

THE REPORT OF REALISED ACTIVITIES (06.03. – 25.03.2003)

I step:

The report on the process and mechanisms of the organization of the "Move for Health Day" in the Republic of Macedonia :

Delivery of written materials and guidelines to promote the "Physical Activity for Health Day" in the Ministry for Health, Agency for Youth and Sport, Ministry of education and science, Ministry of culture, WHO Office, Skopje, Macedonian Medical Society - Association of doctors for sports medicine and Macedonian Association of the sports pedagogies.

(I send the copy as attachment)

II step:

We were met in the indicated ministries and associations.

Through the one Conference and three meetings, the Authorities from indicated ministries, sectors and associations made intersectorial plan of activities into countrywide campaigns with choosing of durations of these events.

Intersectorial planning of activities was made on the basis of "The recommendations on effective population-level interventions to promote physical activity" (CDC, Atlanta, USA, 2003).

III step:

On the Conference in The Institute of Sports Medicine in Skopje was formed the Executive Council with leadership and coordinating role for the future event, each year and involving Director and following members:

Director: Prim. dr. Vera Simovska, MD, Sc.M. - Delegate on the Balkan Association of Sports Medicine from the Republic of Macedonia, Institute of sports medicine, RM.

Members:

1. Delegate of the Agency for Youth and Sport - Mrs. Tanja Tomic
2. Delegate of the the Ministry of Health – Dr. Kiro Salvani, MD
3. Delegate of the Macedonian Association of the sports pedagogies – Prof. dr. Aleksandar Naumovski

There was presented The National Programme for celebrating "Move for Health Day" in 2003 years as part of a large initiative linked to "Draft – Action Plan for the development of national strategy on physical activity and health in the Republic of Macedonia (2003-2008)" by Prim. dr. Vera Simovska, MD, Sc.M.

The Programme "Move for Health Day" was accepted. Next meeting will be happened on 29.04.2003 years with purpose to confirm financial construction. It's important for us to know the financial support from WHO. The realization of one half of this Programme costs 4000-5000 EU.



Health Care Institution-Skopje
Institute of sports medicine,Nutrition unit
Krste Misirkov bb, 1000 Skopje
Republic of Macedonia
e-mail: v_simovska@yahoo.com

PROGRAMME "MOVE FOR HEALTH DAY" IN 2003 year IN THE REPUBLIC OF MACEDONIA

A - Opening ceremonial:

1. Organizer,s welcome:The Macedonian Minister for Youth and Sport
2. Letter of gratitude by Professors Puska and Mr Benaziza,WHO/HQ
3. Special lecture:
 - Six oral presentations by the Famous National Health Authorities.

B – Countrywide multicomponents campaign:

1. National and local physical activity/move for health actions and competition on 10 May 2003 year take account following traditional sports in 20 districts in the RMacedonia: badmington, cycling and rollering, sports games-basketball, handball and football, cross competitions in 400/800 m race, walking and mountain climbing;
2. Plenary lectures and debates in 10 towns with mandators;
3. Accept the reports and conclusions of each debate;
4. Physical activity examine by using International Physical Activity Questionnaire (IPAQ) and CINDI Health Monitor Survey in children reach puberty (11-12years) and adult in 10 districts in RMacedonia (includes school-children/adult – 3000).
5. Examination of average physical fitness levels (METs) in 200 abdominal obese and 200 healthy, young persons using by exercise test with purpose to increase physical kardiorespiratory fitness at population level.

C - Printing materials:

1. Placard/poster with the WHO logo and the Move for Health logo – 500 samples;
2. Report cards to individuals and institutions who secured supports to such actions – 100 samples;
3. International Physical Activity Questionnaire (IPAQ) - 3000 samples;
4. The book of papers, conclusions and National Declaration "Move for Health" – 500 samples
5. Established on the website on physical activity/move for health;
6. Advertising materials and promotion of the use of pedometer/heart rate monitor.

INFORMATIONS:

Prim.dr Vera Simovska,MD,Sc.M made the elaborate and programme to include the new topics of theoretical and practical study of sports medicine at Medical Faculty in Skopje according to European Curricula. It was accepted in autumn, 2002 year.