

2nd EUPEA SYMPOSIUM –  
22nd EUPEA FORUM  
Thursday 10 - Sunday 13, November 2011



## HCSC - European project

Daily hour PA & PE,  
the main findings and results

Roland Naul  
University of Duisburg-Essen



## Contents:

1. Back ground and purpose
2. Programme and structure
3. Data and findings

## 1. „Gesunde Kinder in gesunden Kommunen“



## 1. „Gezonde kinderen in een gezonde kindomgeving“



Provincie Noord-Brabant

Ministerium für Wirtschaft,  
Mittelstand und Energie  
des Landes Nordrhein-Westfalen



*Unterstützt durch / Mede mogelijk gemaakt door:*

*Das Projekt Gesunde Kinder in gesunden Kommunen wird im Rahmen des INTERREG IV A Programms Deutschland-Niederland mit Mitteln des Europäischen Fonds für Regionale Entwicklung (EFRE) und vom Land Nordrhein-Westfalen, von der Provincie Gelderland und der Provincie Noord-Brabant kofinanziert. Es wird begleitet durch das Programmmanagement bei der Euregio Rhein-Waal.“*

**1. gkgk PROJECT AREA :  
12 municipalities at the German - Dutch border**

**PROJEKTRAUM**

Arnhem  
Cuijk  
Enschede  
Oude IJsselstreek  
Rijnwaarden  
Winterswijk



Bocholt  
Emmerich  
Kleve  
Moers  
Rheinberg  
Velen / Ramsdorf

Prof. Dr. Roland Naul  
Willibald-Gebhardt-Institut  
Universität Duisburg-Essen



**EU Physical Activity Guidelines  
Recommended Policy Actions in Support of  
Health-Enhancing Physical Activity**

**Approved by the EU Working Group "Sport & Health"  
at its meeting on 25 September 2008**

**Confirmed by EU Member State Sport Ministers  
at their meeting in Biarritz on 27-28 November 2008**

Brussels, 10 October 2008																																																							
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## Linked EU policy areas of: sport, education, and health

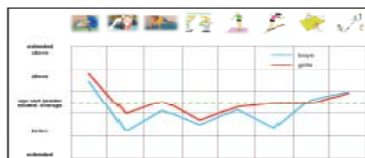
### 3.3. Education:

„Every effort should be made to encourage schools to provide physical activities on a **daily basis in all grades, inside or outside the curriculum and in cooperation with partners** ... linking stakeholders in the areas of physical activity and health care in the **local community**“ (EU, 2008, p. 23).

## 1. EDUCATION, PHYSICAL ACTIVITY, NUTRITION & FEEDBACK



"Walking Bus"

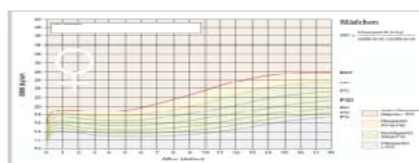


Feedback on Physical Fitness

- 60 -90 minutes of daily physical activity (HEPA: PE, school on the move, PA)
- Weekly lesson on nutrition, health and physical activity (incl. healthy food)
- BMI & physical fitness measurements (each year – four times in gkgk)



Healthy Nutrition



Feedback BMI

9

## 2. Programme: Weekly Lesson Plan

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Active Commuting to School	Walking Bus				
08:05 hrs					PE: separated sub-groups to balance special needs
08:55 hrs	PE: Basic motor skills evelopment				
09:40 hrs	BREAK: healthy breakfast/ school gruiten, active school				
10:05 hrs				Science: my nutrition, my body, by PA	
10:55 hrs			PE: basis skills and techniq ues in games		
11:40 hrs	BREAK: healthy breakfast/ school gruiten, active school				
11:55 hrs					
12:40 hrs					
13:20 hrs					
Active Commuting	Walking Bus				
Afternoon		PA: Sport Club		PA: Sport Club	
















**Healthy Children in Sound Communities**  
**EAC/21/2009/033**  
 „Co-founded by the European Commission, Sport Unit in the  
 Preparatory Action in the field of Sport“


**www.hcsc.eu**

Caren Behnke (WGI) & Rebekka Kemmler-Müller (DSJ)










## 2. Project partners







**Lead partner:** DSJ 

**Partner organisations:**

-  Youth Sport Trust (UK)
-  CSTV (CZ)
-  NISB (NL) 
-  FIAF (IT)
-  ENGSO Youth
-  EADS

**University back offices:**

-  WGI (DE)
-  Charles University Prag (CZ)
-  E. Piasecki Univ.School of P. E. Poznań (PL)



## 2. The EU- policy background to enhance active living

**EU-Study (2004): Study on young people's lifestyles and sedentariness and the role of sport in the context of education and as a means of restoring the balance (Brettschneider / Naul)**

**Luxembourg` Recommendations (2005):**

1. Establishment of an EU-platform for „Active Living“
2. Community based network-projects in four EU-regions
3. Compulsory module for „Active Living“ as a part of PE curricula
4. Information campaigns on the role of sedentariness in the context of nutrition and obesity of young people
5. Special programmes for obese young people in sport and social clubs
6. Building a network of EU-research units for interdisciplinary life style studies and EU-wide monitoring



**2. Background: physical activity is more supported by the EU/EC as an important item of health education !**

**DG EAC:** Working Group of Sport and Health (2005)

**DG SANCO:** EU-Platform of Diet, Health, and Physical Activity, Brussels, (2005)

**DG EAC:** Endorsement of the „HCSC-Programme“ by the Working Group (2006)

**DG EAC:** White Paper of Sport (2007) – Pierre de Coubertin Plan

**DG EAC:** EU-Guidelines of Physical Activity (2008) – „Health enhanced physical education by multi-actor networks in local communities“

**DG EAC:** Lisbon Treaty (2009) – Call for preparatory work „PA & health“, 9 physical activity and health projects awarded out of 141 applications


**„Healthy children in sound communities“ (HCSC.eu) is one of it (2010-2011)**

2. The PROBLEM (DE & EU):  
different single programme strategies:

HEPE, HEPA, diet education, fruit &  
vegetables break fast, media  
control/education in  
different single settings:  
schools, sport clubs, community centres

Programme	Stakeholder	Example
HEPE or HEPA	One Stakeholder (e.g. school or sports club)	PE Curricula e.g. SWE, FIN or Sports Club e.g. GER „Schwer Mobil“
HEPE/ HEPA	Cooperation of two stakeholders (e.g. school & sports club)	Partnership Modell e.g. „Sport Unlimited“ UK
HEPE / Nutrition	One Stakeholder (e.g. school)	School Curricula e.g. „B' fit & Lekker Fit“ NED
HEPA / Nutrition	Two or more Stakeholders (e.g. family, school, restaurants, offices)	Local Network e.g. „Epode“ (FRA)
HEPE / HEPA / Nutrition / Public Health / Environment	family, school, sports club, public services external experts	gkgk / HCSC (EU)


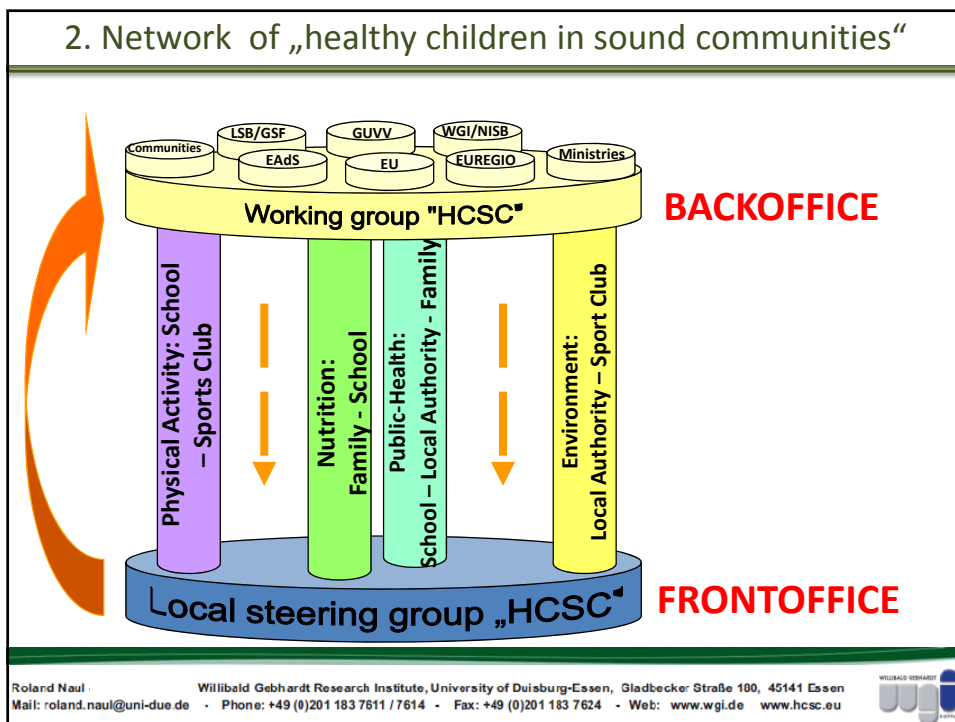
2000  
↓  
2010

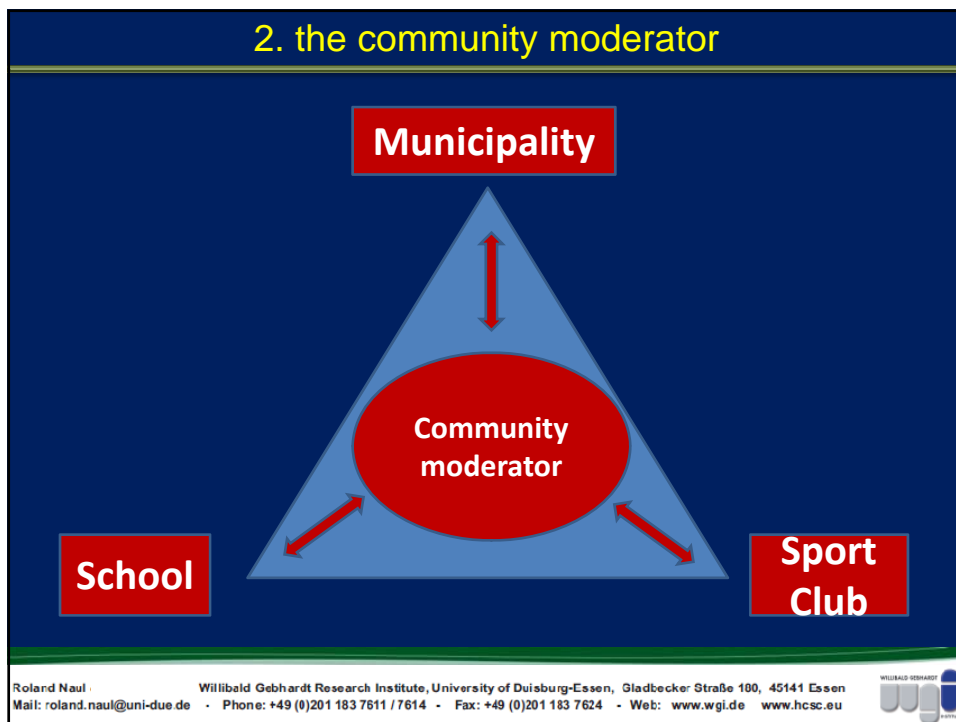
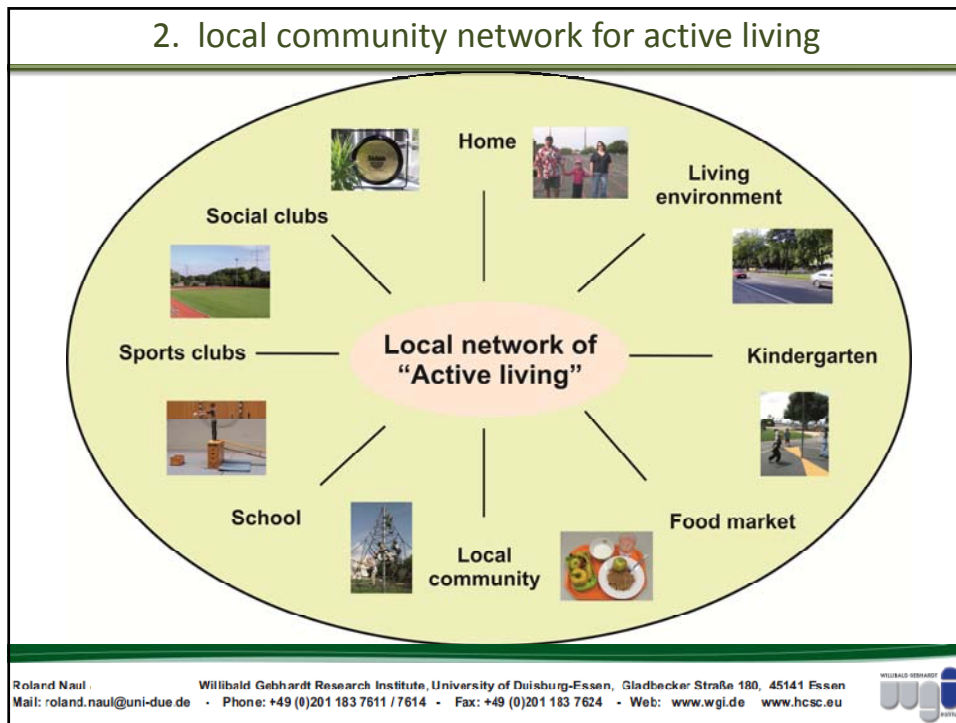


**4. The structure of the HCSC project:**  
 ([www.gk-gk.eu](http://www.gk-gk.eu); [www.HCSC.eu](http://www.HCSC.eu)):


HCSC links multi-programmes  
 for multi-settings in the living  
 environments of  
 EU-children and youth



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**2. Community moderators at Rheinberg: a partnership with the WGI**












Babette (KM Rh / Dorothee (WGI)







**ENGSO Youth**

**3. Structure of the HCSC project**

**PROJECT AREA**

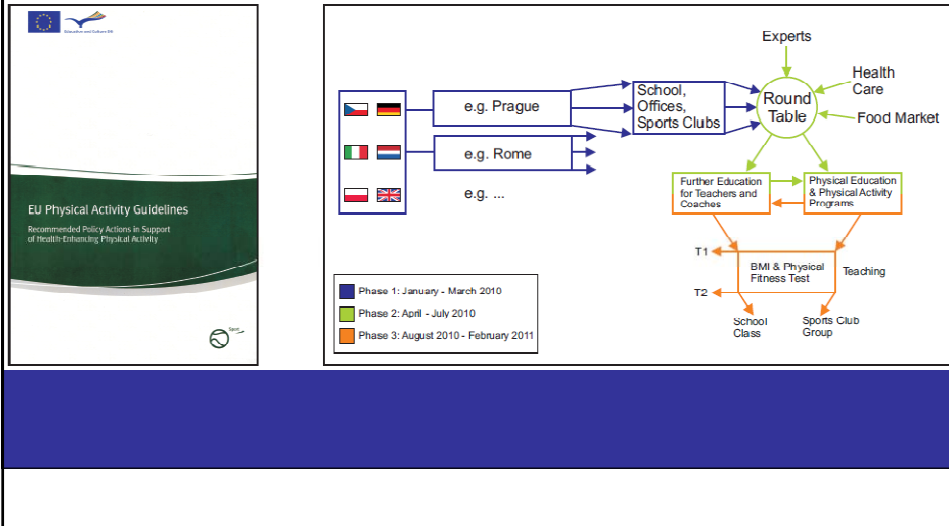
-  Prague, Vrchlabi
-  Darmstadt, Osnabrück
-  Rome
-  Arnhem
-  Poznan
-  Nottingham, North Manchester, Luton



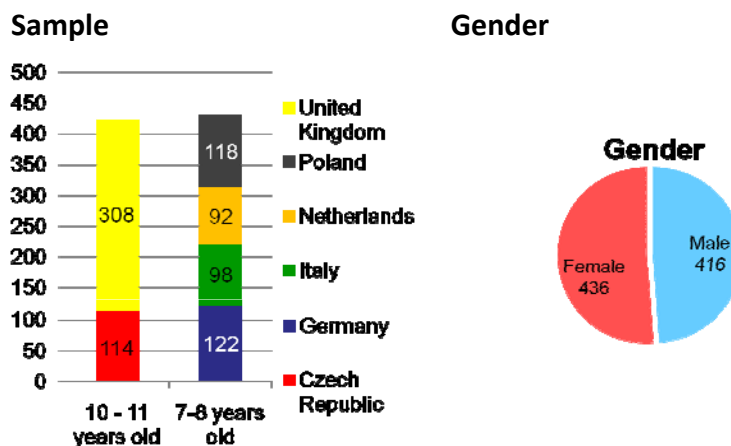







### 3. Structure of the HCSC project

#### DIFFUSION & IMPLEMENTATION



### 3. Results of the HCSC- project sample group (n=852)



### 3. Test instruments

#### Children's measurements

- Motor & Fitness Test
  - 20m run (velocity)
  - Sit & reach (flexibility)
  - Sit-ups (power)
  - Standing Broad Jump (power)
  - 6min run (endurance)



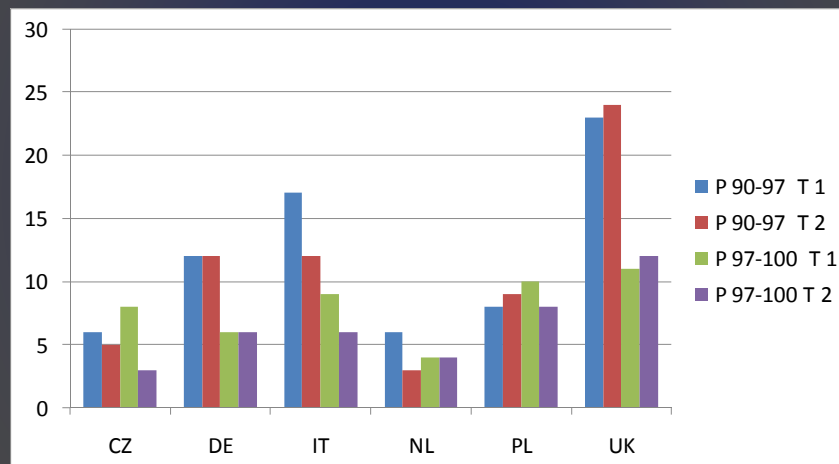
(gkgk Test Manual, 2009)

#### Parents' proxy reports

- Parent's Questionnaire
  - Parents' view on
    - Children's sport activity
    - Nutrition
    - Media consume
  - Parents' attitude towards
    - Motor activity
    - Media consume
    - Nutrition

(L'Hoir et al, 2009)

### 3. Longitudinal comparison of overweight / obesity prevalence between T 1 and T 2 (n=107 pupils)

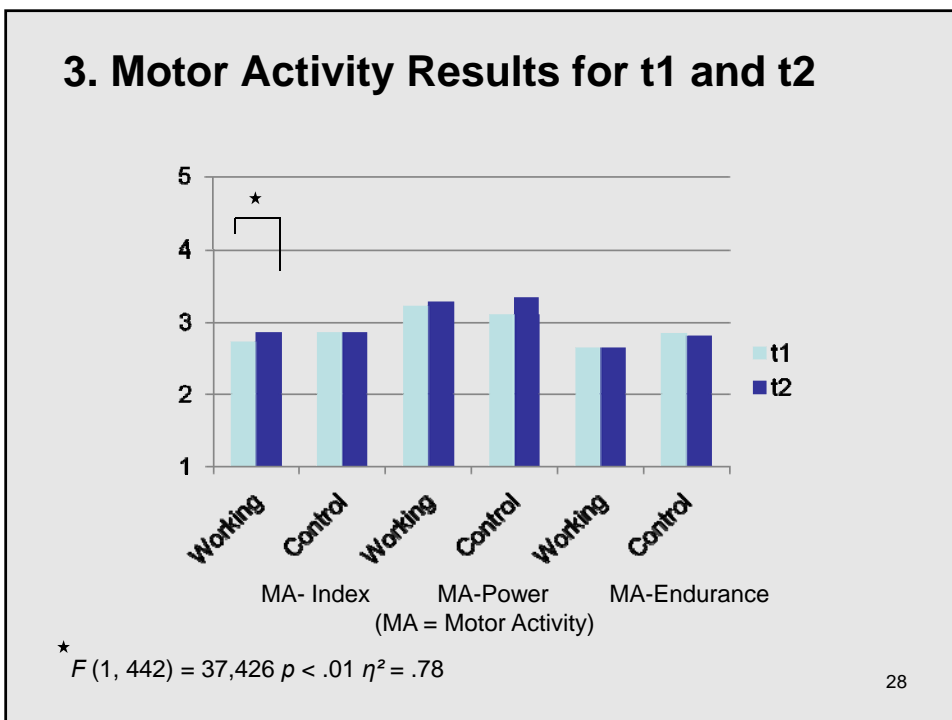


**3. BMI in percentiles (n = 411)**

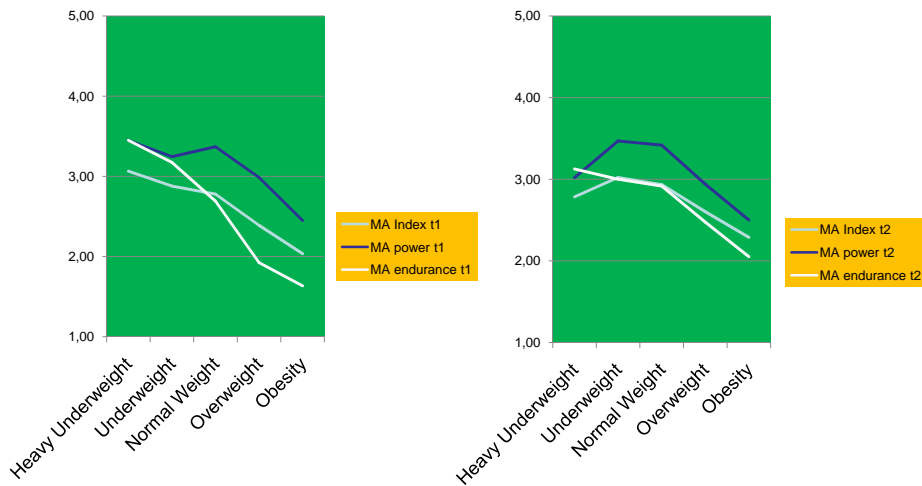
	t1	t2
<P3	1,46%	3,16%
P3-<P10	3,16%	4,87%
P10-<P25	13,14%	12,90%
P25-<P50	22,87%	21,65%
P50-<P75	22,38%	23,11%
P75-<P90	17,03%	16,30%
P90-<P97	13,14%	11,44%
>=P97	6,81%	6,57%

**3. Motor activity findings at t 1 and t 2**

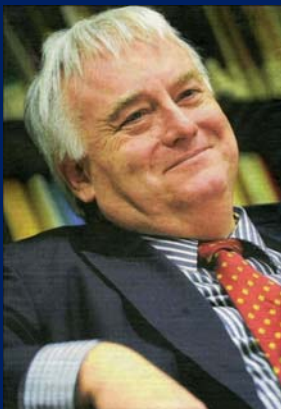
	t1	t2	n	MANOVA
20m run	5.14sec.	5.08sec.	464	F (1,463) = 8,16. p = .12
Sit & Reach	1.43cm	2.90cm	463	F (1,462) = 32,165. p < .01 $\eta^2 = .065$
Sit Ups	19.12	22.49	464	F (1,463) = 42,909. p < .01 $\eta^2 = .085$
Standing Broad Jump	124.75cm	125.35cm	467	F (1,466) = .412. p > .05
6min run	840,49m	920,15m	462	F (1,461) = 50,774. p < .01 $\eta^2 = .099$



### 3. Correlation between BMI and Motor Activity Indexes (t 1 vs. t 2)



Thank you for your attention!



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