



'Building Young Hearts'

Launch of **National Heart Alliance** and **Irish Heart Foundation** Position Paper on **Physical Activity, Young People and the Physical Environment**.

9.00am, Wednesday April 14th 2010,
Orion Suite, Clarion Hotel, IFSC, Dublin 1

08.30 Registration

Chair: Owen Metcalfe, Associate Director, Institute of Public Health in Ireland and Chair of the National Heart Alliance

09.00 Welcome by Mr Jim McCarthy, President, Irish Heart Foundation

09.10 Opening Address and Launch by Mr Noel Dempsey, T.D., Minister for Transport

09.25 The Health Benefits for Children and Young People of Regular Physical Activity

Dr John Devlin, Deputy Chief Medical Officer, Department of Health and Children

09.45 Presentation on the Position Paper – Physical Activity, Young People and the Physical Environment

Lorraine Fitzsimons, PhD Candidate, Dublin City University – Faculty of Science and Health and National Heart Alliance Physical Activity subgroup member

10.15 Discussion & Questions & Answers session

10.30 Coffee break

11.00 Creating an Environment with a Positive Impact on Health

Neil Blackshaw, former Head of the NHS London Healthy Urban Development Unit

11.30 Green-Schools Travel – A Mechanism for Behavioural Change

Jane Hackett, National Manager, Green-Schools Travel, Environmental Education Unit with An Taisce – The National Trust for Ireland

11.45 Play and Open Space

Carol Barron, Lecturer, School of Nursing, Dublin City University

12.00 Discussion & Questions & Answers session

12.20 Conclusion and Close by Owen Metcalfe

12.30 Light Lunch served

RSVP by Friday, **9th of April** to Susan Buckley at sbuckley@irishheart.ie or phone **01 668 5001**