



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.



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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).



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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.



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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.

A handwritten signature in black ink, appearing to read 'M. Casasco'.

Dr Maurizio Casasco

EFSMA President

A handwritten signature in black ink, appearing to read 'T. Papadopoulou'.

Ms Theodora Papadopoulou

EFSMA Secretary General



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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.

A handwritten signature in black ink, appearing to read 'Jasper Schipperijn'. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Prof. Dr. Jasper Schipperijn

President, International Society for Physical Activity and Health



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European College of Sport Science (ECSS):

The aim of ECSS is to lead the promotion and 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.

A handwritten signature in black ink, reading "Erich Müller".

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 R. Keith

NiCole Keith, Ph.D., FACSM

2021 President, ACSM



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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.



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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.

A handwritten signature in black ink, appearing to read 'JH Chang', is positioned above the printed name.

Prof. Ju-Ho Chang

TAFISA President



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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.



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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.



Alfons Hörmann

Präsident

Veronika Rücker Vorstandsvorsitzende



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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.

A handwritten signature in blue ink, which appears to read "Klaus Reinhardt".

Dr. Klaus Reinhardt

President

German Medical Association



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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.

A handwritten signature in blue ink, consisting of a series of fluid, connected strokes.

Andy Grote
Senator for the Interior and Sports



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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.

A handwritten signature in grey ink, appearing to read 'Fischbach', is written over the printed name.

Dr. Thomas Fischbach

President des Berufsverbandes der Kinder- und Jugendärzte (BVKJ)



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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.

A handwritten signature in blue ink, consisting of a large, stylized 'C' followed by a smaller 'K' and a trailing flourish.

Dr. Christian Kuhn



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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.

A handwritten signature in blue ink, appearing to read 'R. Tiesler', is centered on the page.

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.

A handwritten signature in blue ink that reads "Ute Bertram".

Signature President Ute Bertram



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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.

A handwritten signature in blue ink, appearing to read 'W. März', is written in a cursive style.

Signature President: Univ.-Prof. Dr. Winfried März



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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.

A handwritten signature in blue ink, appearing to read 'Hans Hauner', is positioned above the printed name.

Prof. Dr. Hans Hauner
Chairman of the Foundation



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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.

A handwritten signature in brown ink, appearing to read 'Kerstin Lüdtké', is centered on the page.

Signature President (Prof. Dr. Kerstin Lüdtké)



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Deutsche Hochdruckliga e.V. DHL® Deutsche Gesellschaft für Hypertonie und Prävention/ The German Hypertension League/ Deutsche Gesellschaft für Hypertonie und Prävention:

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.

A handwritten signature in black ink, appearing to read 'H. Predel', is centered above the printed name.

Prof. Dr. med. Hans-Georg Predel



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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.

A handwritten signature in blue ink, appearing to read 'Stephan Kress', is located below the text.

Signature President Dr. Stephan Kress




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Global Alliance for Promotion of Physical Activity

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



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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.

A handwritten signature in blue ink, appearing to read 'W. Bode', is written over a light blue rectangular background.

Vorstandsvorsitzender



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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.

A handwritten signature in black ink, appearing to read "Matt Herring".

Director, Dr. Matthew P. Herring, PhD, FACSM

Exercise is Medicine Ireland National Center



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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.

A circular blue stamp from the Department of Medicine at the University of Padua is overlaid with a handwritten signature in black ink. The stamp contains the text 'DIPARTIMENTO DI MEDICINA' and 'UNIVERSITA' DEGLI STUDI DI PADOVA'.

Signature President Prof. Roberto Vettor
Exercise is Medicine Italian Initiative



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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.

A handwritten signature in black ink, reading "Terje M. Halvorsen".

Terje M. Halvorsen

President, National Director Exercise is Medicine Norway



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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.

A handwritten signature in black ink, reading "A. Plucik-Mrozek".

Signature President Anna Plucik-Mrozek, MD
Exercise is Medicine Poland Foundation



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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.

**CASAJUS MALLÉN
JOSE ANTONIO -
DNI 17862168T**

Firmado digitalmente por CASAJUS MALLÉN JOSE ANTONIO
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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.

A handwritten signature in black ink, appearing to read 'Roman Laszlo'. The signature is fluid and cursive, with a prominent initial 'R' and 'L'.

Prof. Dr. Roman Laszlo

Speaker of the Working Group Sports Cardiology of German Cardiac Society



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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.

A handwritten signature in blue ink, appearing to read 'M. Kellerer', is placed above the printed name.

Prof. Dr. Monika Kellerer

President DDG

German Diabetes Association (DDG)



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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.“

A handwritten signature in blue ink, appearing to read 'D. Andresen', is placed above the printed name.

Prof. Dr. Dietrich Andresen, Chairman of the Board
German Heart Foundation



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German Society for the Prevention and Rehabilitation of Cardiovascular Diseases (DGPR) Deutsche Gesellschaft für Prävention und Rehabilitation von Herz-Kreislaufferkrankungen (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 Kreislaufferkrankungen 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.

A handwritten signature in black ink, appearing to read 'B. Schwaab', is centered within a light green rectangular box.

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



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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.

A handwritten signature in blue ink, appearing to read 'Jan C. Galle', is centered below the text.

President Prof. Dr. Jan C. Galle



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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.

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

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

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

Prof. Dr. med. Bernd Kladny
General Secretary DGOOC



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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.

A handwritten signature in black ink, appearing to read 'R. Lehnert'.

Ralph Lehnert
Vorstandsvorsitzender



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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.

A handwritten signature in blue ink that reads "Robin Kähler". The signature is written in a cursive style.

Prof. Dr. Robin Kähler



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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.

A handwritten signature in black ink, appearing to read 'U. Tippelt', with a large, sweeping flourish at the end.

Dr. Ulf Tippelt

Director



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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)

A handwritten signature in cursive script, reading "Masato Suzuki", is written in black ink on a light blue background.

The Japanese Society of Physical Fitness and Sports Medicine (JPFSM)



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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.

A handwritten signature in blue ink that reads "Dr. Koch".

Signature President



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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.

A handwritten signature in black ink, appearing to read 'R. Seil', is centered on the page.

Prof. Dr. Romain Seil



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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



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Contact:

Steinacker; Jürgen Michael; M.D., Ph.D., Dr. med., FACSM, FECSS

Congress President - 2021 Sports, Medicine and Health Summit

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