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On 15 September 2011, the CPME Executive Committee adopted the “CPME Commitments to the EU Platform on Diet, Physical Activity and Health – 2011-2013” (CPME 2011/117/ FINAL EN)

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## CPME

### EU Platform on Diet, Physical Activity and Health – Commitments 2011-2013

CPME Standing Committee of European Doctors

*The Standing Committee of European Doctors (CPME) represents medical doctors across Europe and is composed of the most representative National Medical Associations of 27 European countries. CPME aims to promote the highest standards of medical training and medical practice in order to achieve the highest quality of healthcare for all patients in Europe. CPME is also concerned with the promotion of public health, the relationship between patients and doctors, and the free movement of doctors within the EU. CPME also cooperates closely with national medical associations from associated and observer countries, as well as with specialised European medical organisations and international medical associations.*

#### Commitment 1: Informing the medical profession

CPME commits to continuously highlight the topic of nutrition and physical activity on its agenda with help of the following measures:

1. CPME members will receive up-dates on developments relating to policy developments and the activities of the Platform at the bi-annual CPME Board meetings.
2. CPME members will be provided with information mailings in follow-up to meetings of the Platform. The information comprised in these mailings will also be made available on the members' section of the CPME website.
3. CPME members will be provided with information mailings on developments and activities in the field of diet, nutrition and physical activity at EU level. The information comprised in these mailings will also be made available on the members' section of the CPME website.



### Commitment 2: Healthy Choices at Work

CPME commits to lead by example for making healthy food choices available at the work place. This action will consist of two activities:

1. The CPME Secretariat will continue and expand the commitment on 'Fruit baskets in offices' launched in 2007. The CPME Secretariat will order a bi-weekly delivery of an assortment of fresh fruits, which are to be made available to both staff and visitors of the office. At meetings held in the premises of the CPME Secretariat, fruit will be offered as a healthy choice of snack food.
2. At the bi-annual CPME meetings, which bring together the CPME membership over several days, the programme will include one dedicated 'fresh fruit' break, which will offer a variety of fresh fruit to the participants.

### Commitment 3: Mobilising the medical profession: the 'Health Village' Toolbox

CPME commits to developing and disseminating a 'toolbox' in order to encourage and facilitate the implementation of a 'Health Village' intervention. The 'Health Village' intervention aims to provide a platform for members of the public to receive information on the impact of nutrition and physical activity on their individual state of health from a doctor, outside the setting of a healthcare institution. The 'toolbox' will offer guidance and materials which are to enable doctors to plan and implement the intervention in their place of work.

The 'toolbox' will include:

- Background information on the rationale and context of the intervention
- Details on necessary resources and planning guidance
- Description of possible activities and their set-up
- Templates for the creation of information and promotional material
- Evaluation and report sheets

Commitment duration: 1 October 2011 – 30 June 2013