

NEWSLETTER

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Fit-Balkans

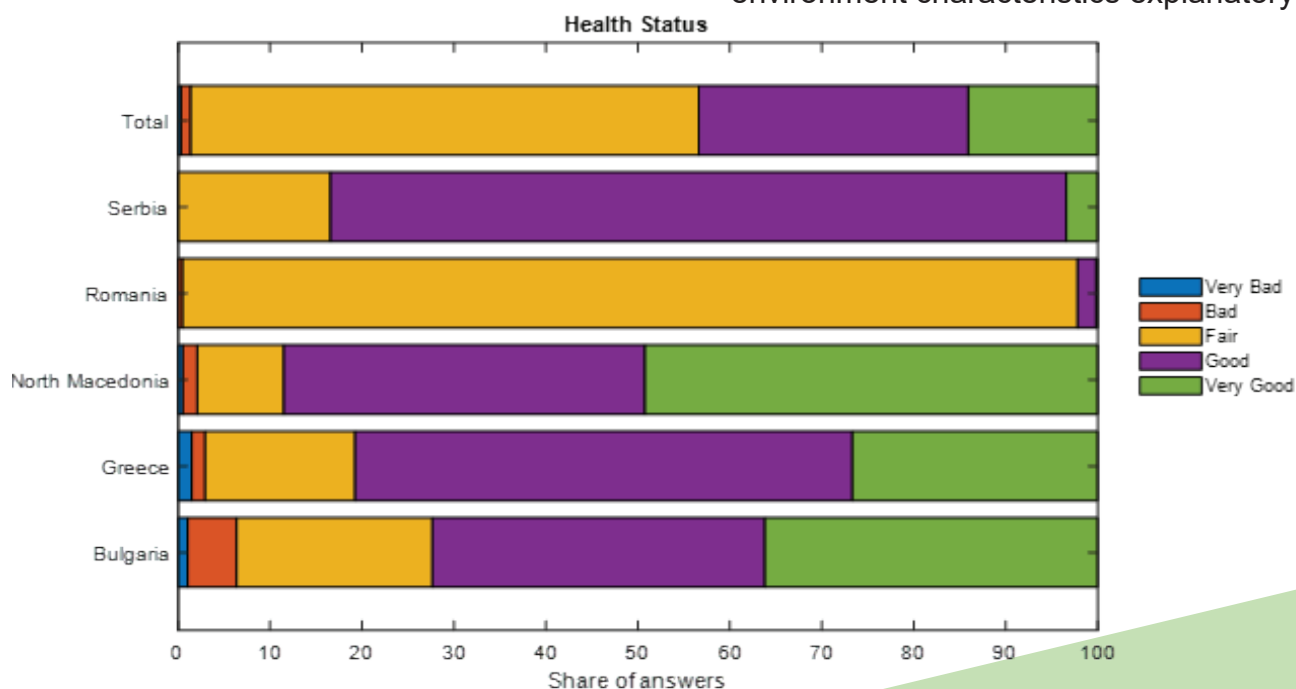
Improving the Subjective Well-being of Young Women in Balkans through interventions in their Physical Activity

Fit-Balkans is now at the process of writing scientific papers to illustrate results based on the analysis of the collected data from 5 Balkan countries: Bulgaria, Greece, North Macedonia, Roumania and Serbia. The first paper is almost ready and findings considering the effects of the built environment on Physical Activity and Well-being of young women in Balkans are illustrated utilizing the design of statistical analysis. Differences in physical activity and well-being between the different countries also appear and further research is required to identify the reasons behind this. An example of the variation of the perceived health status follows:



Descriptive statistics indicate differences between the explored countries. More particularly, the perceived health status profile of young women (18-38 years of age) in the Balkan countries is rather similar between Bulgaria, Greece and North Macedonia, as there is a somewhat similar distribution between fair, good and very good (except for increased proportion of good in comparison to very good in Greece compared with the other two countries). On the other hand, the distribution for Serbian and Romanian women differs. Serbian women mainly state a good health status, while Romanian women a fair one, and these proportions are dominant in the respective populations.

It should be noted though that these differences may not reflect the actual situation, but might result from sample characteristics differences, other than nationality or city of residence. The first paper attempts to identify the differences between physical activity and well-being utilizing as control variables sociodemographic characteristics and built environment characteristics explanatory ones.



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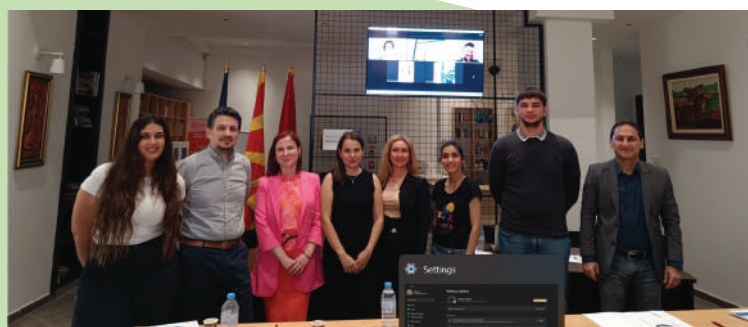


Third Transnational meeting in Shtip, North Macedonia :



The third transnational meeting of the Fit-Balkans project took place during the 29th month of the project, in May 2024, in Štip, North Macedonia. This meeting marked a significant milestone in the project's timeline as it provided an opportunity for all the partners to gather, share updates, and refine strategies for upcoming deliverables. While the majority of the partners participated in person, a few members joined online, ensuring inclusivity and active involvement despite geographical distances. The main focus of this meeting was on the progress of various work packages (WPs), with particular attention to dissemination activities and their upcoming deadlines. Dissemination plays a critical role in maximizing the impact of the Fit-Balkans project, ensuring the broader community are well-informed about its achievements and outputs. Partners presented updates on their individual dissemination responsibilities, shared ideas on how to enhance engagement, and discussed innovative approaches to reaching the project's target audience.

In addition to dissemination, the meeting also provided an opportunity to review the progress of other work packages and to identify any potential challenges that might arise in the coming months. The consortium engaged in productive discussions about the next steps, including finalizing deliverables, planning for future events, and ensuring that all tasks align with the project's overall objectives and timeline.



Fit-Balkans



CORPORATE GAMES

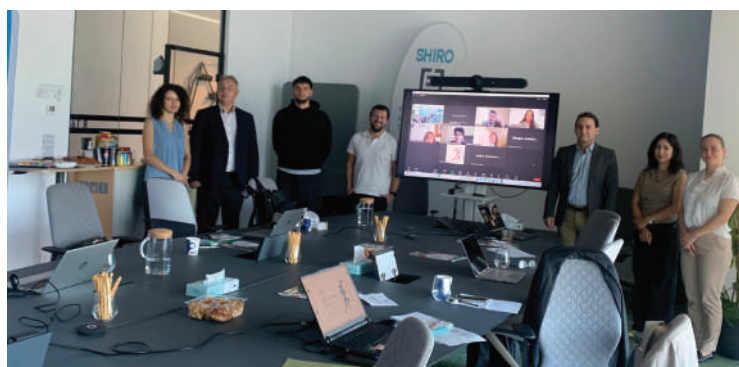
Fourth Transnational meeting Bucharest, Romania

The partners' meeting on October 10 at the MIRO offices in Bucharest was a highly productive two days event. It began with a warm welcome from Corporate Games and progressed with discussions on project progress, objectives, and impact assessment indicators.

Key presentations included reviewing policies about dissemination, analysing the second dataset post-interventions, and drafts of Papers, which explored various aspects of physical activity and urban land use among young women in the Balkans.

The day also included a lunch break and concluded with a walking tour through the old city, offering a cultural and relaxed end to the productive sessions.

Second day was focused on MOOC, and partners agreed details about the MOOC 1 and 2.



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