

SPORT FOR HEALTH CONFERENCE



**INCORPORATING THE 4TH ANNUAL
MEETING OF FOOTBALL IS MEDICINE**

4-6 OCTOBER 2022

Al Multaqa, Education City, Doha, Qatar

Learn about the latest evidence on the health benefits of football and sport for health. Discuss the 'reality or rhetoric' of mega sports events legacy programmes and how well they increase participation in community sports and physical activity.

Leading scientists, representatives from international, national sports organizations and governments from over 20 countries will share perspectives on how to maximize the contribution of sport to improve health and wellbeing. Delegates will have the opportunity to debate, share knowledge and experiences from research, policy and practice in community-based sport for health across diverse global contexts.

4th Annual meeting of Football is Medicine:

Four sessions dedicated to the scientific evidence on the benefits of football to healthy ageing, prevention and management of noncommunicable diseases, positive mental health, and engaging young people in being more physically active. Presenters from the Football is Medicine research consortium will share research results and discuss knowledge translation and future research needs. Two practical workshops, on Day 1 and 2, will explore with on-site participants how to offer safe, effective and enjoyable ways to be more active and improve health for people at any age and ability (more details available on registration).

Community sport for health:

Three sessions provide opportunities for delegates to learn practical insights from implementing community-based programmes across different sports and to discuss the best practice in delivery and evaluation of sport mega events (SME) legacy to increase sport and physical activity participation. Speakers from across international sporting organizations will identify key actions and partnerships necessary to strengthen SME legacy policy and evaluation and build sustainable community sport-health programmes globally.

Delegates may attend in person or join virtually online.

For registration details for the Sport for Health Conference and 4th FIM meeting:

<https://forms.office.com/r/MtvysTjj2>



The Sport for Health Conference, and 4th International Meeting of Football is Medicine (FIM) is co-hosted by The World Health Organization, Generation Amazing Foundation, and the Qatar Ministry of Public Health and convened within the World Innovation Summit for Health (WISH) 2022. For information on WISH 2022 please visit: <https://2022.wish.org.qa/>



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DAY 1: OCTOBER 4, 2022

9:00 - 10:30	OFFICIAL OPENING OF WISH PLENARY SESSION
11:00 - 12:30	Football is Medicine: Oral Presentations I (<i>presenters to be announced</i>)
13:30 - 15:30	OPENING SESSION Welcome and Introductions Keynote 1: Peter Krstrup (Denmark) Prescribing football for global health promotion Keynote 2: Matthew Philpott (UK) Healthy Stadia: how can sports venues contribute to raising levels of physical activity amongst populations? Keynote 3: Nasser Al Khori (Qatar) A case study of football for development & Qatar WC legacy
16:00 - 17:30	SESSION 1.1: FOOTBALL AND CHRONIC DISEASES 1. Jennifer Frediani (USA) Kicking heart disease with football 2. Peter Krstrup (Denmark) Team Sports against hypertension 3. Maysa de Sousa (Brazil) Football as treatment of type 2 diabetes 4. Susana Póvoas (Portugal) Team sports as prevention and treatment of lifestyle diseases
19:00 - 22:00	WORKSHOP I: Introduction to football as an exercise prescription for health practitioners (<i>details to be confirmed</i>)

DAY 2: OCTOBER 5, 2022

	TRACK 1: FOOTBALL IS MEDICINE	TRACK 2: SPORT FOR HEALTH
9:30 - 11:00	Football is Medicine: Oral Presentations II (<i>presenters to be announced</i>)	WHO partners meeting (<i>invite only</i>)
11:30 - 13:00	SESSION 1.2: FOOTBALL AND HEALTHY AGING 1. Magni Mohr (Faroe Islands) Football training and skeletal muscle training for older adults 2. Ioannis Fatouros (Greece) Football as anti-inflammatory treatment 3. Adam Field (United Kingdom) The demands of walking football in older adults	SESSION 2.1: STRENGTHENING COMMUNITY AND GRASS ROOTS SPORT 1. Tracy Herd (UK) Rugby League World cup - MoVember Ahead of the Game – Mental Health programme 2. Matthew Philpott (UK) EuroFIT: Delivering physical activity and wellbeing outcomes through professional football club settings 3. Andrea Seabra (Portugal) Football for the whole lifespan, the perspective of a national football federation
14:00 - 15:30	SESSION 1.3: FOOTBALL AND MENTAL HEALTH 1. Nikos Ntoumanis (Greece) Motivation for sustained behaviour change: what is it and why does it matter? 2. Karim Chamari (Qatar) Effects of COVID-19 on football: attitudes and mental status of the players while in lockdown and preventative measures for games' resumption 3. Corinne Reid (Scotland) Football: Creating a MAP (Mental health Action Plan) for communities	SESSION 2.2: MEGA SPORTS EVENTS LEGACY ON PARTICIPATION IN SPORT AND PHYSICAL ACTIVITY 1. Marie Barsacq, Executive Director (France) Progress and learning from Paris2024 Legacy 2. Dr Andrew Murray, Chief Medical Director (Scotland) Learning from Birmingham 2022 Commonwealth Games 3. Isabella Burczak (Switzerland) Golf and health: Lessons learned from Open Championships 2022 Union Cycliste Internationale (UIC) Cycling Cities Initiative
16:00 - 17:30	SESSION 1.4: FOOTBALL FOR CHILDREN AND YOUTH 1. Michael Richardson (Qatar) Mental health and well-being: the role football plays in developing supportive and positive behavior 2. May-Britt Skoradal (Faroe Islands) Effects of the 11 for health school sport programme on fitness and well-being 3. Malte Nejst Larsen (Denmark) Football programmes for children in schools and institutions for children with special needs 4. George Nassis (UAE) Physical activity and health promotion through football in the Middle East	SESSION 2.3: SCALING DELIVERY AND STRENGTHENING SPORT AND MEASURING IMPACT OF SPORT EVENTS 1. Oliver Dudfield (Olympism 365, IOC) Partnership to scale impact of sport: Olympism 365 2. Caroline Brooks (The Commonwealth Secretariat) Model indicators for assessing sports contribution to SDG 3. Karen Mcguire (OECD Centre for Entrepreneurship, SMEs, Regions, and Cities; France) Developing a framework for measuring the impact of global events 4. Karim Khan (Canada) Building capacity and leveraging impact of sports-health research
19:00 - 22:00	WORKSHOP II: Introduction to community football programmes for young people (<i>details to be confirmed</i>)	

DAY 3: OCTOBER 6, 2022

13:15 - 14:15	FINAL SESSION - PANEL DISCUSSION AND RECOMMENDATIONS <i>Panel members to be announced</i> Key reflections and recommendations on next steps to strengthen globally the delivery of community-based sport for health programmes and SME legacy including evaluation, capacity building, R&D, knowledge transfer and financing.
14.15 - 14.30	CLOSING AND THANKS
14.30 - 16.00	WISH CLOSING SESSION and OPENING OF THE STREET CHILD WORLD CUP DOHA 2022