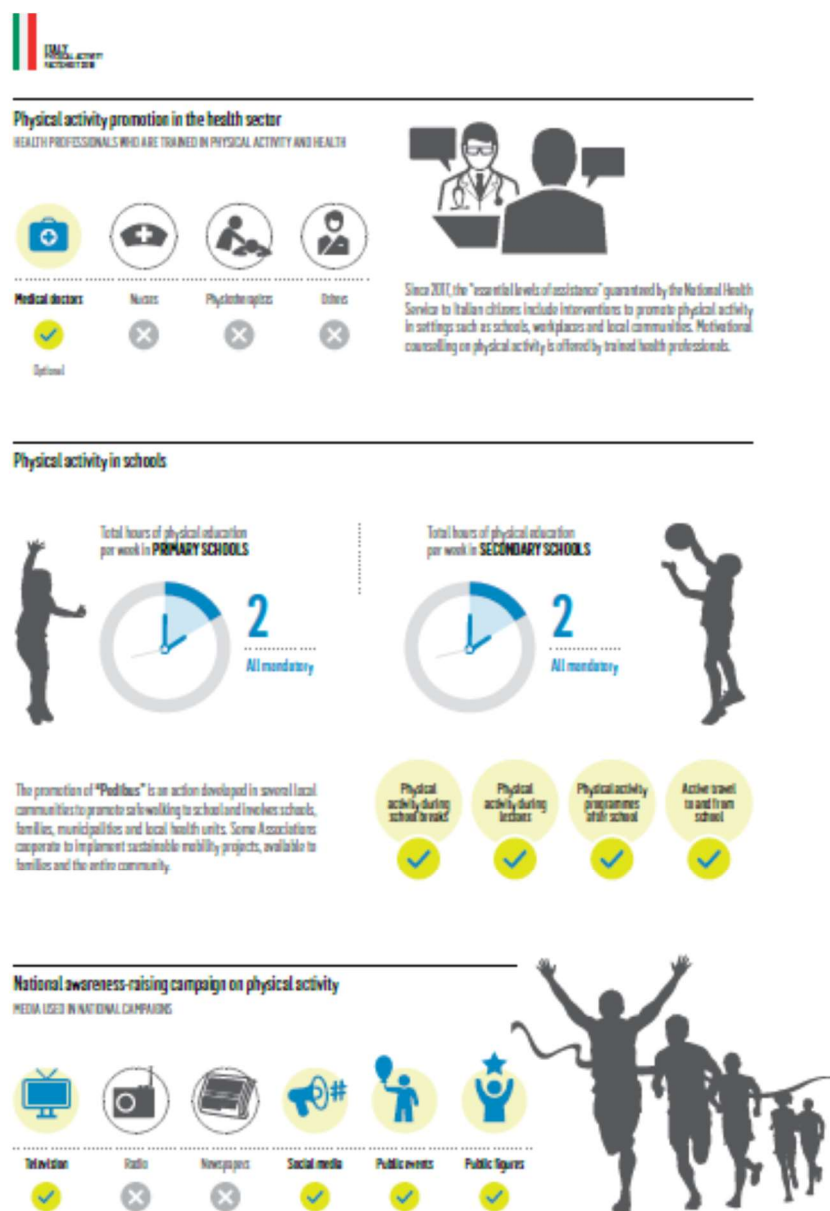


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TAB. 3.5.4 – Italy





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