



Sport and Health Bulletin

Daily update on the

International Conference on Sport and Health

Hammamet, Tunisia, 21 -24 March 2005

held in conjunction with the

International Year of Sport and Physical Education 2005



The conference is held under the patronage of His Excellency Zine El Abidine Ben Ali, President of Tunisia, and organized by the Ministry of Youth, Sport, and Physical Education with the collaboration of the United Nations

Sport: Ethics, Health and Quality of Life

March 23 – The three key themes of ‘Sport and ethics’, ‘Promotion of health by sport’ and ‘Sport and quality of life’ were presented at the opening of yesterday’s session and were the focus of discussions throughout the day. Participants agreed on the importance of political involvement and support in integrating sport into all aspects of health promotion and disease prevention, as well as on the underlying need to change contemporary habits and lifestyles.

Presentation of the key themes

– Mr. Richard Pound, Chairman of the World Anti-Doping Agency, discussed the importance of ethics in sports and highlighted the disastrous effects of cheating in general, and doping in particular, on the principal values of sports, the morale and health of the athletes, and on individual and social integrity. “Wrong is wrong even if everybody is doing it and right is right even if nobody is doing it,” he concluded.

– Mr. Wataru Iwamo, Director of Secondary Education and Vocational Training at UNESCO, presented the notion of quality of life and underlined its social aspects, referring to the UNESCO report ‘Treasure Within’. He called for action to end the marginalisation of physical activities and cited the International Anti-Doping Convention, to be ratified next October.

– Mr. Ibrahim Abderahim, Head Representative of WHO in Tunis, emphasized the increasing number of deaths caused by non-communicable diseases worldwide, and especially in developing countries. Two million deaths are the direct result of physical inactivity – a new public health challenge and sad reality for 60% of the world’s population. He urged promotion of 30 minutes of daily, uninterrupted physical activity to gain most health benefits. The WHO global strategy for diet and physical activity aims to raise awareness and build alliances to achieve the full potential of sport for improving health.

– Mr. Francis Dubois, UN Resident Coordinator, underscored the importance of access to sport infrastructure and physical activity for fostering development during the present time of mounting internal conflicts and international tensions.

Defining Sport and Quality of Life (QoL)

– Prof. Ali Ben Khedher of the Faculty of Medicine, Tunis, gave an overview of the multi-dimensional definitions of QoL and the complexity of measuring it in diversified country contexts. He concluded by proposing an International Observatory on QoL.

– Prof. Mike Namee (ICSSPE) presented a philosophical approach to health, sport and QoL and introduced the concepts of ‘elite, serious competitive and playful sport’. He concluded that playful sport can contribute tremendously to all models of health, as it can be engaged in by those of all ages and abilities.

– Prof. Michel Rieu summarised the ‘diseases of our civilisation’ as ‘physical inactivity, stress and malnutrition’. He defended elite sport, comparing it with the Formula 1 and noted that it can enhance competencies and knowledge of doctors about sport-related medicine and promote medical sport centres. Participants expressed concern about disparities between allocations by Governments for physical activities and elite sport, as well as their far greater support for physical activity for treatment rather than recreation.

Promotion of Sports for a better QoL

– Mr. Johann Koss, head of the NGO Right to Play, presented the principles of inclusion and sustainability to guide policies to harness the power of sport for health and development. He also announced the next meeting of the International Working Group of Governments on Policy Guidelines formulation on May 24 in New York.

– Prof. Juergen Palm (TAFISA Association) described the widely-recognized “ciclovía” initiative in Bogota for promoting physical activity and life style change by reserving main roads for cyclists only once a week..

– Dr Sandra Matsudo (CELAFISCS, Colombia) presented various forms of simple physical activity and the rich agenda of AGITA MUNDO that offers cost-efficient and effective ways of promoting the same among all population groups (see: www.rafaana.org and www.agitesp.com.br). – Mr. Guy Thibault (Ministry of Education, Leisure and Sport, Canada) described the Kino-Québec group and its work, particularly its study analyzing the importance of physical activity for the elderly (see: www.kino-quebec.qc.ca).

– Mr. Stanislas Frossard (Council of Europe) emphasized the European framework of Sports for All as the principal basis of policies for the promotion of sports. He highlighted the need for cooperation between the public sector and associations, and the need to assess the sport system in terms of good governance. A study on the latter is under way by a special team of 20 members of the Council of Europe. In conclusion, he emphasized the need for freedom of sports associations, even if highly subsidized by the governments, and drew attention to the existing extensively centralized policies on sports.



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Health and Sport Conference Kicks Off

March 22 – Mr. Abdallah Kaâbi, Tunisia's Minister of Youth, Sports and Physical Education, welcomed participants at the opening ceremony of the International Conference on Sport and Health in Hammamet yesterday. The meeting will examine ways in which sport contributes to promote health and progress towards reaching the Millennium Development Goals. It is the first of a series of international conferences on the key themes of the International Year of Sport and Physical Education (IYSPE 2005).

Sport for all

Libyan Secretary of the General Committee in charge of Sport and Youth Ali Morsi Chaeri emphasized that everyone should be able to participate in sport without discrimination, and called for solutions where access is not available. He said that equal participation in sport is a fundamental right like the other human rights. Sport should not be transformed into activities that seek only economic profit, he said, urging efforts to restore the basic values of sport and maintain their inclusive, non-discriminatory nature. Mr. Chaeri called for action to bring all people closer to sport in every city and country, enabling them to benefit from the positive impact of sport on the quality of all aspects of life.

Sport essential for health

Mr. Adolf Ogi, Special Advisor on Sport for

Development and Peace to the UN Secretary-General, congratulated Tunisia for initiating the proclamation of 2005 as the International Year of Sport and Physical Education. Sport has a direct impact on health, he said, pointing to the WHO World Annual Report 2002, which reported that 60% of deaths worldwide caused by non-communicable diseases could be prevented by more regular physical activity. Facing the challenges of an ageing world, sport has become an essential means for improving public health, preserving mental balance and overcoming traumatic experiences.

Tunisia's perspective

Mr. Kaâbi said that all countries are invited to promote the ideals of sport during 2005, and gave an overview of his Ministry's initiatives, undertaken under the patronage of President Zine El Abidine Ben Ali. He highlighted the great benefits from a developed sport sector, including increased investment, new foreign investment and increased visibility in the international media. The importance of women in sports and sport for the disabled is reflected on the Presidential Plan, and is concretely enforced by, for example, offering free access to women in organized sport. The Plan also intends to reach every citizen in each municipality by the end of 2005. In conclusion, Mr. Kaâbi evoked sport's primary ideals of peace, friendship and mutual respect among citizens and countries.

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Exploring Sport's Vital Contributions to Health

21 March – Official Opening

More than 250 participants are gathering in Hammamet to discuss the contributions of sport and physical activity to improving health, which is vital for progress towards the Millennium Development Goals. Mr. Abdallah Kaâbi, Minister of Youth, Sport and Physical Education and Mr. Adolf Ogi, Special Adviser to the United Nations Secretary-General on Sport for Development and Peace, will address the opening session. The Tunisian Ministry of Youth, Sport and Physical Education is organizing the Conference under the plan of action for the International Year of Sport and Physical Education 2005 (IYSPE 2005), which encourages activities to raise awareness about sport and organize sport, cultural and scientific events for all people. Mr. Ogi will represent the Secretary-General in the framework of his mission of promoting understanding and support for the work and ideals of the United Nations by reaching out to the world of sports.

22 March – Aspects of Sport and Health

The first day of the Conference will begin with presentations by the President of the World Anti-Doping Agency (WADA), Mr. Richard Pound, and representatives of the United Nations system, including UNESCO, WHO and UNDP. Their contributions will cover the themes 'Sports and Ethics', 'Sports and Quality of Life', 'Sports promoting good Health' and 'Sports and Development'.

These presentations will be followed by two sessions with participants representing organizations based in Germany, United Kingdom, Switzerland, France, Brazil, Canada, United States and Tunisia. They will discuss

various aspects of the theme 'Sports and Quality of Life', providing insight to the definition of quality of life and the key role of sport and physical activity in the lives of children and the elderly. In addition, participants will examine the role of sport as a means of promoting good health and development. The day will be marked by a symbolic run by 1,500 young boys and girls around the streets of Hammamet.

23 March – Ethics, Good Health and Beyond

The second and final day of activities will include two sessions on 'Sports promoting good Health' and 'Sports and Ethics'. Representatives of internationally recognized organizations and institutions will present their perspectives on policies to promote physical activity and the endorsement of sports for good health. They will discuss the ways that sport can help prevent obesity and non-communicable and cardiovascular diseases, while offering an excellent mean of social integration for the disabled. Other themes that will be examined include the impact of sports on violence, its role in combating HIV/AIDS and in promoting gender equality, and the implications of doping.

24 March – Code of Good Conduct

The final day of the Conference will include presentations summarizing the main themes, and the formation of a committee to prepare a Code of Good Conduct on sport and health. The Code is to be presented at the Conference on Sport and Development in Magglingen, Switzerland, on 4-6 December, culminating the International Year of Sport and Physical Education.



International Conference on Sport and Health

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Provisional Program

21st March 2005

18h 00 : Official opening

Address by the Minister of Youth, Sports and Physical Education (Tunisia)
Address by Mr Adolf Ogi Special Adviser of the Secretary General of the United Nations for the
Sport at Service of the Development and peace.

22nd March 2005

9h 00 - 10h 30 : Presentation of the topics

Sport and ethics	Mr Richard Pound – chairman AMA
Sport and quality of life	UNESCO
Promotion of health by sport	WHO

11h 00 - 13h : 1st meeting - Topic "I" : Sport and quality of life

President of the meeting : Prof. Gudrun Doll Tepper (ICSSPE - Germany)

Moderator : Prof. Taoufik Nacef (CNMSS - Tunisia)

Rapporteur :

Introduction and definition:

What is the quality of life? What are the measuring instruments?

Prof. Ali Ben Khedher (CNMSS Tunisia)

Health, sport and the quality of life : some philosophical considerations

Prof. Mike Mc Namee (ICSSPE - England)

Promotion and strategy for the development of sport in society

Prof. Michel Rieu (CPLD - France)

Move for Health

Mr Robert Beaglehole (WHO Department of promotion of Health - Switzerland)

15h 00 – 18h 00 : 2nd meeting – Topic “I” Sport and quality of life

The development by sport

Ms Mary Harvey (Director of Development Department. FIFA)

Harnessing the power of sport for health and development : civil society in action

Mr Johann Koss (President of Right To Play)

Social relations as a key factor in physical activity

Prof. Jurgen Palm (President of TAFISA)

Physical activity promotion : the experience of AGITA MUNDO network

Dr Sandra Matsudo (General Director of CELAFISCS - Brazil)

Sport and physical activity and quality of elderly's life

Mr Guy Thibault (Research Adviser. Department of Sport and Physical Activity - Quebec)

23th March 2005

9h 00 – 9h 20 : 3rd meeting - Topic "I" Sport and quality of life

Football as a health enhancing leisure activity

Prof. Jiri Dvorak (Médical Director. FIFA - Swiss)

9h 20 – 13h 00 : 1st meeting - Topic "II" Promotion of health by the sport

President : Prof. Rachid Mechmech (Medicine Faculty of Tunis – Tunisia)

Moderator :

Rapporteur :

Global perspectives for the promotion of physical activity policies

Prof. Becky Lankenau CDC – Atlanta)

Health promotion and Sport – An International perspective

Prof. Gudrun Doll-Tepper (ICSSPE – Germany)

Sport and primary prevention of non transmissible diseases

Prof. Habiba Ben Romdhane (INSP- Tunisia),

Sport and secondary and tertiary prevention of non transmissible diseases

Prof. Ali Belhani (Medicine Faculty of Tunis - Tunisia)

Crafting a national plan for physical activity as cardiovascular disease prevention

– Experiences in two countries.

Dr Diane Jones Palm (CDC – Atlanta)

Sport and obesity

Prof. Andrew Hills (Australia)

The sport, as a means for the social integration of people with disabilities

Mr Ali Harzallah and Dr Halim Jebali (Sport Handicapped Tunisian Federation)

15h 00 – 18h 00 : 1ST meeting - Topic "III" Sport and ethics

President : Prof. Michel Rieu (CPLD – France)

Regulators :

Rapporteur :

Global fight against doping :

- FIFA's strategy for the fight against doping
Prof. Jiri Dvorak and Prof. Michel D'Hooghe (President of Medical commission - FIFA)

- Fight against doping, limits of actual screening : present and future
Prof. Michel Rieu (CPLD – France)

- The fight against doping. AMA's missions and strategies
Dr Alain Garnier (AMA - Canada)

Principles of good governance in sport

Stanislas Frossard (Council of Europe - France)

The child's physical activity : between benefices and risks

Dr Alain Garnier (AMA - Canada)

Gender equality in sport and in the Olympic Movement

Mrs Katia Mascagni (IOC - Switzerland)

Sport and AIDS

Mr Oussama Tawil (Egypt)

Sport and violence

Mr Stanislas Frossard (the Council of Europe - France)

Current drifts of the sport

Dr Eric Jousselein (INSEP – France)

24th March 2005

9h 00 – 13h 00 :

Reading and approval of the various reports

Reading and approval of the general report

Draft code of good behaviour

13h 00

Official closing

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