

## **INTERVIEW with PATHE leader from Collaborating Partner**



**Name:** Joan Bartolí Guillemat

**Position:** International relations

**Organization:** UCEC, Unió de Consells Esportius de Catalunya

**Country:** Spain

### **1. Within your specific national project and geographic location (country), what are the most important issues for the PATHE - Physical Activity Towards a Healthier Europe to address in order to better the health status, health promotion and sport/health activities?**

In our Project the most important issues for the PATHE are:

#### **Prevention**

- Prevention of risk behaviours: drug addiction, alcoholism, etc for teenagers.
- Prevention of obesity in school ages.

#### **Health Physical Activity**

The purpose is to achieve that the sport and the physical activity are part of a healthy lifestyle, so this physical activity is healthy for the aptitudes of each person.

#### **Hygienic habits**

The purpose is to teach kids to get hygienic habits with sport - before and after practising sport. For example: to have a shower after doing sport, changing of cloth, etc.

### **2. What partnerships/activities do you feel are necessary within your national project/country that would help further the efforts of ISCA and your Association with PATHE in providing increased and more comprehensive services for national organizations in the Health/health promotion activities?**

We think that the activities and partnerships which are necessary are:

- **Activities:** physical activities, learning courses, conferences, seminars, meetings, etc.
- **Partnerships:**

- Catalunya Government: Education department, General Sport department and Health department.
- Educational centres and Parents associations.
- Sport Councils
- Town Halls

**3. What are the adaptations/innovations/changes in your association via PATHE that you have either implemented or developed that has helped provide a more effective or efficient health/health promotion/physical activities?**

Our association has developed learning courses for primary and secondary sport teachers in which they work in sport activities, health, etc.

Now we are working to be able to develop a new extra school Sport program of health in which we pretend to promote physical activities through a healthy way in ages from 3 until 99 years old.