

**Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health**

---

**QUESTIONNAIRE**

---

*“Sport and healthy lifestyles as contributing factors to the right of everyone to the enjoyment of the highest attainable standard of physical and mental health”*

---

**Member States**

*1. To what extent, in your view, should United Nations Member States encourage individuals to participate in sport and adopt healthy lifestyles, to fulfil State obligations to respect, protect and fulfil the right to health? What is the minimum that must be done for this obligation to be met?*

- At state level in Bosnia and Herzegovina, as well as in Federation of Bosnia and Herzegovina, Republic of Srpska and Brcko District of Bosnia and Herzegovina, a series of international and national documents were adopted, which, inter alia, include aspects to encourage the individuals to participate in sports and adopt healthy lifestyles, which represents the extent to which the State and entities (Federation of Bosnia and Herzegovina, Republic of Srpska and Brcko District of Bosnia and Herzegovina) are committed to work on this issue. Priority activities or minimum activities related to the given obligations date should include educational and promotional activities and preventive activities and interventions, particularly those focused on children and vulnerable groups, and to the activities related to providing conditions and equal opportunities for access to infrastructure for physical activity.

- States should have most impact on the popularization of sports. It is necessary to make enough courts in urban and rural areas and to open sport schools for kids of all ages free of charge.

- For a healthy lifestyle, the use of tobacco products should be prohibited in public places and implementation of the law should be followed by appropriate sanctions.

- Food Safety Agency should be involved in the control of advertisements for food products of dubious nutritional value (potato chips, unhealthy types of biscuits, sweets, etc.).

-In schools, children should be educated about healthy lifestyles within some subjects.

- UN Member States should adjust existing legislation to the real circumstances, conditions and needs of citizens, and to conduct and supervise its implementation. The least that can be done is to promote healthy lifestyles and participation in sport activities, and provide the conditions for citizens of all ages for practicing sports and recreational activities free of charge, as well as to point out the benefits which will be realized through this.

- It is necessary to influence the awareness of all citizens, especially young people, about the importance of sports, sports recreation, general physical activity, quality of life, through a variety of sports action. However, the least that each country must do in order to encourage citizens to participate in sports and adopt healthy lifestyles is to provide its citizens with a certain level of living standards where meeting basic living needs will be unquestionable. Only when these needs are met in a quality manner, there may be more advanced development of self-awareness and a greater consideration of sport and healthy lifestyles.

***2. Has your State introduced legislation or policy in relation to sport and/or healthy lifestyles? If so, please provide a brief description of the laws or policies adopted.***

### **Relevant legislation and strategic documents adopted at state level**

**Sports Law in Bosnia and Herzegovina** - In terms of this Law sports includes sports activities and games organized with the aim of improving the health or recreation (sport recreation, sport for all). The Law defines the preservation of health as a basis for a human activity, labour productivity, expression of creativity and human living, as one of the public interests and goals of Bosnia and Herzegovina in the field of sport. Also, the Law provides for the establishment of associations of sports recreation to meet the needs of citizens to maintain and improve the health and mental and physical abilities and to organize exercising and practicing sports activities in their free time.

### **Sports Development Strategy in Bosnia and Herzegovina**

The Strategy points out the positive effects of the sport on psychological and physical health. Children in sports are one of the most important priorities of the Sports Development Strategy in Bosnia and Herzegovina. Physical inactivity of children, especially adolescents, negatively affects their proper physical and mental development and may jeopardize health of the citizens in the long run. An important priority in the Strategy is the investment in top sport. Superior results and the responsible behaviour of top athletes are models to young people by promoting work, perseverance, fighting spirit and honesty. In this way, the sport receives not only competitive, representative and health significance in a society, but also a wider educational-developmental importance which it deserves. Also, the Strategy indicates the necessity of implementation of sport and sports and recreational activities for people with disabilities from an early age or from the time of occurrence of disability as it affects the preservation and strengthening psycho-physical and general health of these people. Sports and recreational activities have a far-reaching significance for psycho-physical adaptation and their victory over the sense of incompetence and social reintegration.

In the framework of implementation of the strategic objective "Sport - available to everyone" the Strategy foresees conducting a campaign that will be aimed at the promotion of healthy lifestyles which are dominated by regular physical activity.

Promotion of sport and the values of the sport and investing in popularization of physical activities are highlighted in the Strategy as very important activities because through physical

activity and practicing them we will get a healthy citizenry that is predisposed to prolong its lifespan. It is, therefore, very important to influence the citizens to realize preventive function of sport (for the purposes of health, in the fight against violence, drugs, alcohol and other addictions and vices).

### **Relevant legislation and strategic documents adopted at entity level (Federation of BiH and Republic of Srpska) and Brcko District of BiH**

- *The Sports Law* (“Official Gazette of the Republic of Srpska”, No. 4/02, 66/03, 73/08 and 102/08) regulates the following: general interest and programs in the field of sport, conditions for practicing sports, the exercise of freedom of association and organization, rights and obligations of athletes, student activities, sports competitions and events, establishing international sports cooperation, sports facilities, professional work, preventing and suppressing violence and use of illicit drugs in sport, financing, IT in sport, supervision and sanction provisions.

- *The Sports Law in Brcko District of BiH* (“Official Gazette of the Brcko District of BiH”, No. 14/11) lays down the basic principles in the field of sport, its organization, the rights and obligations of legal and natural persons in sport, the rights and obligations of athletes, professional work in sport, organization of sports competitions and events, method of securing financial resources and other issues related to sport in the Brcko District of Bosnia and Herzegovina.

- *The Sports Development Strategy in the Republic of Srpska 2012-2016* aims at addressing the issues in the following key areas: popularization of sport, education and training, management (organization) in sport (result).

### **Other relevant documents:**

- Framework Law on Primary and Secondary Education in Bosnia and Herzegovina (2003.),
- Framework Law on Preschool Upbringing and Education in Bosnia and Herzegovina (2007.),
- Law on Basic of Traffic Safety on Roads in Bosnia and Herzegovina (2006.),
- Framework Policy of Promotion of Early Growth and Development of Children in Bosnia and Herzegovina („Official Gazette of Bosnia and Herzegovina“, No. 36/12).
- BiH Strategy for Addressing Roma Issues (2005.),
- Action Plan for Children of Bosnia and Herzegovina (2015-2018.),
- Action Plan for the Environmental Protection of Bosnia and Herzegovina (2003.),
- Law on Health Care of the Federation of BiH,
- Law on Health Care of the Republic of Srpska,
- Law on Health Care in Brcko District of BiH,
- Law on Spatial Planning and Land Use at the Level of Federation of Bosnia and Herzegovina (“Official Gazette of Federation of Bosnia and Herzegovina”, No.2/06),
- Policy for Improving Health of the Population of the Republic of Srpska until 2020,
- Policy for Improving Child Nutrition in the Federation of Bosnia and Herzegovina (2013.),

- Policy and Strategy for Protection and Improvement of Mental Health in the Federation of Bosnia and Herzegovina (2012-2020),
- Mental Health Policy in the Republic of Srpska („Official Gazette of the Republic of Srpska“, No.112/05),
- Policy for Improvement of Early Growth and Development of Children in the Republic of Srpska (2011 - 2016.),
- Policy for Improvement of Early Growth and Development of Children in the Federation of Bosnia and Herzegovina (2011.),
- Policy for Improvement of Nutrition of Children in the Federation of Bosnia and Herzegovina (2013.),
- Guidelines for nutrition of infants and children of preschool and school age (Ministry of Family, Youth and Sports of the Republic of Srpska, 2013.),
- Policy – Youth and Health in Federation of Bosnia (2008.),
- Youth Health Policy of the Republic of Srpska (2008.),
- Strategic Plan for Improving Early Growth and Development of Children in Federation of Bosnia and Herzegovina (2013–2017.),
- Strategy for Control of Diabetes in Federation of Bosnia and Herzegovina (2014–2024.),
- Strategy for Mental Health Development in the Republic of Srpska (2009–2015.),
- Framework curriculum for nine-year primary school in the Federation of Bosnia and Herzegovina (the Federal Ministry of Education and Science),
- Integration of disabled children and young people in an open environment (Association of dystrophy of the Federation of Bosnia and Herzegovina, 2006.).

The above documents treat different aspects related to the encouragement of participation in sport and adoption of healthy lifestyles, including education and information, promotion and prevention, improvement of infrastructures and facilities for professional sport, recreational physical activity and active transport (walking and cycling).

### ***3. What are the major challenges and opportunities that arise in adopting a right-to-health approach to participation in sport and adoption of healthy lifestyles?***

#### **The main challenges**

- Socio-economic inequality and a lack of targeted policies and financial resources for the construction and improvement of infrastructure for sports and recreational activities and healthy lifestyles, insufficient inter-sectorial cooperation in the fight for the right to health.
- Lack of arranged (indoor and outdoor) spaces for practicing sport and lack of trained trainers.
- Inadequate preventive work on promoting healthy life styles.
- Financial inability of an individual to take an active part in sports organizations, as well as an insufficient number of sports facilities for free of charge participation in sports and recreational activities and the like.
- Lack of legal regulations and a lack of adequate program activities.

## **The main opportunities**

-More active use of existing sports facilities and promotion of finding the alternative solutions, and all available forms of sports and recreational activities that do not involve active involvement in sports organizations.

- The major challenge is how to present sports activities to a large number of people in the most interesting way possible, and a healthy lifestyle in the broad sense of the word. The opportunities appearing as a result of that are numerous, for example, happier, healthier, more productive and more satisfied population, etc.

The main challenge is how in an interesting way, to many people, promote sports and healthy lifestyle in a broader sense of the word. Possibilities which are open at the same time are numerous, for example, happier, healthier, more productive and satisfied working population, etc.

***4. What are the best ways that Member States can promote individuals' participation in sport and adoption of healthy lifestyles? Please provide and briefly describe any examples of "good practices" adopted by Member States in this respect.***

The implementation of integrated policies and legislation that may affect the improvement of knowledge, awareness and practice related to participation in physical activity and which may affect the improvement of the infrastructural environment that will enable practicing physical activities in an easy and accessible manner.

-The best way of promoting sport in terms of a healthy lifestyle is to bring it closer to the citizens through different media by using simple but interesting language. However, it is a fairly lengthy and systematic process that requires a certain civilizational level of life in a state. It is quite necessary that there are quality bike paths, equipped gyms, playgrounds, etc. which will be available to all.

-Having in mind that each country is in terms of culture and history, and also sports system, different and an analysis of the current situation should be conducted through the cooperation between public authorities responsible for sport and sports associations.

-The construction of public swimming pools and gyms are examples of good practice but the use almost all recreational facilities shall be paid, which represents certainly a barrier to socio-economically vulnerable people to use them.

- When we talk about examples of good practice, a great deal of work could be done in cooperation with retail chains that could further encourage their customers to adopt a healthy lifestyle through the promotion of healthy ecologically grown food.

### **Examples of good practice:**

- Enactment of legislation relating to the "sport and physical activity for everyone," i.e. bicycle traffic, construction and improvement of the quality of existing public open spaces (parks, playgrounds, picnic areas) and indoor facilities for sports and recreational activities, etc.
- Long-standing subsidized program of free of charge use of the ice rink at Zetra for children during the winter holidays that is supported by the Centre Municipality in Sarajevo Canton.
- Implementation of the program "Eat healthy, grow up healthy", as a sub-component of the pilot project "Kindergartens - friends of healthy diet" containing aspect of improving physical activity within the kindergarten environment - specific workshops, capacity building of the kindergarten staff, etc.
- Development of guidelines and guides of the Federal Ministry of Health on healthy eating and physical activity for the general population, the Roma population, children under 3 years, parents, etc.
- Projects of mass involvement of children and youth in school sports activities, as well as through free sports camps. The Ministry of Family, Youth and Sports of the Republic of Srpska organizes the Small Olympic Games of the Republic of Srpska, the Summer Sports School of Republic of Srpska, sports equipment procurement projects for the improvement of physical education classes in schools of the Republic of Srpska, as well as a number of similar projects.

### **An example of bad practice:**

Brcko District of Bosnia and Herzegovina endeavours to create the best possible conditions for practicing the sport and the implementation of healthy lifestyles. A lot of playgrounds and sports halls were created in rural areas, but there is still lack of facilities for practicing sports in the urban areas. A large natural resource, the coast of Sava River, is not used, there is no content that enables the development of water sports, except traditionally developed kayak sport. Due to a lack of indoor swimming pool, school children in Brcko have no place to practice swimming classes within the physical education. Although Brcko is a flat area, it has no bicycle or trim trail, and it is one objective that should be implemented in the future.

### ***5. Are there any targeted interventions that can be implemented to promote participation in sport and adoption of healthy lifestyles amongst populations who could face vulnerable situations, including women, children, and people with disabilities?***

-The example is the project "Raising awareness of the Roma population in the area of health care in Federation of Bosnia and Herzegovina", of the Federal Ministry of Health and Ministry for Refugees, which included education about the importance of practicing physical activities for the Roma population.

-Through various projects, organized by sports organizations in the Republic of Srpska, different sports activities that promote sport and healthy lifestyles for all citizens, especially for women, children and persons with disabilities are implemented. The Ministry of Family, Youth and Sports of the Republic of Srpska supports the implementation of such projects in accordance with its program activities and available resources.

-It is necessary to devise an appropriate institutional mechanism for cooperation of public authorities and sports associations, especially in the field of "Sports for All", which includes women, children and persons with disabilities.

-Of course, the special needs of certain target groups of society such as women, children or people with disabilities need to be taken into account, and actions taken accordingly.

***6. Other than Member States, which other actors should be taking steps to encourage individuals to participate in sport and adopt healthy lifestyles? What can Member States do to ensure this occurs?***

-Sectors that directly or indirectly can contribute to encouragement of individuals to participate in sports and to adopt healthy lifestyles are the following:

- urban planning (planning of construction of the city, including increasing the availability of parks and walking areas, bike paths, playgrounds for children);
- sectors responsible for traffic safety and transport (the safety of pedestrians and cyclists, including security, manner and terms of cycling, safety of pedestrian zones, walkways, etc.);
- the non-governmental sector (non-governmental organizations dealing with the promotion of physical activity and healthy lifestyles);
- international organizations (World Health Organization -WHO, UNICEF, the Member States of the United Nations - good practice, the Environmental Protection Agency (EPA), etc.).

-In addition to the state level, administrative units at lower levels of government (entities, cantons and municipalities) should take measures for improvement of results in promoting sports and healthy lifestyles in their area. The Member States can apply for different international funds in order to secure funds for the implementation of different projects in this area, and set aside more funds for this purpose in their budgets.

- Other stakeholders (parents, educational and medical institutions, local governments, sports associations and organizations, academic and medical institutions, retail chains and other entities) should be involved actively in addressing the issue of encouraging sports and healthy lifestyle.

-The most important step is to strengthen public awareness about the preventive role of sport when it is primarily about health and adoption of a healthy lifestyle (fight against violence, drugs, alcohol and other addictions).