

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

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## QUESTIONNAIRE MEMBER STATES

*“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”*

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- 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?**

### **Contribution from the Health Department of General Directorate of Sports / Ministry of Youth and Sports:**

*U.N. Human Rights Council should not merely be a policy maker but be an active director and coordinator considering sport's international context. This mediator role will be beneficial especially in international sport organizations where different countries adopt distinctive meaning of human rights.*

*As for the national responsibilities at least national public health strategy must consist of individual rights and institutional commitments on the subject. Those should be functionally identified in detail and point to an action plan or an agenda.*

*Also basic health care services (primary and secondary) must be integrated to national sports policy as this mutual integration will support preventive measures and equality.*

### **Contribution from the General Directorate of EU and Foreign Affairs / Ministry of Health:**

*The main aim of National Health Policy is to reach a healthy society consisting healthy individuals. It is required to develop policies enhancing the inter-sectorial cooperation to reach healthy society. A healthy life cannot be provided only by increasing the quality of the health services presented to the public. It is required that the individual should be aware of his/her health, should demand services and should develop behavioral changes in the positive direction.*

*United Nations Member States should not only encourage individuals to participate in sport and adopt healthy lifestyles, to fulfil State obligations to respect, protect and fulfil the right to health; but also should encourage the multi-sectoral collaborations with related Institutions NGOs, Universities, Local Administrations, Municipalities etc. United Nations Member States should set minimum standards, indicators to measure the expected results which are compatible with the standards suggested to Member States by UN such as Health 2020.*

*Government should encourage the public and an individual for a healthy life-style by developing effective and widespread policies directed to the prevention of obesity, by providing correct information sources and varies opportunities. Individuals however, should demand services, should benefit from the opportunities provided by the government, should adopt a life style based on the gained adequate and balanced diet and regular physical activity habits.*

- 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.**

**Contribution from the General Directorate of EU and Foreign Affairs / Ministry of Health:**

*Yes; Turkey introduced legislations and policies in relation with sport and/or healthy lifestyles and adopted laws and policies.*

*"The European Charter on Counteracting Obesity" which was decided during the "WHO European Ministerial Conference on Counteracting Obesity" hosted in Istanbul-Turkey, our country on 15-17 November 2006 and signed by the WHO European Regional Director Dr. Marc DANZON and by us on behalf of the European Ministers, has been the guide to all countries in this subject.*

*"Healthy Nutrition and Active Life of Turkey 2010-2014" was prepared to combat with obesity and bringing individuals the healthy nutrition and regular physical activity habits by forming a scientific and political determination and strengthening the inter-sectoral actions for the prevention of obesity which has a rising prevalence in Turkey. This program was published in the Official Gazette as the Prime Minister's circular and the program was extended for 2014-2017.*

- 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?**

**Contribution from the Health Department of General Directorate of Sports / Ministry of Youth and Sports:**

*The first and foremost challenge is to provide citizens' rights with legal sanctions as it is usually extremely difficult to find a balance between public benefit and financial promotions considering sports' financial resources.*

*With both its exercise and performance partials, sports have a diminishing yet never-ending history of doping. Even though there is a need of strict sanctions confidentiality may be sometimes an overlooked issue. Therefore suspects' identification should be strictly kept confidential till it is publicly convenient and definitely evident.*

*The recent turmoil in the Middle- East has ignited immigration problems once again and detention conditions of immigration centres need to be improved on healthy lifestyles yet when immigrants are barely capable of covering their basic requirements. Considering this, some international funding may be ensured.*

*It is commonly known that practice of sport has a positive impact on children's physical, mental and social development skills. But there is also a need for protection of child rights as many forms of abuse can take place. Notwithstanding its immediate prospect this threat should always be emphasized.*

**Contribution from the General Directorate of EU and Foreign Affairs / Ministry of Health:**

*One of the major challenges in adopting a right-to-health approach to participation in sport and adoption of healthy lifestyles is the reluctance of the non-health sector and inadequacy of the private sector about the social responsibility projects about this issue. The innovations about sports and healthy lifestyles which should be provided by the local authorities and municipalities are insufficient.*

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.**

**Contribution from the Health Department of General Directorate of Sports / Ministry of Youth and Sports:**

*The right to health must include equal opportunities in athletic training as it is in every other public living area. With this prospect our national health insurance policy cover every individual's expenditure related with sports. There are also sufficient medical precautions in competitive sports also offered to all participants without any monetary contemplation.*

*Turkey has mandatory athletic trainer educational programmes which include developmental psychology and some other related topics to ensure that trainers are educated enough to deal with children athletes' problems. Yet we are still building up on evidence based researches to reach to the maximum quality.*

**Contribution from the General Directorate of EU and Foreign Affairs / Ministry of Health:**

*We are conducting public activities and campaigns to increase the awareness of the individuals and the public about sports and healthy life-styles. "We are walking for health" activities are conducted all across the country with the participation of the individuals, public and the Provincial Public Health Directorates and municipalities, Ministry of Health of Turkey, Ministry of National Education etc. Bicycle support and distributions with the collaborations of M. of Health, M. of Education, NGOs, Universities and Municipalities is an ongoing program.*

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?**

**Contribution from the Health Department of General Directorate of Sports / Ministry of Youth and Sports:**

*There are no gender-restrictive rules for athletic participants in Turkey. With its multi-ethnic and multicultural population, Turkey is a model country for Asia and Middle East with its equal approach to minorities and other population groups who could face vulnerable situations in sports.*

*With its emphasize on preventing emotional and psychological abuse, peer violence including neglect and bullying many athletic federations and sports clubs have their own professional psychologist. This is still being implemented in growing numbers as its benefits are rapidly coming to the fore.*

**Contribution from the General Directorate of EU and Foreign Affairs / Ministry of Health:**

*There are targeted interventions for vulnerable individuals such as women, children, elderly people, and people with disabilities. The Physical Activity Guidelines and Nutrition Guidelines for Turkey were developed and they are also addressing specific groups, settings and vulnerable groups. The focus of these Guidelines is to emphasize the significance of physical activity on public health from early ages and suggesting examples of physical activity that could be done at every stage of life in order to prevent chronic diseases and improve health.*

*The guidelines include separate chapters about physical activities suitable for children and*

adolescents, adults, elderly and people with physical and intellectual disability. The Physical Activity Guidelines for Turkey has been prepared based on common perspectives by different specialists with the objective of generating awareness on physical activity and a more active, healthy lifestyle for each individual in society.

(The aforementioned guidelines can be reached here both in English and Turkish: <http://beslenme.gov.tr/index.php?lang=tr&page=526>)

We have also created interactive websites for specific groups, particularly for children. To call attention to the women's obesity and physical inactivity, this year's 8<sup>th</sup> March Women's Day is dedicated to this issue and World Women's Day- Obesity in Women and Health Effects" Symposium was carried out with multi-sectoral participation in Ankara-Turkey.

### **Contribution from the General Directorate of Child Services / Ministry of Family and Social Policies:**

In typical project of child homes buildings complex (home type social service units which was substituted for dormitory type care service model) sport rooms have been formed. It is paid attention to select the personnel from the fields which may make a contribution to children's participation to social, sportive and cultural activities. Also, participation of children and youth under protection in domestic and foreign activities within European Union youth projects, sport federations and various civil society organizations is encouraged. The provisions were made in national legislation to cover the expenses of children's participation in such activities.

Children's participation in social and sportive activities is a standard indicator in minimum standards effort for children deprived of parental care and self-assessment efforts for child care institutions under the title of personal care.

Following subjects are presented in the third strategic aim and activities of the third strategic purpose of National Child Rights Strategy Paper and Action Plan (2013-2017) which is "preserving the ambiance where child was born, grew and raised and ameliorating the physical environment" and

- Convenient areas and services shall be provided in every county to facilitate children's refreshing, playing, amusing, etc. The number of child play areas shall be increased in every province at neighborhood level and homogenous distribution shall be ensured province-wide.
- Child friendly province application shall be widespread.

Following subjects are presented in the third strategic aim and activities of the fourth strategic purpose which is "developing education policy and programs with the frame of child rights culture":

- Every child shall be encouraged to attend a science, art or sport field constantly. For this, required administrative and psychical arrangements shall be made, sufficient financial resource shall be provided.

Various art, cultural, sports and social activities are organized for children under care and protection in our institutions in order to help children for a healthy psycho-social and physical development and positive social relations.

Cooperation protocols have been signed in order to support children's participation to art, cultural, sportive and social activities according to social and cultural structure of the Provinces.

*Within this framework with an aim to ensure children sport in a more systematic, regular and disciplinary way, Cooperation protocols have been signed with sport federations, Ministry of Youth and Sports and our Directorate General. As part of a.m. protocols, children under care and protection in our institutions are leaded to various branch of sports and they are also rendered youth camps.*

*As part of International Sport Exchange Project, made to enhance working, discipline and social integration skills of children under care and protection, 410 children participated in district and Turkish Volleyball Championship and winning girl and boy teams went to USA for friendship matches in September 2013.*

*10 children under care and protection in our institutions affiliated to Provincial Directorate in Aydın represented our country in 3<sup>rd</sup> World Cup of Children from Care Homes held on 13-14 June 2015. The team was chosen as the most cheerful team of the championship and ranked 6th.*

*As part of The International Air Cadet Exchange (IACE) programme that is leaded by Turkish Air Association, 12 children under care and protection in our institutions took the year 2015 test and one of them was successful and entitled to go Canada between 21 July and 05 August 2015.*

*As of October 2015, Directorate General of Child Services (DGoCS) held 4th Turkish Chess Championship, 2nd Volleyball Championship of Children from Child Support Centers, 3rd Turkish volleyball Championship, 5th Turkish Swimming Championship, 4th Turkish Badminton Championship, 6th Turkish Young Men Freestyle Wrestling Championship, 7th Turkish Table Tennis Championship, 11th Turkish Folk Dance Festival and totally 2.918 children and accompanying personnel participated in these activities.*

*There has been an increase in number of national team athletes and licensed athletes and these were ranked in national and international competitions.*

*Emrah AYDIN, European Champion and finished on 3rd place at the World Youth Weightlifting and European Champion of 2015 Europe Youth and Under 23 Championship of Weightlifting.*

*Fatih BAŞKÖY 2015 U 23 Wrestling Turkey and World Champion.*

*Emine SULU finished 3rd place at Wrestling World Champion.*

*Sibel ÖZKAN finished 2nd place at Olympics Weightlifting.*

*Ahmet Eren KARABACAK finished 2nd at Turkey Youth Weightlifting (2011)*

*Ercan BAYRAK Champion of Greko-roman Wrestling Between Schools 50 kg 15-16 years (2011)*

*Emrah SARIÇAM, finished on 1<sup>st</sup> Turkey Youth Weightlifting Championship*

*Aynur ÇAĞRAN finished on 1<sup>st</sup> at 2011 Free Diving Turkey Championship*

*Fatih ORAN finished on 2<sup>nd</sup> Free Wrestling Youth Men*

*Mustafa ÇİFTÇİ finished on 3<sup>rd</sup> 2012 Dart Turkey Championship*

*Mert BENZEDİ finished on 1<sup>st</sup> in 2012 Athletics 800 meters special athletes*

*Bahar TAŞKIN finished on 1<sup>st</sup> in 2012 Athletics 1500 meters special athletes*

*Hamide KARASU finished on 2<sup>nd</sup> in 2012 special athletes Shot Put, finished on 1<sup>st</sup> in 2012 Athletics 1800 meters.*

*Onur TAHTA finished on 2<sup>nd</sup> at Turkey Wrestling Championship*

*Hülya KIRENCİ finished on 3<sup>rd</sup> at 2011 Underwater Sports- Free diving, Apnea,*

*Güllü ÖZ, finished 2<sup>nd</sup> at 2015 Turkish Judo Youth Championship, 3<sup>rd</sup> at Balkan Judo Championship*

*Nuray Levent Yıldız Champion of 2015 European Women Weightlifting*

*Besides considering the fact that sport is so effective in psycho-social development, activities of Youth and Sport Club of Ministry of Family and Social Policies has been supported as well as individual sports activities.*

- 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?**

**Contribution from the Health Department of General Directorate of Sports / Ministry of Youth and Sports:**

*Considering their vulnerability to a possible threat of any kind of abuse every institution about children should have a role on the subject. Namely; UNESCO, WHO and others. Other organizations consisting of some vulnerable populations such as people with disabilities or immigrants may have their own contributions. Also with their emphasize on athletes public and non-governmental organisations on athlete health, such as WADA, must also be considered for cooperation. U.N. Human Rights Council may take a central role in assessment, planning, intervention and follow-up phases of all the efforts conducted with these diverse organisations.*

**Contribution from the General Directorate of EU and Foreign Affairs / Ministry of Health:**

*Private Sector is one of the most important actors that should be much more involved taking steps to encourage individuals to participate in sport and adopt healthy lifestyles. Member States should be in more cooperation with private sector too.*