

# Physical activity for health - a real emergency for Romania; what should we start with?

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## **Abstract**

To continue to ignore physical activity for health (PAH) could become dangerous for the health of present and future generations. It seems that this problem has come at the moment when our country must adopt clear and efficient strategies and measures in this respect. Of course, there are some specific aspects to Romania, which firstly have to be addressed, and they are of both conceptual and organizational nature. For instance, a national debate on the importance of PAH, a valid, comprehensive and officially assumed survey on the prevalence of the sedentarism and obesity, and the attribution of some new duties and competences for Ministry of Public Health, Ministry of Education and National Agency for Sport, would represent urgent needs. On the other hand, the full implementation of those proposed by *The White Paper on a Strategy for Europe on Nutrition, Overweight and Obesity related health issues and The White Paper on Sport*, will have to be considered not only as an obligation of an EU member state, but also a way of making significant steps in achieving our own goals in the field of public health. Finally, adopting the ideas, spirit and good practice of different programs initiated and developed within an EU country or two, and at the same time sharing our experience with others, will result in improving the PAH and population health status and in accelerating the real EU integration of Romania.

**Keywords:** physical activity for health (PAH), *The White Paper on a Strategy for Europe on Nutrition, Overweight and Obesity related health issues*, *The White Paper on Sport*.