

HOW TO INCREASE THE LEVEL OF PHYSICAL AND SPORTING ACTIVITIES OF THE POPULATION OF GEORGIA?





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The European Union for Georgia



WFD



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Contents of this report are the sole responsibility of the Committee, and it should not necessarily reflect the views of EU, UNDP and WFD.

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INTRODUCTION

The World Health Organization (WHO) recognizes that physical activity and exercise are important for improving human health and well-being. There is scientific evidence proving that physical activity significantly reduces the risk factors associated to non-communicable diseases (e.g. high blood pressure, overweight, obesity, mental health), and helps to reduce public and private expenditures for the healthcare system.

In 2010, the WHO adopted a document “Global Recommendations on Physical Activity for Health”, which defines the forms (types), duration, frequency, intensity, and overall volume of such physical activity by age groups of the population (5-17; 18-64; 65+).

Every year, insufficient physical and sporting activity of the population of Georgia costs the state more than 16.8 million GEL. Out of this number, the direct healthcare expenditure is about 12.4 million GEL, and the productivity loss amounts to 4.4 million GEL (*Regulatory Impact Assessment Report on the Draft Law of Georgia on Physical Education and Sports, 2019*).

There are many studies that reveal low engagement of the population of Georgia in physical activities and sports. For example, 82.4% of the population aged 18-69 (men - 72.2%, women - 91.8%, respectively) do not regularly engage in physical activities (*Non-Communicable Diseases Risk-factor STEPS Survey, 2016*). Based on the e-portal of the sports statistics of Georgia, we can assume that currently only 20% of the total number of schoolchildren is enrolled in sports sections/clubs.

There are many factors contributing to the low physical and sporting activity of the population. Among them are: insufficient time for workout, lack of motivation, disorganized sports facilities and a problem of accessing the adequate infrastructure in open public spaces, insufficient finances, lack of sports programs, risk of injury, etc.

The State shall take care of the establishment of healthy lifestyle among the population, engagement of children and youth in sports and the development of sports, as stipulated in the Constitution of Georgia (*Article 5, paragraph 7*).

1. THEMATIC INQUIRY

- 1.1.** Pursuant to Article 155 of the Rules of Procedure of the Parliament of Georgia, the Parliamentary Committee on Sports and Youth Affairs initiated a thematic inquiry on May 22nd, 2020 on the topic: **“How to increase the level of physical and sporting activities of the population of Georgia?”**
- 1.2.** A thematic inquiry working group was formed at the sitting of the Committee on Sports and Youth Affairs of the Parliament of Georgia on May 22nd, 2020, with the following composition:
- | | |
|------------------------------|-------------------------------------|
| Mikheil Kavelashvili | Committee Chair, Main Speaker |
| Shota Khabareli | First Deputy Chair of the Committee |
| Mukhran Vakhtangadze | Deputy Chair of the Committee |
| Irakli Abuseridze | Committee Member |
| Genadi Margvelashvili | Committee Member |
| Giorgi Kopadze | Committee Member |
| Tengiz Khubuluri | Committee Member |
- 1.3.** Representatives of the Staff of the Sports and Youth Affairs Committee also worked on the thematic inquiry:
Edisher Machaidze — Head of Staff;
Magda Bzikadze — Senior Specialist;
Anatoli Korepanov — Invited Specialist.
Organizational support for the effective implementation of the thematic inquiry process was facilitated by:
Davit Oboladze - Head Specialist;
Nino Kurdadze - Leading Specialist.
- 1.4.** Purpose of the thematic inquiry is: to identify the factors/causes of insufficient physical and sporting activities of various age groups of the population; to scrutinize respective activities of the Government of Georgia, individual ministries and local government bodies, and to identify their shortcomings or causes; also, to evaluate relevant activities of sports organizations and other stakeholders, and to identify the hindering circumstances (*see Annex 1: Terms of Reference*).
- 1.5.** Every stakeholder was able to submit its evidence based on specific facts, surveys and findings within the framework of the thematic inquiry. Among them were the representatives of governmental and non-governmental sector, the private sector, subject-matter experts, the academia and all the interested parties. As part of the thematic inquiry, a total of 30 evidences were received (*see p. 6*), which can be accessed on the website of the Parliament of Georgia from [here](#).
- 1.6.** The Working Group of the thematic inquiry reviewed and analyzed the available information, the received written evidences and researches. Based on this material, the Committee on Sports and Youth Affairs established its position and developed respective recommendations.

2. SUBMITTED EVIDENCES

The following organizations and stakeholders submitted their evidence within the framework of the thematic inquiry (How to increase the level of physical and sporting activities of the population of Georgia?):

1. Ministry of Education, Science, Culture and Sports of Georgia
2. A Subagency of the Ministry of Education, Culture and Sports of the Autonomous Republic of Adjara – Sports Department of the Autonomous Republic of Adjara
3. Tbilisi City Council
4. Municipal Service of Culture, Education, Sports and Youth Affairs of Tbilisi Municipality
5. LEPL „National Center for Disease and Public Health“
6. Akhalkalaki Municipality
7. Aspindza Municipality
8. Martvili Municipality
9. Tkibuli Municipality
10. Ozurgeti Municipality
11. Chokhatauri Municipality
12. Kareli Municipality
13. Sagarejo Municipality
14. Dedoplistskaro Municipality
15. Khoni Municipality
16. Tennis Federation
17. Karate Federation
18. Kendo Federation
19. Association of Women Farmers
20. Sambo Federation
21. NGOs: N(N)LE “Patriot United Georgia” and N(N)LE “Patriots for Education”
22. N(N)LE “Iris Group – Managing Diversity”
23. European-Georgian Institute (EGI)
24. Unite for Health and Education
25. Human Rights Development and Environment Institute
26. Health Promotion and Education Foundation
27. Regional Development Center
28. United Nations Children’s Fund (UNICEF)
29. Eka Davlianidze, Sports Teacher at the Public School #104

Written evidences, received within the framework of the thematic inquiry are available at the website of the Parliament of Georgia <https://bit.ly/3fyYCj4>

3. KEY FINDINGS

- 3.1.** The evidences submitted by the authors are diverse, mostly because of the different fields of interests (*sports federation, National Center for Disease Control, foundations*) and their organizational status (*municipality, sports federation, international organization, natural person/organization*).
- 3.2.** The review of evidences revealed that most of the authors prioritize the importance and development of professional sports, *which includes the participation of only a certain part of the population and specific groups, who are interested in professional sports, in sporting/physical activities*. These authors talk relatively little about the issues of physical education/activities, which are different from highly professional sports, but represents important areas that *imply the participation of the entire population and its broader groups in sporting/physical activities*. Exceptions are the evidence of those organizations the activities of which are entirely or partially related to public health issues.
- 3.3.** Among the submitted evidences, only one author laid emphasis on the situation created by the COVID-19 global pandemic¹ and its negative consequences on the physical or mental health of individuals. The author presents the data of a survey conducted remotely during the pandemic (a total of 102 respondents), also, provides an overview of main barriers to the engagement of different age groups in physical and sporting activities. These include the lack of free time and motivation, lack of finances, health problems, disorganized gyms, poor roads for cycling, as well as the lack of squares and recreation areas. The mood, family conditions and cultural issues are mentioned among the reasons as well.
- 3.4.** Several authors point out in their evidence that the efforts and key resources of the agencies of Georgia are mostly focused on supporting the high-achievement sports, despite the fact that the purpose of the state is to promote healthy lifestyle². According to one of the evidences, a large part of sports organizations, federations and unions are engaged in professional sporting activities. However, the author believes that increasing the physical activity of the population and addressing the shortcomings represent an independent field and requires a large-scale approach³. Other authors also talk about the need for an interdisciplinary, multisectoral and more systemic approach in order to increase the physical activity of the population regardless their age, gender, social-economic status or physical ability.
- 3.5.** According to the Ministry of Education, Science, Culture and Sports of Georgia, “the state approach, which is focused on maximizing the engagement of the population in physical and sporting activities, is determined by the development of mass sports and its four key components:
- Preschool physical education;
 - Sports and physical education at schools;
 - University sports;
 - Sports for everyone.

1 N(N)LE “Unite for Health and Education” (U4HcE).

2 Regional Development Center (RDC).

3 National Sambo Federation of Georgia.

The country has elaborated specific approaches in all the four directions. Challenges have been identified for all the components, together with human and financial resources required for their elimination.”

- 3.6.** UNICEF points out in its evidence that according to the official data, only 6% of public funding is allocated for mass sports. According to the evidence submitted by the Georgian Health Promotion and Education Fund, out of the budget allocated to sports federations, only 5% is earmarked for mass sports; besides, in fact, only the high-achievement sports are prioritized, involving only 4% of the population, which in turn puts the human health at risk. The budget for “Physical Activity” component in the state program on “Health Promotion” in 2020 is only 30 thousand GEL, which makes it impossible to conduct large-scale awareness, communication or advocacy works⁴.
- 3.7.** Based on the researches carried out in recent years, some evidence authors argue that a big part of the Georgian population (more than 80%) is not physically active. These numbers vary significantly by the age categories as well. There are numerous studies that prove that regular physical activity improves health and reduces the risk of various diseases. In this respect, the author of one of the evidences emphasizes the need for maximizing the support from the state (both at the legislative and executive levels) to help the public realize the importance of the prevention of various diseases, and to reduce the expenditures associated to them⁵.
- 3.8.** The following factors are identified to be hindering the engagement of the population in physical and sporting activities: insufficient financial resources, poor sports infrastructure and the lack of access to it, the lack of qualified human resources, the lack of interest from the population, the lack of time, as well as inadequate involvement of private sector and businesses in physical and sporting activities. The mentioned barriers include the inaccessible and inconvenient environment for the engagement of persons with disabilities and pensioners in physical activities (gyms, infrastructure, public transportation, etc.). In addition to the factors listed above, the Ministry of Education, Science, Culture and Sports of Georgia also speaks about the low public awareness about the importance of physical activity.
- 3.9.** Some authors of the research also point out that there is a need for properly trained medical personnel at primary and secondary healthcare systems, who would provide specific recommendations and advice on physical activity that is beneficial to a person/patient of any age. In this regard, there is an opinion worth pointing out: general physicians, who have a comprehensive picture of human health and enjoy high authority among patients, should also be involved in enhancing the physical and sporting activity of the population⁶. According to another evidence, “it is important that the physicians change their paradigm of action, to begin assessing the physical activity, and to prescribe exercise as an essential part of patient care. Physical activity is as important as medication.”⁷
- 3.10.** Several evidence also address the need to strengthen the coordination and advocacy in terms of developing the educational programs. Besides, the authors point out that it is necessary to develop additional recreational zones and adequate transport infrastructure, to improve the living environment (*open playgrounds, workout areas, jogging tracks, etc.*) and to use the existing school (and not only) infrastructure by various groups.

4 Health Promotion and Education Foundation of Georgia.

5 Martvili Municipality.

6 Health Promotion and Education Foundation of Georgia.

7 European-Georgian Institute, based on “Chen YT, Current Physical Medicine and Rehabilitation Reports. 2013”.

- 3.11.** There are some authors emphasizing that it is necessary to raise the awareness of all the age groups of the population regarding the importance of physical education and sports [for health], as well as to defy the existing stigmas and stereotypes in this respect, especially among women.
- 3.12** The Ministry of Education, Science, Culture and Sports of Georgia points out in its evidence that the agency has been working for almost two years on the strategy for accessibility and development of mass sports. This document provides a detailed description of all the approaches and strategic directions that will promote the involvement of the population of the country in physical and sporting activities. The strategy document has not been endorsed by the government yet and it does not have an official form, although it has already been made public and incorporates the views of various stakeholders.

4. KEY FINDINGS PER INQUIRY QUESTIONS

4.1. What are the barriers to participation of the population in physical/sporting activities in Georgia? How different are these factors in reference to various age groups: a) 5 to 17; B) 18 to 64; C) 65 and above?

Relying upon many studies and surveys conducted at different times, most of the authors of the submitted evidences state that the problem regarding the increased level or volume of physical/sporting activities among the population of Georgia is **inhomogeneous, and it is caused by many factors.**

According to the surveys cited in the evidences, **majority of the Georgian population (more than 80%) is not physically active.** The main barriers are mentioned to be finances (in general, social-economic problems), absent or disorganized infrastructure (including the gyms as well as open/public spaces) and the lack of time and motivation. The hindering factors often include the lack of qualified personnel, insufficient culture of practicing the healthy lifestyle, people's attitudes, views, stereotypes and stigmas, especially among women.

The authors say that the low physical/sporting activity is caused by the low public awareness on the issues such as healthy lifestyle and the role of sports or physical activity in the prevention of non-communicable diseases. Some authors believe that **the state is mostly focused on the development of professional sports, which is reflected in the budgetary funding.** The authors consider it important that the state approach physical activity issues as an independent area, and develop a large-scale, interdisciplinary and multisectoral systemic approach to address the gaps in this field.

Based on a survey carried out by the National Center for Disease Control (2019), the UNICEF says that only 25% of boys and 17% of girls are involved in daily physical activity among the schoolchildren aged 11, 13 and 15. Only 20% of schoolchildren aged 6-18 are registered in sports clubs. Townhall of Sagarejo Municipality identifies several drivers for this. These include the wrong attitude of parents towards children, insufficient free sports circles, lack of professionalism among coaches and teachers, insufficient sports infrastructure (both professional/amateur) and outdoor sportsgrounds, inadequate promotion of healthy lifestyle and, in general, negligent approach to this issue at schools.

Disruption of physical activity at institutions of higher education, lack of free time, high price on gyms, lack of commitment and negligent attitude to healthy lifestyle are also mentioned to be the main causes of low physical/sporting activity among the population aged 18-45⁸. Lack of time is considered to be one of the biggest barriers for the population aged 30-45.

People within the age groups of 18-64 engage in unorganized exercises (walking, swimming, jogging) and identify the following hindering factors: lack of recreational, green areas and parks near their settlement, unfavorable infrastructure, risk of sport injuries and the fear associated to it, also insufficient information on the advantages of physical activities, as the means for reducing illnesses and speeding up the recovery.

8 Health Promotion and Education Foundation of Georgia.

Authors of some evidences believe that **there are no special programs tailored to the needs of 65+ people at all**⁹ and that their low engagement in physical activity is due to poor infrastructure, faulty and inaccessible urban planning and the lack of finances.¹⁰

4.2. How would you assess the activities of the Government of Georgia, individual ministries and local governments in terms of promoting the engagement of population in physical/sporting activities?

About ten authors express their opinion regarding the role of the state in promoting the population's engagement in physical/sporting activity. Many of them point out that **the efforts and key resources (including the financial ones) of government agencies are mostly used to support and develop high-achievement sports**, while they observe inconsistency, non-systemic and chaotic approach to the development of mass sports, and it does not really reach the majority of the population of the country.¹¹

Some authors note that a number of strategic documents and legislative frameworks have been developed at the state level, which include the issues of physical education and training at preschool institutions, as well as the development of mass sports. According to the Georgian Health Promotion and Education Foundation, the 2014-2020 Sport National Policy Document is a "political declaration, which, **unfortunately, was not followed up by a relevant strategy and an action plan, with relevant resources, especially in the field of mass sports.**" The same author points out that it was a significant achievement at the policy level when the statement appeared in the Constitution with the initiative of the Parliamentary Committee on Sports and Youth Affairs: "The State shall take care of the development of sports, establishing a healthy lifestyle, and engaging children and youth in physical education and sports". However, the author points out that **the comprehensive implementation of this constitutional norm has not been made possible yet.**

The evidence authors note that the situation in terms of arranging the sports infrastructure has been significantly improved at central and municipal levels. In addition, a number of sports events are planned and held during the year, which are focused on engaging the citizens in mass sporting activities, as well as promoting the healthy lifestyle. Nevertheless, according to the authors, the rate of population engagement in sports/physical activities is low. The following reasons are provided: irregular nature of sporting activities organized by municipalities; lack of a coordinated, systemic plan; inconsistent policies and insufficient coordination among the government agencies; lack of sports classes and professional teachers at schools, etc.¹²

The authors think that in order to promote the healthy lifestyle and to engage all the age groups in physical activity programs, the state should provide information to the public and raise their awareness, and to conduct regular communication campaigns to this effect. For example, the UNICEF says in its evidence that the state does not ensure the engagement of all stakeholders

9 Kendo Federation of Georgia.

10 N(N)LE "Iris Group – Managing Diversity", Eka Davlianidze, Sports Teacher at the Public School #104, Human Rights Development and Environment Institute, etc.

11 Regional Development Center; Municipal Service of Culture, Education, Sports and Youth Affairs of Tbilisi Municipality, Health Promotion and Education Foundation of Georgia.

12 Health Promotion and Education Foundation of Georgia, N(N)LE "Iris Group – Managing Diversity", UNICEF, Human Rights Development and Environment Institute, National Center for Disease Control and Public Health, N(N)LE "Patriot United Georgia" and N(N)LE "Patriots for Education".

(citizens, volunteers, business sector) or the promotion of active lifestyle, while **local governments do not have strategies for promoting physical activities**. The author speaks about the implementation of such reforms and policies that will support the engagement of people of all ages in physical/sporting activities. Among other issues, this policy should address urban planning, among them, arranging parking lots for bicycles and cars, as well as planning the streets so that there are safe spaces for playing and engaging in physical activities.

The Ministry of Education, Science, Culture and Sports of Georgia points out in its evidence that **“the involvement and interest of local government in the development of mass sports is quite high, but, unfortunately, in most cases there is no or very few financial resources allocated in this direction**. The material and technical resources of sports facilities have deteriorated significantly in the regions.”

4.3. How would you assess the role of sports organizations (*sports federations / unions / committees, schools, clubs, etc.*) and business operators involved in sports (*sport facilities: swimming pool, gym, sports complex, etc.*) and their activities in enhancing the level of physical/sporting activity of the population? What hindering factors are there that affect their activities?

There are only a few evidences highlighting the role of sports organizations and sport business operators in enhancing the physical/sporting activity of the population. There is only one evidence-based document which **talks about the degree of transparency of activities carried out by federations, the purpose of spending the funds received from the state budget and the corruption risks**.¹³ Similarly, other authors argue that the guaranteed state funding does not create incentives for the federations to think about development and to raise additional resources from other funds. The authors point out that the vast majority of sport organizations are focused on supporting the professional sports. They believe that increasing the physical activity of the population and addressing the shortcomings is a separate area that requires a broader approach. Consequently, the existing problems cannot be eliminated by one ministry only.

According to the Ministry of Education, Science, Culture and Sports of Georgia, there is a very low involvement of national sports federations, except for some, in the development of mass sports. Accordingly, “the role of the state should be strengthened in this respect, in order to consolidate the sports organizations for achieving this goal, which is one of the most important.”

As for the sport business operators, the authors believe that their services are quite expensive and not affordable for the general public, especially given the social-economic problems and the lack of financial resources, which is named as one of the main hindering factors in terms of physical/sporting activity of the population. According to the authors, private operators are more focused on getting commercial benefits and attracting customers, and they care less for the development of mass sports.¹⁴ Among the identified problems there is a fact that most of the services of private operators do not include family or other special offers; besides, similar companies are less likely to engage in the promotion of healthy lifestyle and awareness-raising campaigns. There are also problems in regard to the accessible environ-

13 Health Promotion and Education Foundation of Georgia.

14 Human Rights Development and Environment Institute, Townhall of Sagarejo Municipality.

ment, which, in turn, hinders the engagement of citizens with special needs and/or the elderly in physical activities. Another additional barrier is the lack of professional coaches and, in general, qualified staff among the private business operators.¹⁵

4.4. What are the barriers to adequate involvement of the private sector/business in enhancing the population's participation in physical/sporting activities?

Out of the submitted evidences, there is only a few authors talking about the involvement of private sector/business in enhancing the population's participation in physical/sporting activities. Most of them believe that **there are no incentives or favorable regulations in the country for businesses, individuals or organizations, neither are there any legislative standards that would encourage the mobilization of private investments and improve the population's engagement in physical activities.** In addition, the state does not have any clear policy and strategy to determine the aspects of public-private partnerships for improving the engagement of the population in physical activities.¹⁶ The authors believe that raising public awareness is important for promoting the healthy lifestyle, and participation of the private sector is essential in this regard as well.

In its evidence, the Ministry of Sports also points out that it is necessary for the state to create a favorable environment for the private sector to make investments. The author considers that **the involvement of the private sector in increasing the participation of the population in physical/sporting activities is "very weak".** According to the agency, there has been a positive trend in recent years in terms of strengthening the fitness sector, and the population engagement has improved significantly. Therefore, "if the state provides more incentives to the fitness sector, it will be possible to establish a solid foundation and to develop this field very fast".

4.5. What approaches should be in place to encourage women and men to engage in physical/sporting activities? What actions should be carried out to engage more girls and women in physical/sporting activities?

According to the submitted evidences, there are three main aspects identified among the factors that support the engagement of women and men in physical/sporting activities: (1) proper urban planning, (2) availability and access to proper sports infrastructure, and (3) raising public awareness on healthy and active lifestyle. In addition, among the contributing factors are the incentives for sports organizations and clubs, and the introduction of compulsory physical education at kindergartens, schools and colleges.

For example, the UNICEF states in its evidence that urban planning plays a big role for promoting active physical and recreational activities. This implies the arrangement of safe walking lanes, bicycle tracks and open spaces in the settlements, the development and/or improvement of public transportation in such a way as to make it easier for citizens to access various recreational zones, parks, lakes or forests.

According to most of the evidences submitted on this issue, it is necessary to raise the public awareness about the importance of physical activity and to take appropriate measures at

¹⁵ UNICEF.

¹⁶ UNICEF.

different levels (family, school, community, society at large). The authors also think that there is a need for active information and education campaigns with the involvement of interest groups to promote engagement in physical activity/mass sports (advertisements in the media, TV shows, social events at city/community levels, introduction of school programs, implementation of incentive programs at workplaces, etc.).

Regarding the engagement of girls and women in physical/sporting activities, **most of the authors rely upon the available studies to say that the social stigma and stereotyped attitudes represent main barriers.**¹⁷ According to one of the evidences, the media also plays a big role in reinforcing these stereotypes. We often hear on TV about “physical activity as the means of losing weight”; it is also common to objectify a woman’s body, dividing sports into “masculine” and “feminine” activities, with an emphasis on fashion and beauty rather than on physical health.¹⁸

The authors believe that it is necessary to conduct rigorous information, education and communication campaigns in this regard, which will help to defy the existing gender stereotypes. According to the evidence submitted by the Ministry of Sports, “the state is actively involved in addressing the challenges of gender equality and balance in sports.” This is reflected in the important steps taken in recent years.

In addition to social stigma, the authors of evidences additionally identify several important hindering factors:

- Lack or absence of adequate/accessible sports infrastructure, especially in the regions; besides, the absence of showers and dressing rooms for girls and women in gyms and sport playgrounds;
- Insufficient sports circles and lack of advertisement/promotion of sporting activities for women;
- Attitudes of girls’ parents towards sports, cultural characteristics and gender dispositions (*for safety reasons, parents are reluctant to have their girls engaged in unorganized sports and physical activities that they do not attend themselves*);
- Dominant role of women in family work/childcare; also, the unequal distribution of family burden between women and men, which creates an additional time deficit for women and increases the risk that they will be excluded from professional sports or other sporting activities;
- The country’s traditions, social-economic conditions, sports development policy and the opportunities that the country offers to girls and boys for engaging in sports.

The authors consider that the dominating role of men at decision-making positions is quite high; there are also challenges in terms of integrating women into sports and offering them a

17 Health Promotion and Education Foundation of Georgia, N(N)LE “Iris Group – Managing Diversity”, Townhall of Sagarejo Municipality, Regional Development Center, National Center for Disease Control and Public Health, N(N)LE “Unite for Health and Education”.

18 Townhall of Sagarejo Municipality, N(N)LE “Iris Group – Managing Diversity”.

friendly environment. The role of sports teachers, and especially female coaches, is important in order to increase the women's engagement and motivation, to ensure that the gender aspects are better addressed.¹⁹

Many of the authors of evidences submitted on this issue believe that it is necessary to implement regular information and educational campaigns and programs²⁰ to better shape the role of physical/sporting activities in women's health; it is also important to overcome the existing gender stereotypes and social stigma and to offer alternatives on how girls and women can engage in organized/unorganized exercises and sporting activities independently.

4.6. How accessible is it for people with disabilities to engage in sports/physical activities in Georgia? Please name the factors hindering the increased participation of persons with disabilities in physical/sporting activities.

According to the vast majority of submitted evidences²¹, the access to sports/physical activities for PWDs is largely limited. The main impediments are inadequate and poor infrastructure, which fails to meet international standards, and inaccessible environment (*residential houses, public institutions, inventory in parks and open squares, etc.*). According to what they say, **most of the private sport complexes and stadia are not accessible. The needs of PWDs are not taken into account at gyms** (there are no appropriate showers, dressing rooms or ramps). The training or sport equipment are not accessible, and same applies to most of the public transportation (*metro, minibuses, taxis, intercity buses*); there are no PWD sports development centers in almost any municipality. In order to overcome these challenges, the Ministry of Sports believes that **the state should encourage the involvement of sports organizations, the private sector and other actors as much as possible**. It is also necessary to make the sport facilities accessible and to train the qualified personnel.

Lack of financial resources, expensive sports facilities, wheelchairs and inventory, and the lack of adequate benefits are also considered to be significant barriers to the engagement of persons with disabilities in physical/sporting activities. In addition, there are no physical activity programs tailored for the PWDs, and coaches and referees need training. Some authors believe that it is necessary to raise parental awareness and to encourage the engagement of children with disabilities in sports and youth activities, as well as to overcome the existing negative attitudes and dispositions.

4.7. What approaches should be in place to encourage the people over the age of 65 (pensioners) to engage in physical/sporting activities?

UNICEF identifies several key factors hindering the engagement of the population over the age of 65 in physical/sporting activities: accessibility (*e.g., there are only stairs in underground passes, which poses a problem for citizens with limited physical mobility*); safe environment (*e.g. on roads and sidewalks*); age-based discrimination (*e.g., the opinion that physical activity is for young people only*); and isolation (*e.g. the lack of support, including from health and recreation specialists*). Town-hall of Sagarejo Municipality also names social stigma to be one of the factors as well.

19 Regional Development Center, N(N)LE "Iris Group – Managing Diversity".

20 Townhall of Aspindza Municipality, National Center for Disease Control and Public Health, Regional Development Center, UNICEF.

21 UNICEF, Association "Hangi" for the integration of PWDs and Art Development, Human Rights Development and Environment Institute, Tbilisi City Hall, Kendo Federation, Sagarejo Municipality, National Center for Disease Control and Public Health, Aspindza Municipality, National Sambo Federation of Georgia.

Authors of some evidences believe that in order to ensure the engagement of this age group in physical/sporting activities, it is necessary to have an adequate urban planning and infrastructure, in settlements as well. This will make the people over 65 feel safe and comfortable. In addition, it is necessary to conduct information campaigns to raise the public awareness on the healthy lifestyle and physical activity.

According to the evidence of the Ministry of Education, Science, Culture and Sports of Georgia, **“the country should set a different policy for the population of the retirement age, which will be loaded with health improvement functions.”**

Considering the financial resources, it is important for **the state to finance physical activity programs tailored to the elderly population;**²² also, preferential offers should be available at sports and recreation complexes.²³ The Ministry of Sports shares this opinion: it notes that the state should define certain benefits that will be “a certain motivator for the elderly population to have a possibility and desire to engage in physical and, in some cases, sporting activities.”

Recommendations of health professionals and physicians are to be mentioned here, together with their role for selecting the appropriate physical activity for the population aged 65+; there should be qualified instructors and trainers at sports complexes.

4.8. How would you evaluate the use of sports infrastructure at schools after classes? How to facilitate the use of sports infrastructure at schools (after the classes are over) and its accessibility to various interested groups?

Only several authors submitted their evidence on the use of sports infrastructure at schools: the majority considers it reasonable, justified and necessary to use the school sports infrastructure during non-school hours by both school students and other interested groups. According to them, this will increase the level and volume of physical/sporting activity of the population in Georgia. In addition, it is recommended that **municipalities and the Ministry** [of Education, Culture, Science and Sports] **implement a strategy for the development of mass sports and facilitate the utilization of state-owned sports infrastructure.**²⁴

While talking about challenges, the authors point out that the sports infrastructure in general – among them the public school gyms and equipment - often does not meet the necessary standards to make it possible to use this environment for sports and physical activities by the general public. For example, based on the monitoring materials conducted by the Ministry of Education, the author of one of the evidences notes that in some cases the infrastructure and condition of public schools do not meet the requirements for conducting sports classes. This creates an additional barrier for students to engage in physical activities that are necessary for health. The author believes that **neither do the public schools use those alternative means that can solve this problem at least partially.**²⁵

In its evidence, the Ministry of Education, Science, Culture and Sports of Georgia also speaks about the major infrastructural problems for the population under 18. According to the agen-

22 UNICEF.

23 Townhall of Sagarejo Municipality.

24 N(N)LE “Patriot United Georgia” and N(N)LE “Patriots for Education”.

25 N(N)LE “Patriot United Georgia” and N(N)LE “Patriots for Education”.

cy, this is due to the disorganized sports spaces at schools, also because of the lack of sports sites and recreational facilities for adults in the country in general, and in many cases - their poor state and inadequate conditions. Like the authors of other evidences, the Ministry believes that it is important to use the gyms and sports playgrounds of schools during non-academic hours in order to increase the access to physical activity and to enhance the level of public engagement.

In addition to infrastructural problems, UNICEF specifies other factors that hinder the engagement of students in physical education: quality of sports classes, low professionalism of teachers, and the general attitude of students/parents towards physical/sporting activities. UNICEF also believes that there are no school policy and programs on physical activity at either central or municipal levels, and that the physical education classes have been reduced significantly over the last decade. There are physical activity programs that would be tailored to schoolchildren/adolescents and include fun and motivational activities, as well as opportunities to develop new skills, to socialize, and to demonstrate best results.²⁶ In order to solve this problem, the author considers it important to promote healthy lifestyle among the youth, to create/add more sports clubs and sections, as well as to equip schools with modern and accessible equipment.

According to the evidences submitted on this issue, **in order to have access to sports infrastructure at schools, first of all, it is necessary to improve their conditions and re-equip them.** It is also important to review the preschool system, to update the curricula, to modify the physical education classes, to increase the number of training hours, to train sports teachers and to introduce various incentives, to inform schoolchildren about the importance of physical activity, to enhance motivation and to encourage amateur competitions, to support vulnerable children and families through central and municipal programs.²⁷ According to one of the evidences, it is necessary to conduct an annual health assessment of students in order to produce recommendations on relevant physical activities based on their physical condition.²⁸

Authors of several evidences point out that it is necessary to develop extracurricular club work and to add sports sections as well. For example, according to the National Center for Disease Control and Public Health, there should be affordable circles at schools for children, the elderly, and the public in general (they should be free for pensioners and the vulnerable). According to the Association of the Women Farmers, various sports sections established at schools will allow the schoolchildren to join and unlock their potentials.

4.9. What information do you have about international experience and/or innovative approaches that can help increase the engagement of the population in sports/physical activities in Georgia?

Up to ten authors of the submitted evidences share the information available to them on international experience and innovative approaches, and if they are taken into consideration, this may contribute to the increased engagement of the population in sports and physical activities in Georgia. Most of the authors refer to the recommendations and programs of WHO and other international organizations, based on which Georgia, like other developed states, can develop a strategy or a model tailored to the interests of the country and its population.

26 UNICEF

27 Human Rights Development and Environment Institute, Health Promotion and Education Foundation of Georgia, Tbilisi City hall.

28 Health Promotion and Education Foundation of Georgia.

The authors believe that in order to encourage mass sports and to engage large groups of population in physical activities, it is especially important to establish a proper environment and infrastructure. This also includes: development of more green areas, parks, squares and recreational areas; creation of a necessary environment for safe walking/cycling; proper development of public transportation; access to preferential municipal or state-subsidized training complexes, especially for the vulnerable, students and pensioners, etc.

The European-Georgian Institute speaks about this issue in details. In its view, the approach of successful countries to increase population activity will affect several sectors. These are: healthcare, transportation/planning, public, work and school spaces. The author believes that by implementing the effective policies it is possible to increase the physical activity of the population. This also includes promoting the use of transportation, regulating the legislation on physical education, and encouraging various campaigns at the city or regional level. **The evidence also provides an overview of innovative campaigns and programs on the example of Belgium, the Czech Republic, Poland, Portugal and the United Kingdom.** The following initiatives have been or are implemented in these countries:

- Campaign “10,000 Steps Challenge” to increase community activity and promote sports life (Belgium);
- A law that enables the transmission of free messages via TV and radio broadcasters for promoting the healthy lifestyle (Belgium);
- Propaganda for “Cycle to Work” - many European countries use this Belgian initiative. Private businesses involved in the campaign pay a half of their taxes, or are exempted from them;
- Social project “Parks in Motion”, which involves about 40 fitness instructors and administrations of squares. Under this project, the population has an opportunity to engage in free physical activities at certain times of the day under the instructions of a professional trainer (Czech Republic);
- “National Program for Improving Safety and Working Conditions”, under which the employees over the age of 50 receive a three-month health program (the service of a fitness center three times a week, low-intensity workouts) (Poland);
- Bicycle Rental Practice “U-Bike Portugal” for the academic staff (students, academic personnel), for the entire semester (Portugal);
- A public fitness program “Diabetes in Movement”, in which the diabetes treatment facilities combine low-intensity sporting activities (Portugal);
- Olympic and paralympic competitions at schools under the auspices of the Government (UK).

N(N)LE “Iris Group – Managing Diversity” believes that the sports tourism is growing in popularity in the US and Europe. This is connected to the organized and unorganized workout and sporting activities (e.g. mountain marathons and runs organized by the well-known sports brands). According to the author, this experience is completely relevant to the reality of Georgia and it is possible to implement a number of initiatives.

4.10. What studies are available on the topics of engagement of population in sports/physical activities in Georgia?

The following studies are referred to and/or used in the evidences submitted on this issue:

1. (2013), *Opinion Poll on Sports — Sport Research*, Georgian Social and Marketing Research Center.
2. Chomakhidze, E. (2014), *Public Attitudes on the development of mass and professional sports — Quantitative research report*. Tbilisi: Psychoproject
3. Manjavidze, T., Vadachkoria, A., Verd zadze, N., Liparteliani, V., Aptsiauri, L., Dadiani, L., et al. *Gender Equality in Sports and Physical Activity*, Georgian National Federation of Children and Youth Sports.
4. Korepanov, A. (2017), *Georgian National Sports Policy – Baseline Research Findings* Joint Project of the EU and UNDP “Strengthening the System of Parliamentary Democracy in Georgia”.
5. (2019), *Regulatory Impact Assessment (RIA) - Draft Law On Physical Education and Sports*, Tbilisi, USAID and the Parliament of Georgia.
6. Kathy Davis, Ph.D. Richard W., *Bicycle Riding and Safety Curriculum*, Riley College of Education Winthrop University.
7. Robert Hoffmann, Lee Chew Ging, Victor Matheson & Bala Ramasamy (2006) *International women’s football and gender inequality*, Applied Economics Letters, 13:15, 999-1001, DOI: 10.1080/13504850500425774.
8. Strava Runners, Georgia Club, Strava.com, <https://www.strava.com/clubs/182568>.
9. European Commission, *Gender Equality in Sport Proposal for Strategic Actions 2014 – 2020*.
10. Lincoln R. Larson, Gary T. Green, H. K. Kordell, *Children’s Time Outdoors: Results and Implications of the National Kids Survey*, 2011.
11. National Recreation and Parks Association, *Why Parks and Recreation are Essential Public Services*.
12. World Health Organisation (WHO), Global Health on Physical Activity and Healthy Food, source: <http://www.who.int/dietphysicalactivity/pa/en/>
13. WHO, 2011: <https://www.who.int/dietphysicalactivity/publications/physical-activity-recommendations-5-17years.pdf?ua=1>
14. WHO, 2011: <https://www.who.int/dietphysicalactivity/physical-activity-recommendations-18-64years.pdf?ua=1>
15. WHO, 2011: <https://www.who.int/dietphysicalactivity/physical-activity-recommendations-65years.pdf>
16. Study of non-communicable disease risk factors in Georgia in 2006-2007; World Health Organization and the Ministry of Labor, Health and Social Affairs of Georgia, CINDI, Tbilisi, 2007 <http://www.ncdc.ge/>
17. Study of non-communicable disease risk factors in Georgia in 2010 and 2016; World Health Organization and the Ministry of Labor, Health and Social Affairs of Georgia, Tbilisi 2017: <https://www.ncdc.ge/Handlers/GetFile.ashx?ID=17528ddb-0c50-4211-97e2-355266ff0ecc>
18. Qualitative research on the promotion of physical activity, healthy eating and healthy lifestyle among the target population, 2015; Georgian Health Promotion and Education Foundation, Research Report, Tbilisi.
19. Healthy People 2010, conference edition. Washington DC: U.S. Department of Health and Human Services; 2000. Available at: <http://www.health.gov/healthypeople/Document/HTML/Volume2/22Physical.htm>. Accessed May 30, 2002.

20. Bauman A, Bellew B, Vita P, Brown W, Owen N. Getting Australia active: towards better practice for the promotion of physical activity. Melbourne: National Public Health Partnership, 2002.
21. Bauman A, Bellew B, Vita P, Brown W, Owen N. Getting Australia active: towards better practice for the promotion of physical activity. Melbourne: National Public Health Partnership, 2002.
22. WHO 2004. https://www.who.int/dietphysicalactivity/strategy/eb11344/strategy_english_web.pdf
23. WHO 2018. <https://apps.who.int/iris/handle/10665/275415>
24. Health Behavior in School-Aged Children (HBSC) Study in Georgia, 2018, NCDC.
25. Public Opinion survey in relations of sport in Georgia, Georgia social and marketing research (GEOSOMAR), Ministry of Sport and Youth Affairs, 2013.
26. STEPS Georgia, 2016, NCDC.
27. National Youth Survey, UNICEF, 2014.
28. Regulatory Impact Assessment of the Draft Law on Physical Education and Sports, Parliament Committee of Sport and Youth Affairs, Research Department of the Parliament of Georgia, 2019.
29. STEPS Georgia, 2010, NCDC.
30. National Study on the Knowledge, Attitudes and Practices (KAP) regarding Tobacco and Other Risk Factors, 2015.
31. Childhood Obesity Surveillance Initiative (COSI) in Georgia, 2017, 2019.
32. Greta Aschbacher, Walk This Way, 2017 ChangeLab Solutions
33. Physical Activity: Moving Toward Obesity Solutions: Workshop Summary. <https://www.ncbi.nlm.nih.gov/books/NBK333474/>

5. ORAL HEARINGS

After reviewing the evidences submitted in writing, there were oral hearings held between the stakeholders who submitted the evidence and the government agencies which are directly responsible for the issue for which the thematic inquiry is performed.

The following members of the working group took part in the oral hearings: Mikheil Kavelashvili (key-note speaker), Shota Khabareli, Mukhran Vakhtangadze, Irakli Abuseridze, Genadi Margvelashvili, Giorgi Kopadze and Tengiz Khubuluri.

Oral hearings were broadcasted live on the website of the Parliament of Georgia, as well as via the official Facebook page of the Committee on Sports and Youth Affairs and that of the Chairperson. The minutes of the meetings of oral hearings and a full transcript are available at the website of the Parliament: www.parliament.ge;

Schedule of Oral Hearings

July 9th, 2020 | 12:00 – 16:00

Nº	Organization	Status	Representative
1	European-Georgian Institute (EGI)	NGO	Iona Dzidzishvili
2	Human Rights Development and Environment Institute	NGO	Salome Kajaia
3	Paralympic Committee	Non-Commercial Legal Entity	Revaz Revazishvili

July 10th, 2020. | 12:00 – 16:00

Nº	Organization	Status	Representative
1	Ministry of Education, Science, Culture and Sports of Georgia	Government Agency	Shalva Gogoladze Gia Begiashvili
2	National Center for Disease Control and Public Health (NCDC)	Government Agency	Lela Sturua
3	Tbilisi City Hall	Government Agency	Tamar Khojiashvili
4	Sagarejo Municipality	Government Agency	Archil Jabadari
5	"Sport for All - Federation"	Non-Commercial Legal Entity	Maia Azarashvili
6	"National Federation of Children and School Sports"	Non-Commercial Legal Entity	Konstantine Amirejibi
7	Health Promotion and Education Foundation	NGO	Giorgi Bakhturidze

6. COMMITTEE RECOMMENDATIONS

One of the key preconditions for increasing the physical and sporting activity of the population is the existence of an adequate political and legislative framework at the national and municipal levels and its effective enforcement. This includes the existence of a formal strategy and various guidelines (guidance documents, instructions, recommendations), engagement and coordination of various stakeholders in policy management, also, the functioning of sound monitoring and evaluation systems for policy implementation.

Taking this into account, it is reasonable:

1. To establish a **high-level multi-sectoral national coordination mechanism** (council) to advocate for this issue, also, to supervise the strategic approach to the problem and the implemented actions. It is important to have high-ranking officials from relevant ministries and parliamentary sectorial committees represented in this mechanism. Besides, to establish thematic working groups to facilitate the work of the Council, which will bring together the professionals from various fields, as well as representatives of civil, business, international and donor organizations.
2. **To update the draft strategy for the development and accessibility of mass sport, or to draft a new document** with the purpose of taking into consideration the recommendations produced by the World Health Organization in the area of physical activity, and for accommodating it to various sectorial policy priorities (e.g. health, education, economy, transport, urban planning, tourism, recreation, etc.). The strategy document should envisage the ways and mechanisms for implementing appropriate policies at the municipal level. Particular attention should be paid to raising the awareness of public institutions, as well as various segments of the society about the benefits of the population engagement in physical activities and sports.
3. The Ministry responsible for healthcare, in accordance with the relevant WHO recommendations, **shall draft and approve the national guideline on physical activity that is beneficial to health.**
4. During the policy management, the state agencies (both at the central and municipal levels) should strengthen their **communication and cooperation with the civil society, sports federations and clubs, the media and the private sector.**
5. To strengthen the **cooperation between central and municipal authorities**, to eliminate inequalities in terms of physical activity and engagement of various groups of population at the municipal level, it is important to have the stakeholders involved in this process as well.
6. In order to monitor and evaluate physical activity of different groups of the population and their engagement in sports or practices, the executive branch should develop and implement a **unified methodology** (in consideration of relevant recommendations produced by the WHO). It should be incorporated in the relevant strategy document and also be used to monitor and evaluate the programs implemented by the central and municipal governments.

7. To establish and implement **a system for collecting and updating the data on physical activity of the population**, where reliable information will be available while developing the relevant policy; to develop collaboration with the academia, research and other institutions in this direction.
8. **To increase allocations for the activities focused on mass sports development**, as well as to enhance the effectiveness and efficiency of relevant programs (including the advocacy campaigns) through the efforts of central and municipal bodies responsible for sports. To improve the budgets of state-funded sports organizations in such a way as to be more actively involved in the development of amateur and recreational sports. To involve those community groups in the programs developed by government agencies that are distinguished with physical “inactivity” (among them, the citizens over the age of 35 and elderly citizens, people with disabilities, girls and women).
9. To increase the **allocations in the health sector for supporting physical activities of the population**, and to ensure effective and efficient implementation of respective measures. While implementing these programs, it is especially important to have a tight cooperation with governmental and non-governmental sectors, also with other stakeholders.
10. The central and municipal authorities responsible for sports should improve the **policy for the management of state-owned sports facilities** in order to enhance the access of different citizen groups to them.

In terms of physical activity of the population and their engagement in sports, adequate awareness of citizens and the right attitude to this issue play one of the crucial roles.

In consideration of this, it is reasonable:

11. With the purpose of raising awareness on the diverse benefits of physical activity/exercise, as well as changing the attitudes in the long run, to prepare and implement a **national communication campaign** (according to the strategy), as well as **information-communication and educational programs** that will be elaborated in consideration of specific features of various segments of society.
12. To prepare a guidance for **holding mass events that will be accessible for everyone** in open public spaces, which will enable the interested parties (e.g. municipal authorities, NGO sector, community organizations) to organize relevant events.
13. With the effort and/or support of the executive power, **to hold mass events in open public spaces accessible for everyone on a regular basis**, together with other stakeholders, which will be focused on the participation of large groups of the society in pleasant and enjoyable physical activities and sports events.
14. To elaborate and implement a **training program for health professionals** (general physicians, doctors at preschool institutions and schools) **and other specialists** (e.g. kindergarten teachers, sport teachers at schools, public servants, etc.), which will be focused on raising the awareness on various types of physical activities that are beneficial for health; to revise the functions of general physicians and doctors working at schools, in order to increase their role and involvement in the primary healthcare of the community.

An accommodated and accessible environment is one of the most important components for promoting the population's physical activity and their engagement in sports.

In consideration of this, it is reasonable to carry out the following activities:

15. In order to create a friendly environment for physical activity and sports in open public spaces (park, recreation area), the government should **investigate the current situation and elaborate adequate and evidence-based policy**; during the policy-making process, the principles and approaches of the UN HABITAT's²⁹ Global Public Space Program should be taken into account, which are related to the development of sports facilities, parks and recreation areas.
16. Central and local authorities should consider the development of the network of **pedestrian areas and bicycle lanes, as well as the open training areas** in their urban planning and respective urban plans. Arrangement of safe and accessible open/closed spaces in populated areas and districts will facilitate people of all the ages and physical capabilities to enjoy this resource free of charge.
17. To identify the **needs for the arrangement/development of sport infrastructure** with the purpose of conducting physical education and sport classes at schools at full extent, also for the effective utilization of the school's sport infrastructure after classes; in addition, to identify financial and other resources required for conducting the works.
18. Executive bodies at central and local levels should investigate the problems associated with the utilization of sports infrastructure of schools after classes and identify actions to eliminate them; the executive authorities should elaborate **guidelines and recommendations for the use of school sports infrastructure after classes**.
19. In order to ensure that there is an adequate sport infrastructure at schools to be built in the future, the government should elaborate and approve a **guiding standard (technical regulation) that defines the minimum area of sport infrastructure per 1 student**.
20. With the purpose of promoting physical activities of employees, the executive bodies should plan and implement **joint initiatives and programs in tight cooperation** with relevant **stakeholders** (employers, trade unions, business associations, etc.) **and sports organizations**.
21. To develop **public-private partnership** so that the capacities of various sectors are used as much as possible for increasing the level of physical activity and engagement of population in sports.

29 "Global Public Spaces Toolkit. From Global Principles to local policies and practices", 2015. UN-Habitat.

It is important to improve state programs and services for increasing the physical activity of the population and their engagement in sports.

Keeping this in mind, it is reasonable to take the following measures:

- 22.** The central and local authorities should develop and implement **“Sports for All” programs and initiatives**, ensure relevant state allocations and cooperate with stakeholders; these programs should envisage the needs and interests of people of different ages and abilities.
- 23.** Central and local governments should develop and implement **targeted programs/services** for the segment of the population that is not physically active or involved in mass sports.
- 24.** In order to engage schoolchildren in regular sporting activities and mass sports, also for ensuring their access to sports, it is necessary to introduce the **program of sport clubs at schools** (at the national level), which provides access to **extracurricular sport services**. It is important that the sport organizations and local government bodies are also engaged in the program.

ANNEX 1: TERMS OF REFERENCE

Parliament of Georgia Committee on Sports and Youth Affairs

Terms of Reference of Committee Inquiry

Topic of the Inquiry	"How to increase the level of physical and sporting activities of the population of Georgia?"
Purpose of the Inquiry	<ul style="list-style-type: none">• To create an environment conducive to physical and sporting activity for promoting the health of the population of Georgia:<ul style="list-style-type: none">○ to identify the factors/causes of insufficient physical and sporting activities of various age groups of the population;○ to scrutinize relevant activities of the Government of Georgia, individual ministries and local government bodies, and to identify their shortcomings or causes;○ to evaluate relevant activities of sports organizations and other stakeholders, and to identify the hindering circumstances.

About the issue

Physical and sporting activity is a body movement that uses the muscle energy. It can be manifested in different ways, for example: walking or cycling, *organized and unorganized sports exercises*, active recreation (jogging, dancing, yoga) and more. Physical activity can be: *low-intensity*, *moderate* (heart rate and pulse are slightly accelerated) and *high-intensity* (heart rate and pulse are significantly accelerated, the body produces sweat).

* * *

The World Health Organization (WHO) recognizes that physical activity and sport exercise is an important means of strengthening the human health and well-being. It has been scientifically proven that physical activity significantly reduces the risk factors associated with non-communicable diseases (e.g. high blood pressure, obesity, overweight, mental health) and helps reduce public and private expenditures within the healthcare system.

In 2010, the WHO adopted the document “Global Recommendations on Physical Activity for Health”, which defines the forms (types), duration, frequency, intensity, and overall volume of such physical activity by age groups of the population (5-17; 18-64; 65+).

Every year, insufficient physical and sporting activity of the population of Georgia costs the state more than 16.8 million GEL. Out of this, the direct healthcare expenditure is about 12.4 million GEL, and the productivity loss amounts to 4.4 million GEL (*Regulatory Impact Assessment Report on the Draft Law of Georgia on Physical Education and Sports, 2019*).

There are many studies that reveal that the population of Georgia engage in low physical and sporting activity. For example, 82.4% of the population aged 18-69 (men - 72.2%, women - 91.8%) do not regularly perform physical activities (*Non-communicable Diseases Risk-factor STEPS Survey, 2016*). Based on the e-portal of the sports statistics of Georgia, we can assume that currently only 20% of the total number of schoolchildren is enrolled in sports sections/clubs.

There are many factors contributing to the low physical and sporting activity of the population. Among them are: insufficient time for workout, lack of motivation, problems related to the access to sports facilities and relevant infrastructure in open public spaces, insufficient finances, lack of sports programs, risk of injury, etc.

The state shall take care of the establishment of a healthy lifestyle among the population, engagement of children and youth in sports and the development of sports, as stipulated in the Constitution of Georgia (*Article 5, paragraph 7*).

Technical Terms and Conditions

The Committee invites the stakeholders (legal entities and/or natural persons) to submit written evidence on increasing the physical/sporting activity of the population in Georgia.

The evidence must answer at least one of the following questions:

1. What are the barriers to participation of the population in physical/sporting activities in Georgia? How different are these factors in reference to various age groups: a) 5 to 17; B) 18 to 64; C) 65 and above?
2. How would you assess the activities of the Government of Georgia, individual ministries and local governments in terms of promoting the engagement of population in physical/sporting activities?
3. How would you assess the role of sports organizations (sports federations/unions/committees, schools, clubs, etc.) and business operators involved in sports (sport facilities: swimming pool, gym, sports complex, etc.) and their activities in enhancing the level of physical/sporting activity of the population? What hindering factors are there that affect their activities?
4. What are the barriers to adequate involvement of the private sector/business in enhancing the population's participation in physical/sporting activities?
5. What approaches should be in place to encourage women and men to engage in physical/sporting activities? What actions should be carried out to engage more girls and women in physical/sporting activities?
6. How accessible is it for people with disabilities to engage in sports/physical activities in Georgia? Please name the factors hindering the increased participation of persons with disabilities in physical/sporting activities.
7. What approaches should be in place to encourage the people of pension age (women – 60, men - 65) to engage in physical/sporting activities?
8. How would you evaluate the use of sports infrastructure at schools after classes? How to facilitate the use of sports infrastructure at schools (after the classes are over) and promote access to it for various interested groups?
9. What information do you have about international experience and/or innovative approaches that can help increase the engagement of the population in sports/physical activities in Georgia?
10. What studies are available on the topics of engagement of population in sports/physical activities in Georgia?

Evidence submission deadline	June 8th, 2020
Terms and conditions for document submission	<ul style="list-style-type: none"> ▪ The file must be prepared in Word format; ▪ The text volume should not exceed 3,000 words; ▪ The text font should be Sylfaen, size - 11, line spacing — 1,15; ▪ All information should be contained in one file (including the attachments, additional information, photos, etc.) ▪ The following information should be presented briefly at the beginning of the text: <ul style="list-style-type: none"> ○ <i>In case of a legal entity</i>: legal form of the organizational, name, identification number, field of activity, contact telephone and e-mail address; also, the name of the potential speaker on this issue; ○ <i>In the case of a natural person</i>: name, surname, address, field of activity, contact telephone and email address. ▪ Brief summary of the text should be provided in the beginning of the evidence in bullet points; ▪ Paragraphs should be numbered in a sequential order; ▪ The text should contain detailed factual data that will enable the working group to make a correct analysis and draw conclusions; ▪ The text may also reflect the sender's individual recommendations and opinions; also, the subjects who, in the sender's opinion, may be involved in the committee inquiry process; ▪ The documents should be sent to the following e-mail address: csy@parliament.ge. Please indicate in the subject line of the letter: <i>Inquiry - physical and sporting activity of the population</i>.
Contact Information	<p>Please contact us if you would like to ask questions at committee hearings or to get additional information: Tel: 595-67-38-28</p> <p>E-mail: csy@parliament.ge</p> <p>Facebook: https://www.facebook.com/sportiskomiteti/</p>
Committee Inquiry Plan	<p>Committee inquiry period: May 25 - July 8, 2020.</p> <ul style="list-style-type: none"> ▪ The working group is formed: May 22nd; ▪ Evidences are received: from May 25th to June 8th, inclusive; ▪ Written evidences are published - upon their receipt; ▪ Received information is reviewed; ▪ Oral hearings are held: June 29th – July 3rd (<i>tentative dates</i>); ▪ Summary report is tabled to the Parliament and is made public.



PARLIAMENT OF GEORGIA