Hamburg Declaration 2021

Global Alliance for the Promotion of Physical Activity

Hamburg, 21st April 2021
Hamburg Declaration
Global Alliance for Promotion of Physical Activity

Vision:

The 21st century is a period of increased sedentary lifestyle and decreased physical activity and thus increasing non-communicable diseases.

Modern medicine has made major achievements in treating acute diseases. However, there are limits in chronic diseases and their considerable impact on mortality (collectively responsible for almost 70% of deaths world-wide), treatment costs and the lack of a holistic approach to health maintenance including quality of life.

Regular physical activity has many effects on the whole body, physiological functions, mental health, and overall quality of life – health life years and longevity. This holds also true and has gained importance for prevention, treatment and rehabilitation of many diseases such as cardiovascular, metabolic and neurodegenerative diseases and cancer. In musculoskeletal disabilities and after injuries, physical activity is mainstay for rehabilitation. Physical activity acts like a “polypill” partly better than some medications.

Physical activity is part of a population-based approach including healthy environment, resources, build environment, infrastructure and social support at all ages regardless of gender, ethnicity and socioeconomic background.
The COVID-19 pandemic, the double burden of NCDs, and the severe side effects of the lock-down on sport and physical activity on wellbeing and health highlights the importance of these health concerns. Investing in physical activity has never been more relevant to prevent, cure, and support the crisis recovery in our communities and build their resilience and long-term well-being.

The vision of all the participating organizations within this alliance is to unify all efforts in promoting regular physical activity to improve and maintain the health of populations in all different social settings as primary and secondary preventive measures.

**Mission:**

All relevant organizations within the alliance will promote all actions, projects, research, publications, marketing strategies, in a united approach with a common goal, but playing different roles, corresponding to their special aims and tasks:
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International Olympics Committee (IOC):

The IOC’s role is to increase physical activity and to improve health in the general population via numerous actions including legacy projects in the general population linked to the Olympic Games (including Youth Games) and to promote the physical and mental health benefits of sport, leveraging the partnership with the World Health Organization (WHO)

Dr. Ugur Erdener

IOC Vize-President

President of the National Olympic Committee of Turkey
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**Fédération Internationale de Médecine du Sport (FIMS):**

Promote a healthy and active lifestyle through high qualification education and implementation of evidence-based Sports Medicine.

Prof. Dr. Fabio Pigozzi
President of FIMS

Prof. Yannis Pitsiladis
Chair of Scientific Commission FIMS
European Federation of Sports Medicine Associations (EFSMA):

Promotion of physical activity, implementation of “Exercise Prescription for Health” (EPH) and “Pre-Participation Screening” for healthy people and for people with medical conditions providing relevant education resources for health care professionals in hospital and in practice.

Dr Maurizio Casasco
EFSMA President

Ms Theodora Papadopoulou
EFSMA Secretary General
International Society for Physical Activity and Health (ISPAH):

The International Society for Physical Activity and Health (ISPAH) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to advance and promote physical activity as a global health priority through excellence in science (research), capacity building and advocacy.

Prof. Dr. Jasper Schipperijn
President

International Society for Physical Activity and Health
European College of Sport Science (ECSS):

The aim of ECSS is to lead the promotion an application of world-class, multi- and interdisciplinary science in sport, exercise, physical activity and health in solidarity with our private and public sector of partners, including within the healthcare setting.

Prof. Erich Müller, President
European College of Sport Science e.V.
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AMERICAN COLLEGE of SPORTS MEDICINE (ACSM):

ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health and quality of life. ACSM members are committed to the diagnosis, treatment, and prevention of sports-related injuries and the advancement of the science of exercise.

Nicole Keith, Ph.D., FACSM
2021 President, ACSM
European Initiative for Exercise in Medicine:

Europe faces huge inequalities in physical activities between countries, regions and within societies. Medical doctors have an important role in promoting regular exercise and educational activities in the healthcare setting, in primary care and in the community setting. EIEIM is representing national initiatives within Europe and fosters research and clinical practice in cooperation with sports medicine organizations.

Prof. Dr. Dr. Jürgen Steinacker

Chair EIEIM
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The Association for International Sport for All (TAFISA):

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to create a better world by unfolding the potential of Sport for All and physical activity globally, and maximizing its contribution to overcoming the world’s global challenges.

Prof. Ju-Ho Chang
TAFISA President
Deutsche Gesellschaft für Sportmedizin und Prävention (DGSP)/ German Association for Sports Medicine and Prevention:

The German Federation of Sports Medicine and Prevention (DGSP) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity and to counteract sedentary lifestyle. Our specific aim in this alliance is to fulfil the DGSP mission to establish a growing awareness of promoting health through sports and physical activity in the area of prevention, rehabilitation and therapy in competitive and recreational sports and everyday life. This will be accomplished through evidence-based research and education of physicians.

Prof. Dr. Bernd Wolfarth
Präsident
Deutsche Gesellschaft für Sportmedizin und Prävention
Deutscher Olympischer Sportbund (DOSB)/ German Olympic Sports Confederation:

The German Olympic Sports Confederation (DOSB) with its 27 million members supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. As the largest citizens’ movement in Germany, we offer our unique sporting structure to promote physical activity on the national, regional and local level. Our specific aim in this alliance is to enable sport and physical activity for everyone in the context of sports in Germany called SPORTDEUTSCHLAND.
German Medical Association:

The German Medical Association supports the Hamburg Declaration for a Global Alliance to promote physical activity. Our aim in this alliance is to enhance awareness of the importance of physical activity on both the patients’ and the physicians’ side. It is crucial to address physical activity in patient-physician communication, inform patients about its relevance for the prevention of chronic diseases such as diabetes or cardiovascular disease and to make evidence-based recommendations.

Dr. Klaus Reinhardt
President
German Medical Association
Free und Hanseatic City of Hamburg:

The Free und Hanseatic City of Hamburg supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is: As a Global Active City, Hamburg is interdepartmentally committed to the promotion of physical activity by providing accessible and health promoting spaces in all settings and by continuously assessing and adapting to the progress and thus is committed to the improvement of the quality of life of all Hamburg citizens.

Andy Grote
Senator for the Interior and Sports
Berufsverbandes der Kinder- und Jugendärzte (BVKJ):

Kinder brauchen täglich mindestens 60 Minuten Bewegung: tägliche Sportstunden in Kita und Schule und „bewegte Pausen“; wir müssen auch Familien stärker motivieren zu einem bewegten Lebensstil; wenn die Eltern Freude an Bewegung vorleben, wirkt das nachhaltig auf die Kinder.

Dr. Thomas Fischbach
President des Berufsverbandes der Kinder- und Jugendärzte (BVKJ)
BÄDERALLIANZ DEUTSCHLAND:

Supports the goals of the Hamburg Declaration in order to promote physical activity and wellbeing through establishing a sustainable improvement of the German swimming pool and spa landscape. A functioning sports infrastructure is the basis for sufficient physical activity in the general population. Therefore it is about anchoring the contribution of public baths as a valuable and necessary service of general interest in the public consciousness.

Dr. Christian Kuhn

Vertreter
Bundesinstitut für Sportwissenschaft (BISp Bonn):

Our Federal Institute of Sport Science supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is the promotion of sports medicine research activities to maintain health and optimize physical performance requirements with special regard to competitive sports and the transfer to the general population.

Signature President Ralph Tiesler
Federal Institute of Sport Science
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**Bundesvereinigung Prävention und Gesundheitsförderung e.V. (BVPG):**

Our Bundesvereinigung Prävention und Gesundheitsförderung e.V. (BVPG) (Federal Association for Prevention and Health Promotion) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to transport their activities into the public and political discussions, to connect relevant partners and thus enable a movement-friendly and healthy environment for everyone in the long term.

[Signature]

Signature President Ute Bertram
Bundesvereinigung Prävention und Gesundheitsförderung e.V. (BVPG)
City of Istanbul:

I would like to express my great pleasure at having learned that SPORTS ISTANBUL, an affiliated company of Istanbul Metropolitan Municipality, has signed the 'Hamburg Declaration' which strongly stresses the significance of physical activity for health and the need to form a global alliance fighting against physical inactivity. I firmly believe that within the framework of our vision of strengthening the physical and mental health of Istanbulites and improving their skills, the Declaration would add great value to our city.

I also would like to point out my appreciation that Istanbul Metropolitan Municipality has once again had the opportunity to honour its commitment to be a member of an international community; particularly, the global alliance against physical inactivity along with well-known and reputable institutions and organizations across Europe and the World.

Ekrem İMAMOĞLU
Mayor of Istanbul
D•A•CH-Gesellschaft Prävention von Herz-Kreislauf-Erkrankungen (D•A•CH-Society Prevention of Cardiovascular Diseases):

Our association D•A•CH-Society Prevention of Cardiovascular Diseases supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to establish a link between lifestyle intervention and the pharmacological prevention and treatment of cardiovascular diseases by integrating the topic of physical activity into the program of continuing medical education events we offer. D•A•CH sees amateur sports and physical activity in combination with heart-healthy nutrition and smoking cessation as essential pillars in primary and secondary prevention of cardiovascular disease.
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Deutsche Diabetes Stiftung (German Diabetes Foundation):

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Physical activity is an essential element in the treatment of diabetes bringing many benefits to people. It increases insulin sensitivity and improves blood glucose control along with positive effects on blood lipids, blood pressure or cardiovascular events. Being physically active is even more beneficial if it is combined with a healthy diet and stress management. These strategies can also prevent or delay type 2 diabetes. Even a remission of type 2 diabetes is possible.

Prof. Dr. Hans Hauner
Chairman of the Foundation
Deutsche Diabetes Stiftung
Deutsche Gesellschaft für Physiotherapiewissenschaft:

Our association Deutsche Gesellschaft für Physiotherapiewissenschaft supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is the prevention of diseases or of longterm complications caused by a sedentary lifestyle or inactivity. Physiotherapists all over the world have been promoting exercises for many years and are more than happy to support this declaration.

Signature President (Prof. Dr. Kerstin Lüdtke)

Name of the Association/Federation: Deutsche Gesellschaft für Physiotherapiewissenschaft
Our association, The German Hypertension League/ Deutsche Gesellschaft für Hypertonie und Prävention supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is the prevention and treatment of high blood pressure. Hypertension is one of the most important risk factors for cardiovascular disease, the number one cause of mortality in industrialized countries. Sedentary lifestyle is one of the leading lifestyle factors for the development of arterial hypertension. In addition, regular physical activity is one of the cornerstones of the non-pharmacological therapies for high blood pressure. Therefore, we fully endorse the Hamburg Declaration to promote physical activity.

Prof. Dr. med. Hans-Georg Predel
Deutsche Hochdruckliga e.V. DHL®
Deutsche Gesellschaft für Hypertonie und Prävention
Deutscher Behindertensportverband (DBS) / German Sports Association for People with Disabilities

The German Sports Association for People with Disabilities (DBS) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to enable sport and physical activity for all people with disabilities in Germany and to further advance the self-determination and co-determination of people with disabilities in sport. The guideline for our actions is the implementation of the UN Convention on the Rights of People with Disabilities.

Friedhelm Julius Beucher

President

Deutscher Behindertensportverband (DBS) / German Sports Association for People with Disabilities
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Diabetes, Sport and Exercise of the German Diabetes Association:

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to strengthen knowledge and health-related physical activity skills in all population groups, especially for diabetes, and to raise awareness of the importance of physical activity throughout society.

Signature President Dr. Stephan Kress
diabetesDE-Deutsche Diabetes-Hilfe:

Supports the Hamburg Declaration for a Global Alliance in Order to promote physical activity. Our specific aim in this alliance is to make it easier for everyone to access healthier diets and more physical activity and we want to ensure that innovations that improve disease management reach patients quickly.

President Dr. med. Jens Kröger

diabetesDE-Deutsche Diabetes-Hilfe
DVS (German Society of Sports Science):

Our society DVS supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is:

Sports science research within the DVS supports the value of exercise and targeted training in prevention and rehabilitation as well as positive effects of sports on physical, psychological and emotional resources. Exercise is essential to promote a healthy lifestyle.

Prof. Dr. Ansgar Schwirtz
President of the German Society of Sport Science

German Society of Sport Science
European Association of Preventive Cardiology (EAPC):

We support the Sports, Medicine and Health Summit and Hamburg Declaration prepared for the 2021 Sports, Medicine and Health Summit. The European Association of Preventive Cardiology (EAPC) is a branch of the European Society of Cardiology, promoting excellence in research, practice, education and policy in cardiovascular health, primary and secondary prevention and representing over 4,000 healthcare professionals. EAPC considers physical activity a high priority for the entire population and particularly, for those with cardiovascular risk factors, and cardiometabolic diseases. We wish you the best of success for the 2021 Sports, Medicine and Health Summit, and would be pleased to promote the declaration upon its publication.

Martin Halle
EAPC President
EuropeActive: supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to promote the interests of all organisations which work towards getting more people, more active, more often.

David Stalker, President EuropeActive

https://www.europeactive.eu/
Exercise is Medicine Germany:

Our association/federation "EIM Germany" supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to provide a national platform for the distribution, implementation and management of activities which increase physical activity and improve activity friendly environmental conditions to implement physical activity as an instrument for prevention and restoration of health in the german population.

Vorstandsvorsitzender
Hamburg Declaration
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Exercise is Medicine Ireland National Center:

EIM Ireland supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim is to make physical activity a standard part of Ireland’s disease prevention/treatment strategy, connecting patients with physical activity programs and professionals through general practice and the Health Service Executive.

Director, Dr. Matthew P. Herring, PhD, FACSM
Exercise is Medicine Ireland National Center
Exercise is Medicine Italy:

Our Exercise is Medicine Italian Initiative supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim is the alliance implement the assessment of physical activity and cardiorespiratory fitness in clinical routine, for tailored exercise prescription in different healthcare settings.

Signature President Prof. Roberto Vettor
Exercise is Medicine Italian Initiative
Exercise is Medicine Norway:

Our Exercise is Medicine Norway supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is Promoting regular Physical Activity in the Health Care System to prevent and treat lifestyle diseases, both physical and mentally.

Terje M. Halvorsen
President, National Director Exercise is Medicine Norway
Exercise is Medicine Poland:

Our Exercise is Medicine Poland supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is involved in activating the Polish society by increasing knowledge about the impact of physical activity on health, we are aimed at professionals involved in sports and medicine to educate their charges.

Signature President Anna Plucik-Mrożek, MD
Exercise is Medicine Poland Foundation
Exercise is Medicine Spain:

Our association/federation, Exercise is Medicine-Spain, supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is Promoting health-related physical fitness evaluation and multicomponent exercise prescription for elderly population in primary care centres.
German Cardiac Society (DGK):

Our Working Group Sports Cardiology (AG32) of German Cardiac Society (DGK) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to promote and improve special cardiological knowledge concerning physical activity and sports of the members of the society.

Prof. Dr. Roman Laszlo
Speaker of the Working Group Sports Cardiology of German Cardiac Society
German Diabetes Association (DDG): Our German Diabetes Association (DDG):

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific goal in this alliance is to make demands on politics: At least one hour of physical activity per day in school and daycare is mandatory. Studies show that just one hour of exercise a day can prevent children from developing obesity. At least this time of sport and exercise must therefore be a principle for schools and daycare centers.

Prof. Dr. Monika Kellner
President DDG
German Diabetes Association (DDG)
The German Heart Foundation:

The German Heart Foundation supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance: „Physical activity is a key component in the prevention and therapy of cardiovascular diseases, enhancing patient’s prognosis. Therefore, the German Heart Foundation promotes sport programs from early childhood up to old age, to implement and maintain a lifelong active and healthy lifestyle.”

Prof. Dr. Dietrich Andresen, Chairman of the Board
German Heart Foundation
German Society for the Prevention and Rehabilitation of Cardiovascular Diseases (DGPR) Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-Kreislauferkrankungen (DGPR) e.V.:

Our German Society for the Prevention and Rehabilitation of cardiovascular Diseases (DGPR) oder Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-und Kreislauferkrankungen supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to propagate regular physical activity and exercise training in daily living as part of a healthy lifestyle in patients with any kind of cardiovascular disease.

President Prof. Dr. med. Bernhard Schwaab
German Society for the Prevention and Rehabilitation of Cardiovascular Diseases (DGPR)
German Society of Nephrology:

Our association German Society of Nephrology supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to increase the outcome and well-being of patients with chronic kidney disease in all stages. Physical activity improves the burden of dialysis, enhances patient access to transplantation and paves the road to successful renal transplantation.

President Prof. Dr. Jan C. Galle
German Society of Orthopaedics and Trauma (DGOU), German Society for Trauma Surgery (DGU), German Society of Orthopaedics and Orthopaedic Surgery (DGOOC):

Support the Hamburg Declaration for a Global Alliance in order to promote physical activity. All three societies have the mission to improve life quality by mobility. Therefore, our specific aim in this alliance is to establish a growing awareness of promoting health through sports and physical activity.

D.C. Wirtz  
Univ.-Prof. Dr. Dieter C. Wirtz  
President DGOU, DGOOC

M. Raschke  
Univ.-Prof. Dr. med. M. J. Raschke  
President DGU

D. Pennig  
Prof. Dr. med. Dietmar Pennig  
General Secretary DGOU, DGU

B. Kladny  
Prof. Dr. med. Bernd Kladny  
General Secretary DGOOC
Hamburger Sportbund e.V.:

Our Hamburger Sportbund e.V. supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to provide everyone in Hamburg - from young to old, with or without a disability - with the possibility to be active in sports and build better, healthier lifestyles.

Ralph Lehnert
Vorstandsvorsitzender
IAKS Deutschland:

Supports the goals of the Hamburg Declaration in order to promote physical activity and wellbeing through establishing motivating and functional sports and leisure facilities in Germany. We believe that active living is a fundamental human right and need that enriches the lives of people of different cultures, nations, languages and genders. We are committed to championing for sustainable and high-quality indoor and outdoor sports and leisure facilities that are fully inclusive, universally accessible and socially relevant.

Prof. Dr. Robin Kähler
Institute for Applied Training Science (IAT):

The Institute for Applied Training Science supports the Hamburg Declaration for a Global Alliance by engaging in scientific support for elite athletes to help them to achieve world-class performance. Because we believe that our top athletes can inspire all people to be active in sports and motivate children to pursue their Olympic dream.

Dr. Ulf Tippelt
Director
Japanese Society of Physical Fitness and Sports Medicine (JPFSM)

The Japanese Society of Physical Fitness and Sports Medicine (JPFSM) supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to provide scientific evidence of practice and strategies to promote physical activity for a global community.

Signature President (Masato Suzuki)

The Japanese Society of Physical Fitness and Sports Medicine (JPFSM)
**Plattform Ernährung und Bewegung e.V. (peb) peb Nutrition and Physical Activity:**

The Platform Nutrition and Physical Activity (peb) supports the Hamburg Declaration. We promote a healthy lifestyle among children and adolescents with balanced nutrition and adequate physical activity to prevent overweight and obesity.

Signature President (Dr. Gerhard Koch)
Society for Orthopaedic and Traumatologic Sports Medicine (GOTS):

The German speaking Society GOTS supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our specific aim in this alliance is to improve and to spread the understanding of injuries by promoting education, training and research in order to maintain musculoskeletal function and quality of life.

Prof. Dr. Romain Seil

German speaking Society for Orthopaedic and Traumatologic Sports Medicine (GOTS)
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Sport Istanbul:

Supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Sport Istanbul as the affiliate company of Istanbul Metropolitan Municipality is in charge of improving the physical and mental health of the people of Istanbul, and to develop their skills in the field of sport and physical activity. Sport Istanbul also sets its priorities to encourage people of Istanbul to benefit the sports facilities. Our specific aim in this alliance is to make Istanbul a physically active, healthy, and a better city where people are proud to live, to work, and to enjoy. Hereby, as signing and supporting this Declaration, the City of Istanbul also re-states its commitment to improve the life quality and standards of people of Istanbul and to be an active member of international community within the health, sport and physical activity.

Signature President: İ. Renay Onur, General Manager

Sport Istanbul, Istanbul Sports Activities and Administration Trade INC
The German Society for Neurology (Deutsche Gesellschaft für Neurologie, DGN):

The DGN supports the Hamburg Declaration for a Global Alliance in order to promote physical activity. Our aim is to integrate physical activity into prevention and therapy of neurological diseases like, for example, Parkinson’s Disease, Stroke, Multiple Sclerosis, and Dementia. We also see the need for more targeted research towards a better mechanistic and molecular understanding of how physical activity can improve neuronal function.

Prof. Dr. Christian Gerloff, FEAN, FESO
President
Contact:

Steinacker; Jürgen Michael; M.D., Ph.D., Dr. med., FACSM, FECSS
Congress President - 2021 Sports, Medicine and Health Summit
https://www.sports-medicine-health-summit.de/

Ulm University
89075 Ulm
Germany

Congress Assistant
Mrs. Leonie Fink leonie.fink@uniklinik-ulm.de

EIEIM Center Manager
Mrs. Lisa Kempter lisa.kempter@uniklinik-ulm.de