

# #19 STRATEGIES FOR HEALTH ENHANCING PHYSICAL ACTIVITY (HEPA) PROMOTION TO PREVENT OBESITY AND TYPE 2 DIABETES IN ITALY

ITALIAN SOCIETY OF OBESITY SURGERY AND METABOLIC DISEASES (SICOB) IN COLLABORATION WITH THE ITALIAN WELLNESS ALLIANCE AND THE ITALIAN BAROMETER DIABETES OBSERVATORY FOUNDATION

Document, 2013

**Topic for advocacy** HEPA - Physical Activity and Health and Local Clubs / Obesity and behaviour change / Sport facility management and urban planning / Education and Active Schools

<http://www.archive.healthycaribbean.org/newsletters/feb-2014/Strategies-for-health-enhancing-physical-activity.pdf>

## Description of the good example

The document gathers the possible cross-sector strategies to promote physical activity in Italy. The document relies on the expert advice from the first Diabetes Prevention Conference. It serves as a stimulus for deeper reflection on the lacks in Italian system and as a possible solution for reducing diabetes and obesity. The document contains strategies to promote physical activity and exercise in several settings such as schools, families, urban environment, workplaces, healthcare, leisure time and healthy tourism, and sport.

## Target - Who can best use this example or document?

Policymakers, local and national government, not-for-profit organisations.

*\*All information in this entry is sourced from the link above and contact mentioned in the document.*

## Highlights and outcomes

### Why could it be useful for your organisation and advocacy?

The document has relevant resources and a number of good practices that can help in building capacity and knowledge-sharing in other countries. It establishes cross-sector physical activity alliances on a national level.

## Learning points - What can we learn from it?

How to prepare, develop, design, implement, and evaluate HEPA National Plan in Italy in order to prevent obesity and diabetes.

## Further information

Italian Society of Obesity Surgery and Metabolic Diseases (SICOB) in collaboration with the Italian Wellness Alliance and the Italian Barometer Diabetes Observatory Foundation  
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<https://www.sicob.org/default.aspx>