



Lisbon, 09.05.2018

Józef Bergier

Rector and Professor

Pope John Paul II State School of Higher Education

in Biłła Podlaska, Poland

Your Magnificence,

I am pleased to inform you that Pope John Paul II State School of Higher Education in Biłła Podlaska became officially a member of the European Union Physical Activity and Sport Monitoring - EUPASMOS project and will participate in all the activities included in the project schedule. The EUPASMOS Project duration is two years, running from January 2018 to December 2019.

EUPASMOS will be implemented with the participation of several European Union Member States: Portugal, Cyprus, France, Sweden, Latvia, Hungary, Slovenia, Italy, Netherlands, Denmark, Bulgaria, Finland, Spain and also the United Kingdom.

Pope John Paul II State School of Higher Education in Biłła Podlaska is the only institution from Poland participating in the Project and the national coordination will be coordinated by Józef Bergier, Rector and Professor of the referred Pope John Paul II State School of Higher Education.

We hope that the joint implementation of such an innovative Project for Europe, aiming to develop a novel surveillance framework to monitor physical activity and sport in EU member states will bring tangible benefits to all institutions participating in the project as well as to all international and national stakeholders responsible to develop more adjusted cost-effective policies and strategies to increase citizens participation which, ultimately, contribute to improve quality of life and health in our societies.

Respectfully,

Paulo Rocha,

Leader of EUPASMOS Project,

Portuguese Institute of Sport and Youth

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Brussels, 6.11.2019
COM(2019) 565 final

**REPORT FROM THE COMMISSION TO THE EUROPEAN PARLIAMENT, THE
COUNCIL, THE EUROPEAN ECONOMIC AND SOCIAL COMMITTEE AND THE
COMMITTEE OF THE REGIONS**

**on the implementation of the Council Recommendation on promoting health-enhancing
physical activity across sectors**

This situation, with a variety of survey instruments and questionnaires used to collect data across the Member States, remains unchanged. Twenty-one countries provided data on adult physical activity levels from independent national surveys. Data resulting from EU surveys were also reported (five countries reported data from the Eurobarometer on sport and physical activity and seven used the European Health Interview Survey (EHIS)⁹ results as their national data on physical activity levels). Data reported for children and adolescents came mostly from national surveys or from the Health Behaviour in School-aged Children survey¹⁰.

In view of this, the Member States collaboration developed within the HEPA focal points network and with the WHO has led to the Erasmus+ funded project EUPASMOS (European Union Physical Activity and Sport Monitoring System)¹¹, involving 20 EU Member States. This project aims to create a harmonised sport and physical activity monitoring system by developing an integrated and shared methodological process that will provide comparable, valid and reliable physical activity and sport participation data across EU Member States. The project will deliver data and a validated methodology by mid-2020. It will also deliver recommendations to extend the EHIS, which currently includes a very limited section on physical activity.

6. EUROPEAN STATISTICS ON PHYSICAL ACTIVITY

The Council Recommendation invited the Commission to examine the possibility of producing European statistics on physical activity levels based on data collected under the monitoring framework.

Data on physical activity are collected within the EU surveys, mainly the EHIS, and are available on Eurostat website, under Eurobase domains 'Health' and 'Sport'. In 2018, Eurostat released a leaflet on sport-related statistics¹², including data on physical activity levels, coming from the EHIS, wave 2014. The European Union statistics on income and living conditions (EU-SILC)¹³ module on health, conducted in 2017, also included a few variables about physical activity.

In the monitoring framework, only seven Member States used data from the EHIS to report on physical activity levels. Integrating the EHIS with existing national and regional surveys remains a challenge, due to the different priorities of the surveys and the organisations responsible for designing, validating and implementing the surveys, especially in countries where there is good monitoring of physical activity and sports

⁹ http://ec.europa.eu/eurostat/statistics-explained/index.php/Glossary:European_health_interview_survey_%28EHIS%29

¹⁰ <http://www.hbsc.org/>

¹¹ <https://eupasmos.com/>

¹² <https://ec.europa.eu/eurostat/web/products-catalogues/-/KS-07-17-123>

¹³ <https://ec.europa.eu/eurostat/web/microdata/european-union-statistics-on-income-and-living-conditions>



About the Project

The European Union Physical Activity and Sport Monitoring System (EUPASMOS) is a project jointly funded by the European Commission, through the Erasmus+ Sport grant for Collaborative Partnerships, and participating European Union Member States. The project will run between 2018 and 2020.

The aim of the EUPASMOS project is to implement a harmonized physical activity and sport monitoring system, through the development of an integrated and shared methodological process that will provide comparable, valid and reliable physical activity and sport participation data across EU Member States. This will support Member States, the European Commission, the WHO and other relevant organizations in the design, promotion, implementation and surveillance of effective, evidence-based HEPA and sport policies and strategies across Europe and different governance levels.

In order to reach the aim of the project, the following five main objectives have been defined;

I – To establish a monitoring framework to assess sedentary behavior patterns, PA and sport participation in EU MS.

II – To compare commonly used questionnaires for physical activity (PA) surveillance, such as the Global Physical Activity Questionnaire (GPAQ), International Physical Activity Questionnaire (IPAQ) and the Eurobarometer, as well as national PA questionnaires, where applicable, with each other and with objective accelerometer data in a validation study using representative samples from EU partner countries.

III – To analyze and compare sedentary behavior patterns and PA and sport participation prevalence rates across European MS based on the results obtained in the validation study.

IV – To develop a toolkit to build and reinforce Member State's capacity to monitor, analyze and compare sedentary behavior patterns, PA and sport participation prevalence data.

V – To support the development of the PA section of the WHO's European Health Information Gateway database, aligning it with the EU HEPA monitoring framework.

The main deliverables of the project are the following:

- A literature review to identify currently used questionnaires to monitor PA and sport participation in EU Member States
- Identification of an EU monitoring framework
- Data on PA, sport prevalence and sedentary behavior in EU Member States
- General report on methods used in the data collection
- National reports on the implementation of the monitoring system
- Report on the results of the study to validate monitoring tools
- International scientific publication and individual country publications regarding main findings of the project
- Development of a toolkit for monitoring PA, sport participation and sedentary behaviors
- Integration of data in WHO's **European Health Information Gateway database**

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About

[The Project](#)

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[EU Partners](#)

[Associate Collaborative Partners](#)

News

[Publications](#)

[Results](#)

[Toolkit](#)

EU Partners



Bulgarian Ministry of Youth and Sports (Bulgaria)



Cyprus Sport Organisation (Cyprus)



Université Clermont-Auvergne (France)



Hungarian Leisure Sport Organisation (Hungary)



Italian People's Sports Movement (Italy)



Latvian Academy of Sport Education (Latvia)



National Institute for Public Health and the Environment (Netherlands)



Portuguese Institute of Sport and Youth (Portugal)



University of Ljubljana (Slovenia)



University of Castilla-La Mancha (Spain)



The Public Health Agency of Sweden (Sweden)



University of Malta (Malta)



Vytautas Magnus University (Lithuania)



HEPA Macedonia National organization for the promotion of health-enhancing physical activity (North Macedonia)



National Research Institute for Sport (Romania)



Ministry of Culture and Sports/General Secretariat of Sports (Greece)



Pope John Paul II State School Of Higher Education in Białá Podlaska (Poland)



UKK Institute for Health Promotion Research (Finland)

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POPE JOHN PAUL II, STATE SCHOOL OF HIGHER EDUCATION IN BIALA PODLASKA

<https://youtu.be/LkbiIPRvKXk>