



Kick-off & "Becoming, being and remaining physically active"

The first European Public Health WEEK has started!



The kick-off brought together experts from different countries to discuss public health.

This short video introduces the EUPHW with messages from all over Europe!



European Public Health WEEK - 2019

Dr. Helene Azopardi-Muscat

EUPHA President



Watch later



Share



organize your events and activities, use
our materials and tag us.

European Public Health WEEK - 2019

YouTube

Join us in raising awareness of public health and celebrating healthy populations! During the first ever European Public Health WEEK we will have events and activities all over Europe with each day dedicated to an important public health theme.



EUPHA

@EUPHActs



Thomas Dorner from the Austrian Association of Public Health describes the Public Health Week in Austria which combines multiple disciplines beyond the traditional healthcare sector. [#EUPHW](#) [#EUPHWkickoff](#)

♡ 2 8:14 AM - May 13, 2019



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GHMe

@GHMentorships



Delighted to hear @Nemomnis speak about the importance of the #voice of #youngprofessionals in reinvigorating the global #publichealth agenda. Read more about the #EUPHW on our homepage: ghmentorships.org - we look online engagement this week! #EUPHWkickoff

♡ 9 8:35 AM - May 13, 2019

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EUPHA

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Nicole Rosenkötter @PHMRsection emphasizes the need for collecting, reporting and communicating data, and for a multisectoral approach to public health. #EUPHW #EUPHWkickoff

♡ 11 8:37 AM - May 13, 2019



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Curious? You can watch the full session here:

European Public Health WEEK: Kick-off event

 YouTube

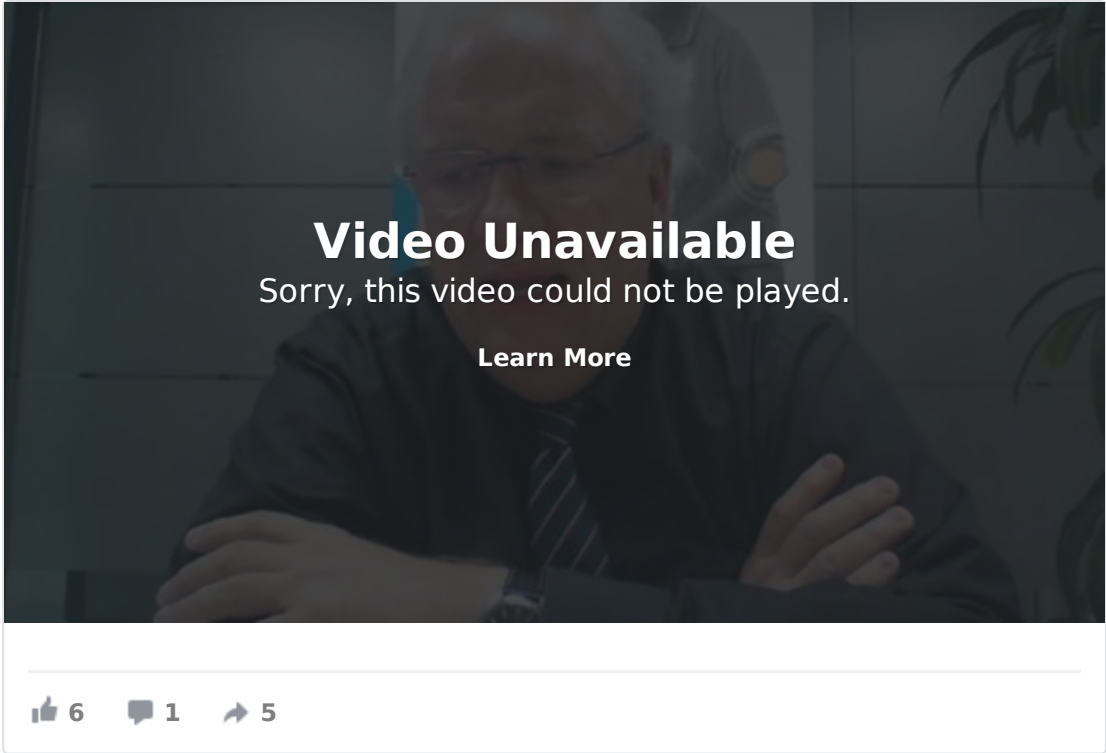
Uploaded by None on 2019-05-13.

The event finished with a "walkinar" in a Brussels park to celebrate the theme of day 1, under the motto "I like to move it, move it"!



Live streaming of the walkinar available
at <https://tinyurl.com/y2zlj76x>

Soon thereafter, we had Dr Josep Verges from the Osteoarthritis Foundation International talking about physical activity in people with the condition. Watch here:

A placeholder for a video that cannot be played. The background is a dark, semi-transparent image of a man with white hair and glasses, wearing a dark suit and a striped tie, with his arms crossed. Overlaid on this image is the text "Video Unavailable" in a large, bold, white font. Below it, in a smaller white font, is the text "Sorry, this video could not be played." Further down, there is a link that says "Learn More" in a smaller white font. At the bottom of the placeholder, there is a white bar containing three icons: a thumbs-up icon followed by the number "6", a speech bubble icon followed by the number "1", and a share icon followed by the number "5".

Video Unavailable

Sorry, this video could not be played.

[Learn More](#)

👍 6 💬 1 ➦ 5

Meanwhile, in the rest of Europe...



HealthyCities Norway

@healthynorway



We like to move it, move it! 🏃 And we like cities that make it easy for us to move it by increasing [#walkability](#), building bike lanes, and ensuring access to green spaces for all. [#healthycities](#) [#EUPHW](#) [@WHO_Europe_HCN](#) [@EUPHActs](#)

♡ 12 12:15 PM - May 13, 2019

[👤 See HealthyCities Norway's other Tweets](#)





Eve Robinson @eveprob · 4h



It's European Public Health Week to celebrate & promote healthy populations! Today is about becoming, being and remaining physically active for our physical, mental & social wellbeing #EUPHW



Eve Robinson

@eveprob

I sit most of the day at work 😞 so try to do something in the evening. Listening to a good radio show or audio drama helps on days when I need some motivation 🎧
#EUPHW pic.twitter.com/WWcl5IR9tK

♡ 6:06 PM - May 13, 2019



[See Eve Robinson's other Tweets](#)



The World Federation of Physical Therapists (European Region) also presented on the benefits of physical activity to tackle childhood obesity:



1 European Health Week – Monday 13 May 2019 – ...



Watch later



Share

3 The problem: Obesity & Children



1 European Health Week – Monday 13 May 2019 –
Physiotherapy and Obesity

YouTube

**EUPHA PHPP Section**

@EPH_PHPPsection



Employees who are physically active are healthier, happier, and less likely to take sick days.

By promoting physical activity and active travel, employers can improve staff wellbeing, increase work attendance and decrease job stress. [#EUPHW](#) DAY 1 - [@EUPHActs](#)

♡ 6 6:00 PM - May 13, 2019

[See EUPHA PHPP Section's other Tweets](#)



Build physical activity into
your daily routine by
walking to work, getting
the bus, cycling or taking
the stairs #EUPHW
@publichealthie
@EUPHActs



Royal College of Physicians of Ireland

@RCPI_news



The sun is out for European Public Health Week, so why not build some physical activity into your day, a short walk, cycle or swim- you'll feel better by Friday! #EUPHW @publichealthie @EUPHActs @HealthyIreland

♡ 5 4:41 PM - May 13, 2019

[See Royal College of Physicians of Ireland's other Tweets](#) >

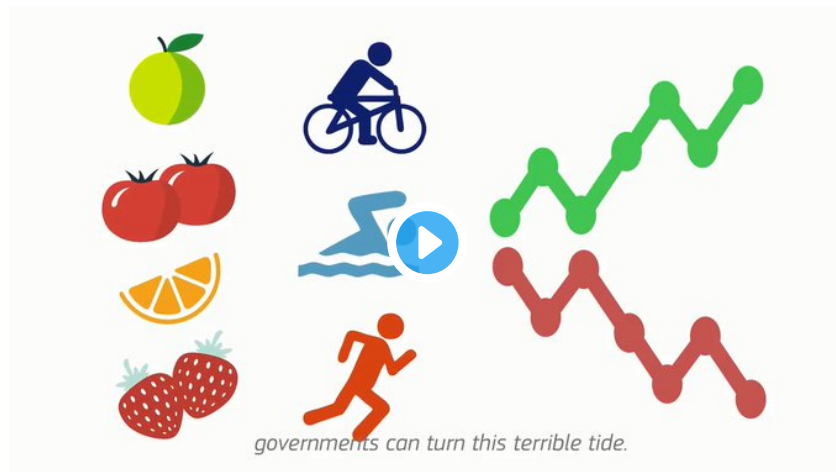


EU_ScienceHub @EU_ScienceHub · 14h



The European Public Health Week kicks off today – just the right time to explore the Health Knowledge Gateway & the info it provides on diets, physical activity, alcohol related harm & much more

ec.europa.eu/jrc/en/health-... @EUPHActs @EU_Health



EU_ScienceHub

@EU_ScienceHub

#PhysicalActivity brief just published on the health knowledge gateway ! What's the effect of sedentary behaviour? Find out what's the recommended physical activity in your age group europa.eu/!yk96uq **#EUPHW #beactive** pic.twitter.com/WzNX5VJlpc

7 3:31 PM - May 13, 2019



[See EU_ScienceHub's other Tweets](#)



In Croatia, the Public Health Institute of Split and Dalmatian County promoted physical activity in the workplace to prevent sedentary behaviour during worktime.

“BY 2041, THERE WILL BE 2.3 MILLION PEOPLE AGED 60 AND OVER ACROSS THE ISLAND OF IRELAND.

PROMOTING PHYSICAL ACTIVITY TO THE OLDER ADULT POPULATION IS NOW MORE IMPORTANT THAN EVER”

 **DR CONOR CUNNINGHAM**
Public Health Interventions Officer - Physical Activity & Ageing
Institute of Public Health in Ireland (IPH)

 **#EUPHW**



With an ageing boom on the way, we need to support older people to get physically active. Read this blog for European Public Health Week by IPH's Dr Conor Cunningham by clicking here bit.ly/2JfzvWB #EUPHW @EUPHActs

♡ 7 3:28 PM - May 13, 2019

 [See IPH's other Tweets](#)



In Bulgaria, a medical student from the University of Pleven taught 12-13 year-olds in the town of Kozloduy about the importance of physical activity and its advantages for health.



Andreea Steriu 
@SteriuMD



[#EUPHW](#) at today's physical activity event. Members of the Romanian Public Health & Health Management Association presenting the [@EUPHActs](#) 2019 initiative.

♡ 1 1:36 PM - May 13, 2019

 [See Andreea Steriu](#) 's other Tweets



This week marks the first European Public Health Week ([#EUPHW](#))!

ECDC is cooperating with [@EUPHActs](#) in coordinating and strengthening efforts towards prevention and control of communicable [#diseases](#).

find out more about the week: bit.ly/2Yt4u54



European Public Health Week 2019
The European Public Health Association (EUPHA) is launching the European Public Health Week to raise awareness of public health.
ecdc.europa.eu

EU_Health  [@EU_Health](#)

Starting tomorrow in #Brussels - the 1st European Public #Health Week organised by [@EUPHActs](#)

Info & events: eupha.org/European_Publi...



**CELEBRATING
HEALTHY POPULATIONS**
13-17 MAY 2019
Join the first ever
European Public Health WEEK!



♡ 20 2:27 PM - May 13, 2019



 [See ECDC's other Tweets](#)



Before we finish, here is a reminder from the World Health Organization about the rest of the week:

LET'S
Be active
Everyone
Everywhere
Everyday



WHO at the EU ✓
@WHOatEU



European Public Health Week starts today!

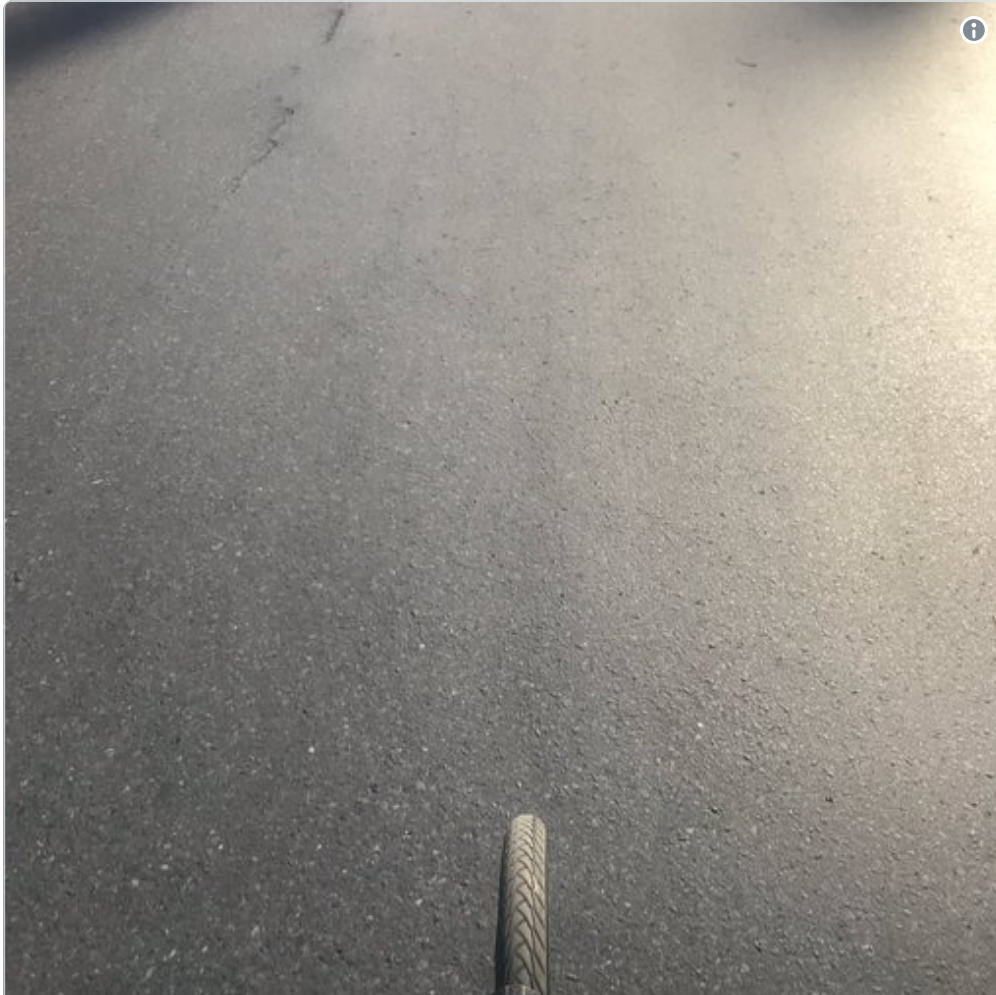
This Week's themes are:

1. Becoming, Being and Remaining Physically Active
2. Healthy Environments
3. Care 4 Care
4. Sustainable and Healthy Diets
5. Youth Mental Health 🧠 [#HealthForAll](#) [#EUPHW](#)

♡ 27 11:31 AM - May 13, 2019


💬 22 people are talking about this





EUPHA_PHMR
@PHMRsection



After a wonderful [#EUPHWkickoff](#) in Brussels, an active [#walkinar](#) and almost 5 hours on the train I am happy to ride home on my [#bike](#)  [#beingphysicallyactive](#) [#EUPHW](#) [@EUPHActs](#)

♡ 8 5:29 PM - May 13, 2019

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See you tomorrow!

Powered by [wakelet](#)