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Erasmus+ Programme
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An European collaborative partnership to increase women participation to physical activity programs/WOMEN'S HURDLES

Project Coordinator:

CONSIGLIO NAZIONALE DELLE RICERCHE

PIAZZALE ALDO MORO 7, 00185 ROMA , Extra-Regio NUTS 2, IT

Project Information:

Identifier (Project Reference): 622171-EPP-1-2020-1-IT-SPO-SCP

Start Date: Jan 1, 2021

End Date: Dec 31, 2022

EU Grant (Contribution): 345,475 EUR

Programme: **Erasmus+**

Key Action: **Sport**

Action Type: **Collaborative Partnerships**

Partners – 5 Participating countries: Italy, Bulgaria, Lithuania, Greece, Romania.

- CONSIGLIO NAZIONALE DELLE RICERCHE (IT) – Project Coordinator: PIAZZALE ALDO MORO 7, 00185, ROMA, Extra-Regio NUTS 2, Organisation type: Research Institute/Centre
- FUNDATIA CARDIOPREVENT (RO): CALEA DOROBANTILOR 3 BL D3 SC B2 ET 4 AP 2, 300298, TIMISOARA, Extra-Regio NUTS 2, <https://cardioprevent.org/>, Organisation type: Non-governmental organisation/association/social enterprise
- VIESOJI ISTAIGA NEPRIKLAUSOMU KUREJU GILDIJA (LT): TILZES G 166-7, 76296, SIAULIAI, Extra-Regio NUTS 3, Organisation type: National Public body
- ELLINIKO IDRYMA KARDIOLOGIAS (EL): VAS SOFIAS 133, 11521, ATHINA, Αττική (Attiki), <http://www.elikar.gr>, Organisation type: Non-governmental organisation/association/social enterprise
- ISTITUTO EUROPEO PER LO SVILUPPO SOCIO ECONOMICO ASSOCIAZIONE (IT): VIALE MANZONI 28, 15048, VALENZA, Extra-Regio NUTS 2, Organisation type: Non-governmental organisation/association/social enterprise

- ASOCIACIA ZA RAZVITIE NA BULGARSKI SPORT (BG): R.Q. GEO MILEV, 3, VENERA STR 36, 1111, SOFIA, София (столица) (Sofia (stolitsa)), Organisation type: Non-governmental organisation/association/social enterprise

Project Summary:

WOMEN'S HURDLES aims to develop, implement and transfer innovative practices related to physical activity in a high-risk and usually hard to reach population: women, especially those with family and working loads. PA (physical activity) plays a critical role in the prevention and treatment of cardiometabolic risk factors, CVD (cardiovascular diseases), some cancer and brain health. Besides, WHO estimated that 28% of the global population is physically inactive and this is higher for women (33%) than for men (23%). In EU data confirm this gender gap. Therefore, the project wants to increase the awareness about the risks of sedentary in women and the well-known positive effects of physical activity, but also a creative effort of optimization of time and opportunities to engage women and motivate them to perform physical activity, breaking down barriers, maintaining a good adherence to physical activity programs and therefore to increased levels of participation in sport and physical activity.

The project will pursue innovative models that are age appropriate, culturally sensitive, and personalized to women's psychosocial characteristics.

The project objectives will be achieved by implementing:

- Comprehensive analysis of the literature and the ideation and implementation of a survey to identify the barriers to physical activity, and therefore to imagine possible solutions;
- Web research to understand what women search online about "physical activity" in order to contribute in an innovative way to the understanding of the barriers;
- Evaluation and identification of the good practices on physical activity for women in the different countries;
- Definition of Golden rules to increase women's participation to physical activity programs and creation of a "Manifesto for physical activity in European women" document;
- Organisation of a train the trainers course in Rome (IT) for professionals (physicians, physical trainers and physical activity managers) and national replications of the course.

Results:

Results for this project are not yet available. They might become available after the project's end date.

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