

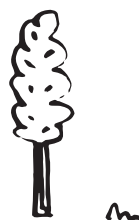
GLOBAL ACTIVE CITIES

The title 'GLOBAL ACTIVE CITIES' is rendered in large, white, sans-serif capital letters against a teal background. The text is arranged in three lines. Several black line-art illustrations are integrated with the letters: a tree is positioned behind the 'G' in 'GLOBAL'; a person in a dynamic pose is behind the 'B'; another tree is behind the 'L'; a tree is to the left of the 'A' in 'ACTIVE'; a person riding a bicycle is positioned in front of the 'C' in 'CITIES'; and a person sitting on the ground is behind the 'S'. Small, wavy lines are placed below the 'O' in 'GLOBAL', the 'T' in 'ACTIVE', and the 'I' in 'CITIES'.

THE WORLD'S FIRST GLOBAL ACTIVE CITIES WERE CERTIFIED DURING THE YOUTH OLYMPIC GAMES (YOG) BUENOS AIRES 2018, AS PART OF AN IOC-SUPPORTED PROGRAMME. *OLYMPIC REVIEW* TAKES A LOOK AT WHAT EACH CITY HAS DONE TO IMPROVE OPPORTUNITIES FOR RESIDENTS TO PRACTISE SPORTS AND PHYSICAL ACTIVITY – AND THE BENEFITS FOR THE WHOLE COMMUNITY

TEXT: **RACHEL BEACHER**

ILLUSTRATIONS: **CELINA LUCEY**



Buenos Aires, Hamburg, Lillehammer, Liverpool, Ljubljana and Richmond (Canada) are the first places to be awarded the Global Active City label. The cities were invited to receive their certificates by new NGO, the Active Well-being Initiative (AWI), as part of the Olympism in Action Forum before the start of the YOG Buenos Aires 2018.

IOC President Thomas Bach, who was present on stage to congratulate the cities, said: “We have had confidence in the Global Active City programme from the outset. It is splendid to see how much the first cities have achieved for their residents while working towards Global Active City status. The Olympic spirit lives well beyond the Olympic Games.”

President Bach and Olympic Games Executive Director Christophe Dubi have so much faith in the Global Active City programme that they have encouraged all cities to join the initiative.

The Global Active City programme offers an effective illustration of the benefits that can accrue from the staging of major sporting events – residents of Buenos Aires, for example, have benefited from hosting the YOG

in unexpected and indirect ways. As well as the infrastructure left in the city, the government has invested in many projects to engage local people in physical activity. The programme has followed the spirit of the organisation of the YOG – egalitarian, and open to all. Just as the Organising Committee was keen to invite all residents to the Opening Ceremony by hosting the first-ever street party in Olympic history, the city authority is determined that all local people should benefit from the Games in their city.

After collecting the award on behalf of Buenos Aires, Vice-Mayor Diego Santilli said: “When Buenos Aires was chosen to host the Youth Olympic Games, not only did we set out to realise that dream, but we also drew up a comprehensive programme to turn Buenos Aires into a more active city that promotes physical activity and improves the quality of life of residents.”

‘IT IS SPLENDID TO SEE HOW MUCH THE FIRST CITIES HAVE ACHIEVED’
THOMAS BACH,
IOC PRESIDENT



Above
IOC President Thomas Bach takes part in grassroots sport activities organised as part of the *Ciudad Activa* strategy

The AWI was founded by Evaleo, a sustainable health association, and TAFISA, The Association For International Sport for All, with the support of the IOC.

In order to receive the Global Active City label, each city had to pass an independent audit with a stringent review of their physical activity and sports strategies and working practices.

Regular physical activity can contribute to reducing the risk of a number of non-communicable diseases (NCDs), including cardiovascular diseases, cancers, diabetes and chronic respiratory diseases, as well as a number of mental health disorders. The AWI works with city leaders to help them provide projects and services that engage local residents who have or are likely to develop these NCDs.

The AWI advises cities that want their populations to be more active to start by identifying key stakeholders and available resources, and partnering with local public health teams, community engagement leads and universities, to identify which groups are most at risk from inactivity, and least engaged, and how to reach them.

Visit activewellbeing.org or follow @AWBInitiative to find out more about the Global Active City programme





Left

The number of active adults in Liverpool has significantly increased

Below

Richmond locals are benefiting from the city's Community Wellness Strategy

Right

There are more than 50 sports clubs and teams in Ljubljana

tennis courts, and urban leaders aim to increase green spaces to 40 per cent of the city's surface area by 2034, and for 25 per cent of journeys to be made by bicycle by 2025. The city is developing the Hafen City harbour area, which was to house the Olympic Village and events, into Europe's largest inner-city regeneration project, and is planning one of the world's first districts where physical activity is prioritised, in Oberbillwerder. It continues to host and bid for many national and international sports events.

LILLEHAMMER

Since becoming an AWI pilot city during the Winter YOG in 2016, Lillehammer has built a close alliance of strategic partners including its local university. This alliance made a joint funding bid to build an activity park, and has founded an Olympic legacy centre. An annual sports week is attended by many partners from the alliance – everyone in Lillehammer is invited to take part in different physical activities, and this has led to a 20 per cent increase in membership of the Litrim Running Club. The Global Active City strategy has included free yoga in the park sessions, and events such as a ski jumping festival. Lillehammer took part in the EU Sport Forum 2018 and was invited to China in November to share its good practices with other cities.



SIX OF THE BEST

BUENOS AIRES

The Active City programme *Ciudad Activa* is one of the legacy strands of the YOG Buenos Aires 2018. The city has built a strong alliance between residents, voluntary organisations and stakeholders, including over 200 neighbourhood sports clubs. The city offers these clubs financial and administrative support, and training has been given to over 1,000 health and physical activity professionals, on sports science and the goals of *Ciudad Activa*. There has been major investment in sports facilities, as well as in the intangible legacy of the YOG, such as the project to encourage adolescent girls to play football. A total of 1.2 million people – equivalent to nearly half the city's population – have used the "Estaciones Saludables" or "healthy stations" for health and nutritional advice, while there has been a significant increase in the proportion

of women cycling, after an expansion of infrastructure and training.

HAMBURG

The Hamburg Active City Masterplan was built on the ideas developed as part of the city's bid for the 2024 Olympic Games. Twenty-six projects will be completed by 2024, at a cost of EUR 50 million. Hamburg joined the AWI in 2018 as it considered the Global Active City approach to be a perfect fit. Eighty per cent of people in Hamburg play sport, with women just as active as men. Nearly 600,000 people, or one-third of the population, belong to a sports club or association – 18 per cent more than in 2006 – while 1,000 talented children are being trained towards the goal of competing in the Olympic Games. The city has 1,600 sports facilities, including 240 sports fields and 120



**PRESIDENT BACH
AND OLYMPIC GAMES
EXECUTIVE DIRECTOR
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CITY PROGRAMME**



LIVERPOOL

A development partner for the Global Active City approach, Liverpool is aiming to be England's most active big city by 2021. New figures show that the number of active adults in the city – those doing the recommended levels of 150 minutes of moderate activity each week – is increasing. The city has also won the right to host the Special Olympics GB Summer Games 2021, in addition to the Netball World Cup 2019 and the World Artistic Gymnastics Championships 2022. Despite being the fourth most deprived local authority in England, Liverpool has one of the world's most established active city strategies, "Liverpool Active City". As part of the collaborative approach to delivering the strategy, primary health practitioners have talked to over 130,000 patients about their physical activity habits, employers are offered a workplace toolkit to encourage promotion of physical activity, and 90 per cent of 11-year-olds have learned to swim 25 metres.

LJUBLJANA

The European Green Capital of 2016, Ljubljana has been chosen to host the TAFISA World Congress of Sport for All in 2021. In 2018, it welcomed the European Futsal Championship and a meeting of EUPASMOS (the European Union Physical Activity and Sport Monitoring System). The Slovenian capital previously hosted the EuroBasket 2013. Its ambitious Global Active City strategy aims to see 24km of cycle tracks built by the end of 2018 and a new athletics stadium by 2020. There are more than 50 sports clubs and teams in the city, and 36



major annual events, including a marathon with more than 17,000 participants. The city has co-financed professional group leaders for activities such as hiking, and has trialled an exercise referral scheme among doctors. For children, healthy food is being served in schools and a swimming programme has been co-financed by the national government.

RICHMOND

Home to North America's only Olympic Museum, the ROX, Richmond (British Columbia, Canada) has made the most of its Olympic venue legacy. The Richmond Olympic Oval hosted the speed skating during the Olympic Winter Games Vancouver 2010, and the venue has 2,700 community daily visitors. The sports facilities include climbing, ice hockey, table tennis, volleyball and basketball, while affordable, subsidised passes are offered to local people. An alliance between the city council, health service and school district has created an updated Community Wellness Strategy with five focus areas, and will launch an updated My Health My Community survey to assess local health and physical activity levels. Richmond has hosted a long list of high-profile sporting events such as the World Martial Arts Games, the World Wheelchair Rugby Championships, and the Fencing World Cup. ■

