

Nordic Conference on Physical Activity  
**The Nordic Countries**  
*on the move - together*



27. October 2022, 12:00 - 16:45 (Central European Time)

## Part 1

### 12:00 Welcome and introduction

Moderator: Bjørn Heine Strand, The Norwegian Institute of Public Health

Ingvild Kjerkol, Minister of Health and Care services (NO)

Willum Þór Þórsson, Minister for health (ICE)

Sirpa Paatero, Minister of Local Government (FI)

Mimi Karlsen, Minister of Children, Youth, Families and Health (GL)

Per Nilsson, on behalf of the Ministry of health (SWE)

### 12:33 Collaboration and mobilization

#### Physical activity levels in the Nordic countries

Jostein Steene-Johannessen, professor, The Norwegian School of Sports Sciences (NO)

#### Getting the World More Active by 2030: A turning point for policy and practice

Fiona Bull, Dr, World Health Organization

#### Generation-Pep, a model for collaboration on children's active and healthy lives

HRH Prince Daniel of Sweden, the Crown Princess Couple's Foundation

Carolina Klüft, operation manager, Generation-Pep (SWE)

#### A Kinder Egg – to increase more climate-, environmentally and active-friendly transport

Jon-Ivar Nygård, Minister of Transport (NO)

### 13:10 Break

### 13:20 Physical activity, sedentary behaviour and health - wellbeing, welfare gains & costs for the countries

#### Physical activity, mental health and acute responses on concentration and learning

Örjan Ekblom, professor, The Swedish School of Sport and Health Sciences (SWE)

#### Physical activity and better health

Dorthe Stensvold, professor, Norwegian university of science and technology (NO)

#### New estimates of welfare gains of physical activity and sedentary behaviour from Finland

Tommi Vasankari, professor, UKK-Institute (FI)

**Tool for modelling and simulation of physical activity and health outcomes**  
Tomas Ekerby, Senior Data Scientist, Public Health Agency of Sweden (SWE)

**Estimates from health gains from bicycle from Denmark**  
Signe Helledi, Special adviser, Cycle Superhighways (DK)

#### **14:03 Break**

#### **14:13 Multisectoral partnerships and co-creation - What can we learn?**

**Experiences from partnerships and co-creation on physical activity in municipalities**  
Matti Leijon, senior officer in Public Health, County Council of Östergötland (SWE)

**Learnings from 'A child life in healthy balance': Cooperation between national, municipal and local partners**  
Tine Curtis, Head of Health Promotion, Local Government Denmark and Prof. Aalborg University and the University of Southern Denmark (DK)

**Experiences from a multisectoral partnership in Greenland promoting active healthy lives for children in a local municipality**  
Christina Viskum Lytken Larsen, Research Director, Centre for Public Health in Greenland, (GL)

**Lessons from promoting physical activity and the SDGs at the local level via the multisectoral Health promoting community**  
Gígja Gunnarsdóttir, program manager, The Directorate of Health (ICE)

**Multisectoral partnerships on physical activity on a national level - The Norwegian National Action Plan on Physical Activity 2020-2029**  
Ole Henrik Krat Bjørkholt, State Secretary, The Ministry of Health and Care Services (NO)

#### **14:49 We ask the experts**

Chairs: Lars-Erik Mørk, Gjensidigestiftelsen and Anders Hall Grøterud, Aktivitetsalliansen

- Dorthe Stensvold, professor, Norwegian university of science and technology (NO)
- Matti Leijon, senior officer in Public Health, County Council of Östergötland (SWE)
- Tommi Vasankari, professor, UKK-Institute (FI)

#### **15:15 Investment that works**

**Investment that works**  
Ulf Eriksson, Regional cycling strategist, Region Stockholm (SWE)

#### **15:10 Nordic collaboration and summary**

**Experiences form Nordic collaboration on outdoor recreation**  
Bente Lier, secretary general, The Norwegian Association for Outdoor Organisations (NO)

**Summary first part of the conference**  
Erlend Bø, Acting head of Department, Norwegian Directorate of Health  
Ulf Eriksson, Regional cycling strategist, Region Stockholm (SWE)

#### **15:34 Break**

## Part 2 15:45-16:45

15:45 Parallel sessions

### 1. Working practice from the communities and effective interventions

Chair: Arnfinn Helleve, Head, Centre for Evaluation of Public Health Measures, The Norwegian Institute of Public Health (NO)

#### Introduction

#### Physical activity programme of the city of Helsinki

Minna Paajanen, Project Manager of Physical Activity Programme, City of Helsinki, Sport Services (FI)

#### Increased walking in a Danish communities

Jan Andersson special consultant, Danish Healthy Cities Network (DK)

#### Bikeable city

Christian Dymén, project leader, Trivector Traffic [www.bikeablecity.se](http://www.bikeablecity.se) (SWE)

#### Walking in the city, systematically work from Trondheim City

Birgit Høyland, project manager, Trondheim kommune (NO)

#### Recreational sports and health – a systematic review

Pekka Oja, professor emeritus, UKK-Institute (FI)

#### Daily steps, all-cause mortality and what works to promote walking

Bjørge Herman Hansen, professor, The University of Agder (NO)

#### Summary

### 2. Improving urban health: Planning for physical activity and green communities

Chair: Diana Huynh, research fellow and Mats Stjernberg senior research fellow, Nordregio (SWE)

#### Welcoming remarks

#### Opportunities and challenges in planning cities for physical activity

Erling Dokk Holm, Associate Professor, Norwegian University of Life Sciences (NO)

#### Promoting physical activity in Norwegian municipalities

Vigdis Holm, Programme Manager & Maria Eintveit, Adviser, Norwegian Healthy Cities Network (NO)

#### Participatory mapping and residents' use of recreational environments in Espoo, Finland

Anna Kajosaari, Post-doctoral researcher, Aalto University/NORDGREEN Project (FI)

#### Liveable Neighbourhoods: A safe and healthy pedestrian city

Anniina Autero, Dr, Head of project, City of Tampere (FIN)

#### The built environment, behavioural change and physical activity

Louise Kielgast, Associate, Health & Community Expert, Gehl (DK)

### **Integrating activity in the Reykjavik City Action Plan**

Edda Ívarsdóttir, Urban Designer, City of Reykjavik (ICE)

### **Planning for active and healthy ageing**

Wenche Lerme, Urban Development Lead, City of Gothenburg, Nordic network for age-friendly cities and communities (SWE)

### **Panel discussion Q&A with Dr. Jens Troelsen, Department of Sports Science and Clinical Biomechanics, University of Southern Denmark**

## **3. Physical activity in School (80 minutes)**

Chair: Geir Kåre Resaland, professor, The Western Norway University of Applied Sciences (NO)

### **Introduction and the Norwegian context**

Geir Kåre Resaland, professor, The Western Norway University of Applied Sciences (NO)

### **School in Motion - Lessons learned**

Jostein Steene-Johannessen, associate professor, The Norwegian School of Sport Sciences (NO)

### **Experiences from the legalization of 45 minutes Physical Activity in the Danish schools**

Bjørn Friis Neerfeldt, secretary general, Danish School Sport (DK)

### **Finnish Schools on the move**

Tuija Tammelin, principal researcher, Likes, [Jyväskylä University of Applied Sciences](#) (FI)

### **More Movement in the School**

Sabina Vesterlund, director of education, Swedish National Agency for Education (SWE)

### **Future directions for physical activity in Nordic schools**

Discussion with delegates

## **4. Leisure time activities for all**

Chair: Lasse Heimdal, Secretary general, Kirkens SOS (NO)

### **Introduction**

### **Outdoor recreation in and around the city of Oslo - experience and ongoing plans**

Henning Hoff Wikborg, general manager, The Norwegian Trekking Association (NO)

### **The Leisure Card and additional efforts to increase the participation of children in the Breiðholt district**

Jóhanna Garðarsdóttir and Þráinn Hafsteinsson, City of Reykjavik (ICE)

### **Drivers and changes of physical activity among adolescents and young adults – results from the HPSC cohort study**

Sami Kokko, associate professor, Jyväskylä University (FI)

### **Active Together: Increasing social inclusion and well-being in sports clubs**

Maliina Abelsen, head of programme, UNICEF Greenland (GL)

### **Sport, inclusion and equality**

Dagfrid Forberg, head of sport development, Norwegian Olympic and Paralympic Committee and Confederation of Sports (NO)

#### **How to reach inactive groups**

Kristin Ekblom, project manager, The Swedish Sports Confederation (SWE)

#### **Fritidsbanken - a library for sports and leisure items**

David Mathiasson, operations manager, Fritidsbanken (SWE)

#### **Summary**

### **5. Digital tools**

Chair: Øystein Tveite, senior adviser, The Norwegian Directorate of Health (NO)

#### **Introduction**

#### **Smart Municipalities and regions create robust health for the inhabitants**

Tom Henriksen, Business Development Manager & Partner Lead for Data Insight, Telia Company, Division X

#### **On-line interactive accelerometer, application and cloud system (ExSed) to enhance physical activity for inactive people**

Tommi Vasankari, professor, UKK Institute (FI)

#### **TravelVu the way to collect travel data - [Monitoring travelling - app](#)**

Emeli Adell, project leader, Trivector (SWE)

#### **Experiences with [stolpejakten.no](#)**

Harald Bakke, Chairman of Stolpejakten (NO)

#### **Effectively using digital tools for national, physical activity campaigns**

Hrönn Guðmundsdóttir, director Sport for All, National Olympic and Sports Association of Iceland (ICE)

#### **[Fysisk aktivitet – Sunde borgere](#)**

Jan Andersson special consultant, Danish Healthy Cities Network (DK)

#### **[Intelligent Physical Exercise Training on the workplace](#)**

Olov Belander, senior adviser, Norwegian Directorate of Health (NO)

#### **Summary**



**16:45 End of conference**