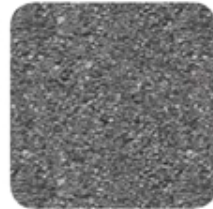


Implementation of European guidelines for improving infrastructures for LTPA in the local arena

Alfred Rütten



Why IMPALA -
what makes the difference?



Why IMPALA?

Romsås, Oslo/Norway

Neighborhood with 7,000
inhabitants

Immigrants from 133
different nations from
Asia, the Middle East, East
Africa and the Balkans

Residential area without
consideration of
opportunities for LTPA



Why IMPALA?

Romsås,
Oslo/Norway

Attempts to improve
infrastructures for leisure-
time physical activity



Why IMPALA?

Romsås,
Oslo/Norway

Attempts to improve
infrastructures for leisure-
time physical activity



Why IMPALA?



But...where do they all go?

Why IMPALA?



To a new waterpark and playground!



The IMPALA Project





Improving Infrastructures for Leisure-Time Physical Activity in the Local Arena



Grant Agreement No. 20081208

Project Objectives



To identify, implement,
and disseminate good
practice of improving
local infrastructures for
leisure-time physical
activity



Good Practice
Guidelines



Types of LTPA Infrastructures

Sport Facilities



Leisure-Time Infrastructures that provide specific opportunities for LTPA



Urban and Green Spaces that are usable for LTPA



Project Partners

26 institutions from
12 European countries
are partners of
IMPALA



| | <i>Associated Partner</i> | <i>Collaborating Partner</i> |
|----------------|--|---|
| Austria | University of Vienna | Austrian Institute for Schools and Sports Facilities |
| Czech Republic | Palacky University, Olomouc | City of Olomouc |
| Denmark | University of Southern Denmark | Odense City, Traffic Department |
| Finland | University of Jyväskylä | Association of Finnish Local and Regional Authorities |
| France | University of Nancy | National Ministry of Health and Sports |
| Germany | University of Erlangen-Nürnberg | German Olympic Sports Confederation |
| Italy | University of Rome Foro Italico | Censis Servizi s.p.a. Acciari Consulting |
| Lithuania | Lithuanian Academy of Physical Education | Kaunas Municipality |
| Netherlands | TNO | VU University Medical Center, Netherlands Institute for Sport and PA |
| Norway | Oslo University College | Directorate of Health |
| Portugal | University of Porto | Portuguese Institute of Sport |
| Spain | University of Extremadura | Regional Government of Extremadura |

WHO European Centre for Environment and Health





Step 1:

Assessment of existing policies in 12 European countries

Step 2:

Assessment of mechanisms in use in 12 European countries

Step 3:

First discussion on set of quality criteria

Step 4:

Review of international guidelines in use

Step 5:

Feedback by all IMPALA partners in May 2010 to preliminary draft

Step 6:

Workshops with national experts, feedback reports on revised draft

Step 7:

Presentation of the draft guidelines at POIN2010 Conference

Step 8:

Translation & Dissemination of the guidelines at EU and national levels

The Guidelines



Social Equity

Intersectoral Collaboration

Participation

- **2006** *EU Green Paper Promoting Healthy Diets and Physical Activity - a European dimension for the prevention of overweight, obesity and chronic diseases*
- **2007** *EU White Paper on Sport*
- **2008** *EU Physical Activity Guidelines that recommend policy actions in support of health-enhancing physical activity*
- **2006** *WHO Europe Promoting Physical Activity and Active Living in Urban Environments. The role of local governments*
- **2004** *WHO Global Strategy on Diet, Physical Activity and Health*

Checklists

Step 1 | ASSESSMENT

The assessment of current policies aims to map the current landscape for improvements in local infrastructures to be made. The start for policies should cover all types of LTPA infrastructures and sectors. It is helpful to identify policies not only at the local level but at a regional and national level, too. The assessment helps to identify what can be done to improve the planning, building, financing, and management of a local infrastructure.

Good Practice Criteria

a) Identify existing public policies

| INFRASTRUCTURE | SPORT FACILITIES | LEISURE-TIME INFRASTRUCTURES | URBAN SPACE | NATURE SPACE |
|----------------|------------------|------------------------------|-------------|--------------|
| PUBLIC SECTOR | | | | |
| SPORT | | | | |
| RECREATION | | | | |
| EDUCATION | | | | |
| URBAN PLANNING | | | | |
| TOURISM | | | | |
| HEALTH | | | | |
| ... | | | | |

Identify public policies, e.g. laws, regulations, guidelines or similar documents in all sectors that deal with different types of LTPA infrastructures. Matrices like the example matrix can be used to get an overview about existing policies.

b) Identify non-public policies

Policies can also be developed by non-public actors. Matrices like the one above can be helpful to get an overview of which institutions from the third and private sector are involved in the development of LTPA infrastructures.

| NAME & TYPE OF ORGANISATION | NAME & TYPE OF POLICY DOCUMENT |
|-----------------------------|--------------------------------|
| VOLUNTARY ORGANISATIONS | |
| FOUNDATIONS | |
| COMMERCIAL COMPANIES | |
| ... | |

c) Assess the quality of policies

Good practice indicators are:

1. THERE ARE POLICIES FOR ALL TYPES OF INFRASTRUCTURES

Check if identified policies cover all types of infrastructures.

2. POLICIES CONTRIBUTE TO IMPROVING SOCIAL EQUITY

- Do policies consider the interests of:
- People with a low socio-economic status
 - Senior citizens
 - Children and adolescents
 - Women
 - Ethnic minorities
 - Immigrants
 - Disabled and incapacitated people

3. DO POLICIES ENSURE PARTICIPATION OF DIFFERENT PERSPECTIVES IN DECISION-MAKING:

- Voluntary organisations
- Representatives of population subgroups
- Other relevant policy sectors
- Relevant policy actors from different levels, e.g. in federal countries

4. DO POLICIES INCLUDE A SOUND QUALITY MANAGEMENT SYSTEM AND DEFINE:

- Concrete objectives
- Allocated resources
- Concrete steps of implementation
- Expected outcomes
- How to evaluate outcomes

POLICY

Step 2 | IMPROVEMENT

This section provides guidance on how policies can be initiated or further developed to improve their ability to achieve the objectives of inter-sectoral collaboration, participation of different policy sectors and non-governmental organisations and representatives of different population subgroups and the promotion of social equity.

a) Take responsibility

Inter-sectoral collaborations should identify a lead sector to take responsibility for a particular issue. There may be a number of different leads dependent on contexts, different policy sectors and levels of government.

b) Find partners to foster inter-sectoral collaboration and participation

Improving infrastructures relies on effective inter-sectoral collaboration. It is important to consider a wide range of partners from the start who might have an interest and experience in a particular issue and find ways of integrating them into the collaboration to improve their engagement. Thinking beyond the traditional sectors is important and may include:

- NGOs/Voluntary organisations, e.g. sports federations
- Representatives from various population subgroups, (e.g. senior citizens, children and adolescents, immigrants, or disabled people)
- The private sector
- Relevant other policy sectors, e.g. sports, health, recreation, urban, planning, economics, tourism, transport, recreation, education, social affairs and others
- Actors from other levels of government, such as local and regional representatives
- Science

c) Promote social equity

1. DEFINE A MISSION

Turn a policy into an inspiring task that attracts inter-sectoral involvement.

- A collective mission, e.g. a bike-friendly city
- Matching of missions, e.g. linking sustainability to health or link active cities to healthy cities

2. IDENTIFY APPROPRIATE OBJECTIVES

Further elaborate your mission with specific, measurable, achievable, relevant, and timely objectives.

- What are the precise objectives to be achieved?
- What are the population target groups of the policy?
- Which settings does the policy deal with?

Some of these objectives may focus on promoting social equity by explicitly identifying how for example the barriers to LTPA amongst people from low socio-economic groups can be removed. Positive incentives might include policies which promote:

- Low cost or subsidised sport facilities
- Free-of-charge sport facilities
- Various types of infrastructures
- LTPA infrastructures in socially deprived neighbourhoods

d) Improve quality management

1. FOSTER IMPLEMENTATION

Good practice in policy-making considers key indicators of effective implementation:

- Plan specific and easily actionable steps for implementation
- Define clear responsibilities and obligations for implementation
- Identify and allocate resources
- Increase public awareness and communicate the policy

2. MONITOR AND EVALUATE IMPLEMENTATION

A systematic monitoring and evaluation of the policies' implementation is essential for its continued review and development. This allows ongoing monitoring of needs and emerging trends.

Checklists for assessment

Checklists for improvement



Ten Best Practice examples
from the IMPALA partners on

- Policies
- Planning
- Building
- Financing
- Management

National Action Plan on PA, Norway



Key Success Factors

1. Clearly defined leadership
2. Multi-sectoral involvement
3. Focus on supportive environments
4. Concrete catalogue of action with defined responsibilities and timeframe

THE ACTION PLAN ON PHYSICAL ACTIVITY 2005-2009

Working together for physical activity



El Anillo, Extremadura/Spain



Key Success Factors

1. Multi-sectoral involvement of sport, tourism, economics
2. Sport as tool for regional development through EU structural funds
3. Cooperation between different government levels



Best Practice – Planning

Integrated Planning of Sport Development, Frankfurt/Germany



Inventory

Assessment of relevant planning parameters (population, sport facilities, urban spaces for physical activity, leisure-time physical activity behavior)

Needs Assessment

Behavior-oriented assessment of sport facility needs

Cooperative Planning

- Stakeholder-based assessment of sport development needs
- Facilitation of cooperation between interest groups
- Development of a joint action plan

Sport Development Plan

Key Success Factors

1. Needs assessment based on representative population survey
2. Promotion of inter-sectoral collaboration and participation of different stakeholders in planning of concrete action
3. Concrete catalogue of action with steps, resources, responsibilities, timeframe and indicators of successful implementation
4. Secured sustainability through intersectoral steering committee that fosters implementation and further development

Best Practice – Building

Facilities in Deprived Neighborhoods, Oeiras/Portugal

Key Success Factors

1. Provide basic supply of infrastructures in a deprived neighbourhood
2. Participatory planning with residents
3. Making the new facilities accessible for all inhabitants
4. Improved resources and attractive PA offers through public-private-partnerships



Best Practice – Financing

The Richard Krajicek Foundation
& Cruyff Courts, The Netherlands



© Richard Krajicek Foundation

Key Success Factors

1. Public-Private-Partnerships to improve funding basis
2. Focus on deprived neighbourhoods
3. Broad understanding of infrastructures to reach adolescents most in need where they play and spend leisure-time



Best Practice – Management

Intersectoral collaboration,
Omega Centre Olomouc/Czech Republic

Key Success Factors

1. Collaboration between sports and health sector
2. Public-Private-Partnership between commercial owner and sport associations
3. Promotion of LTPA in the surrounding area





- Official translations into languages of IMPALA countries

Czech

French

German

Italian (under preparation)

Lithuanian (under preparation)

Norwegian (under preparation)

Portuguese

Spanish (under preparation)



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Thank you very much for your attention!

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