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Εργαστήριο Φυσικής Ασκησης



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Μια βαθιά αλλαγή στον τρόπο χάραξης και άσκησης της Πολιτικής Υγείας και Ευημερίας.



OBJECTIVE 1:

CREATE ACTIVE SOCIETIES

Four policy actions are proposed which aim to create positive social norms and attitudes and 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.



OBJECTIVE 3:

CREATE ACTIVE PEOPLE

Six policy actions outline the multiple settings in which an increase in programmes and opportunities can help people of all ages and abilities to engage in regular physical activity as individuals, families and communities.



OBJECTIVE 2:

CREATE ACTIVE ENVIRONMENTS

Five policy actions address the need to create supportive spaces and places that promote and safeguard the rights of all people, of all ages and abilities, to have equitable access to safe places and spaces in their cities and communities in which they can engage in regular physical activity.



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OBJECTIVE 4:

CREATE ACTIVE SYSTEMS

Five policy actions outline the investments necessary to strengthen the systems necessary to implement effective and coordinated international, national and subnational action to increase physical activity and reduce sedentary behaviour. These actions address governance, leadership, multisectoral partnerships, workforce capabilities, advocacy, information systems and financing mechanisms across all relevant sectors.



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