

Round table

**Preparing the ground for policy
guidelines on Physical Activity and
Mental Health**

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A European Think tank dedicated to the study of sport

Sport and Citizenship is a Think tank created in Brussels in September 2007, a few weeks after the adoption of the European Commission's White Paper on sport. Today, it is the only Think tank in Europe, whose social objective is the analysis of sporting politics and the study of sport's societal impact. Independent and apolitical, *Sport and Citizenship* has ten years of expertise and benefits from a recognition by public authorities and stakeholders of European sport. It is therefore regularly consulted by international and European institutions, the Member States, the sports movement and civil society which recognise it as a privileged interlocutor in this field.

A plurality of actions

Sport and Citizenship produces a comprehensive reflection on these challenges, by uniting more than 300 experts within a Scientific Committee and thematic networks. The objective is to reach, via a transversal and multi-disciplinary reflection, an exchange of ideas feeding the Think tank's works. The promotion of these works occurs via publications, conferences, communication actions and a privileged access to media. These tools favour the transfer of experiences and expertise and enable the Think tank to take part in the public debate.

Sport and Citizenship's goal is to be a part of the construction process of public, national and European policies, in the fields of sport, health, education and citizenship.

Our values

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Santé

Le sport, un médicament à part entière ?

Par **Sciences et Avenir avec AFP** ([Lire tous ses articles](#))
Publié le 18.10.2018 à 20h00

Depuis la loi de modernisation du système de santé français de 2016, le sport peut être prescrit dans le cadre de pathologies chroniques au même titre que les médicaments. Une possibilité encore peu exploitée par les médecins.





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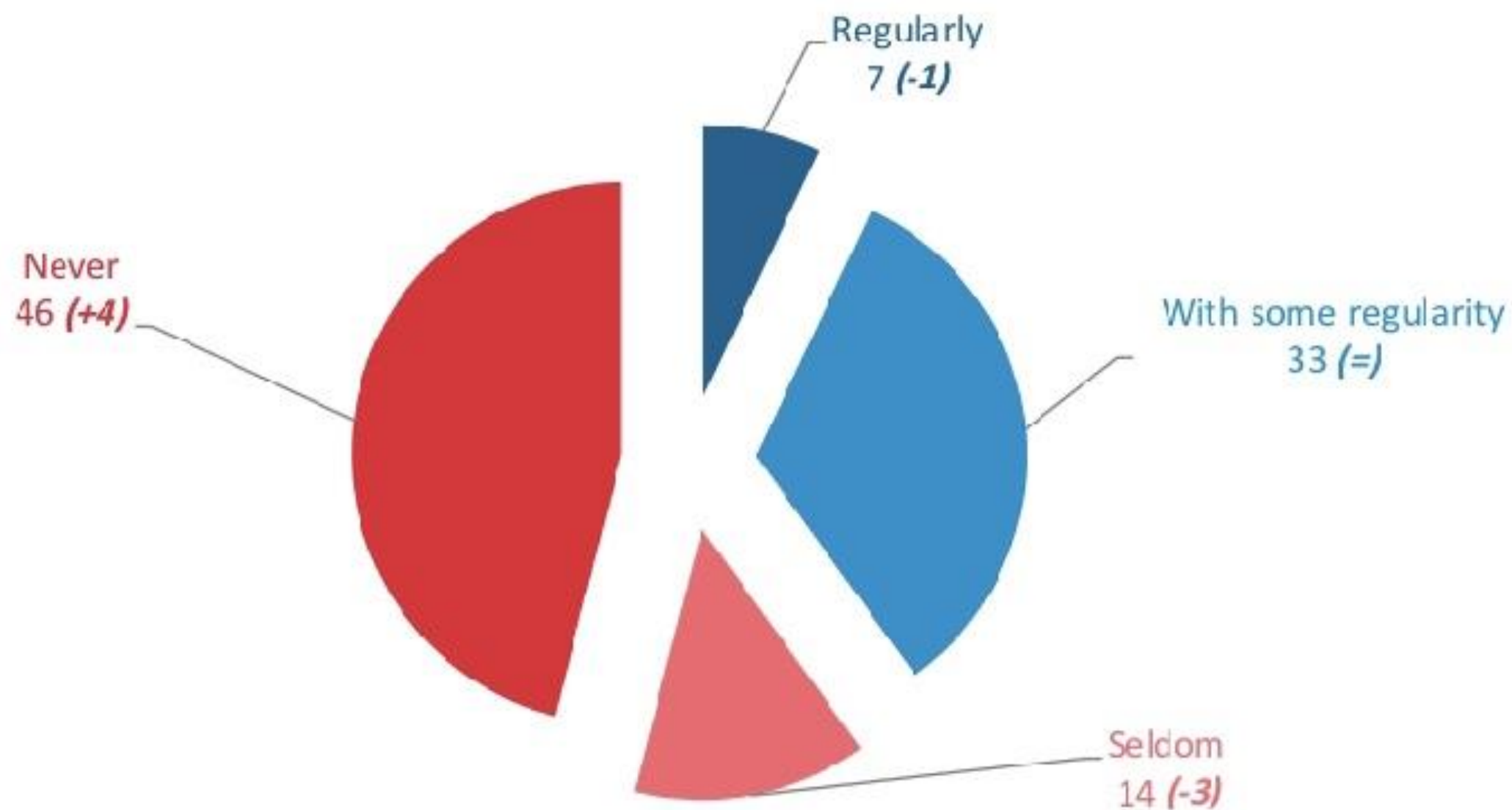
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**European Capitals and Cities
of Sport Federation**



QB1 How often do you exercise or play sport?
(% - EU)



(Dec. 2017 - Nov.-Dec. 2013)

Base: All respondents (N=28,031)

Health

Social integration

Economy

Education/Schools

Paradox

Sport and Physical Activity

- Key instrument to help mental health disorders
- High level Sport can provoke Mental disorders

1. Exercise regularly are better at creative thinking.
2. Positive relationship with the reported self-esteem.
3. Sports reduces nervousness and calms.
4. Sports is good Memory.
5. Sports helps against addictions.
6. You become more productive through sports.

Article 165 of the EU treaty specifies on the Sport dimension:

The Union shall contribute to the promotion of European Sporting issues, while taking account of the specific nature, its structures based on voluntary activity and its social and education function

Sport and Physical Activity as a **fundamental**

Sport and Physical Activity **literacy?**