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Active and Equal:
Women's Health in Sport across the Generations

Launch event

Thursday 5 March 2026

2 pm – 5 pm (CEST)

Followed by sport animation (5 pm - 5.30 pm)

Council of Europe, Palais de l'Europe, Strasbourg, Room no. 7
and online on the Zoom platform

Concept note and programme

**“Active and Equal: Women’s Health in Sport across Generations”
European Union (EU) - Council of Europe (CoE) joint project**

This joint project is being implemented by the Council of Europe’s Sport Division over a 24-month period, from January 2026 until December 2027. The “Active and Equal” Launch Event will take place in Strasbourg on 5 March 2026 from 2 pm to 5 pm, back-to-back with the Annual Breakfast Roundtable of the CoE’s Enlarged Partial Agreement on Sport (EPAS), which will take place during the morning of 6 March on the participation of women and girls in sport.

Context

The growing visibility of women and girls in European sport has to be matched by systems that recognise the health realities that shape their participation across the lifecycle. Menstruation and puberty in adolescence, pregnancy and return-to-sport, peri/menopause and ageing are to be treated as standard design parameters in policy, programme design, coaching or facilities to prevent drop-out, increase retention and equal access to the health and social benefits of sport.

“Active and Equal: Women’s Health in Sport Across Generations” aims to advance equality, inclusion and health-enhancing physical activity, by embedding women’s health needs into the design and operation of sport at national, regional and grassroots levels. The joint project activities are targeted at turning existing commitments into practical, measurable changes, making health needs across life stages a standard feature of how sport is planned, delivered and communicated. The joint project supports the EU’s strategic objectives under the Erasmus+ Sport framework by promoting inclusion, equality, health-enhancing physical activity and gender-sensitive planning, and by reducing discrimination against women and girls across all levels of sport.

Instruments

The “Active and Equal” project is grounded in key Council of Europe and European Union instruments advancing gender equality in sport. It draws on Recommendation [CM/Rec\(2015\)2](#) on gender mainstreaming in sport, the revised [European Sports Charter](#), and the [EPAS Strategy 2026–2027](#), where gender equality is a central pillar. At EU level, the project supports the 2024–2027 EU Work Plan for Sport, which prioritises equality, inclusion and health.

It builds on the legacy of the joint EU–CoE projects “ALL In” and “All In Plus,” which provided robust data, practical tools, and policy recommendations to help public authorities and sport bodies advance gender balance in sport. “Active and Equal” continues this trajectory, focusing on women’s health as the next frontier for equity in sport.

Objectives

In close co-operation with participating countries, the project will:

- **Identify, map and analyse** the key physiological, psychological and social barriers affecting women's participation in sport (adolescence, maternity, menopause and older age).
- **Develop training and practical resources** to strengthen the capacity of coaches, teachers, sport and health professionals, and policy makers to address women's health needs in sport.
- **Raise awareness and reduce stigma** around women's health in sport through storytelling and campaigns addressing topics such as menstruation, pregnancy and menopause.
- **Facilitate the exchange of good practices** among countries, supporting systemic and sustainable change for women's health through sport.

Deliverables

The "Active and Equal" joint project will produce:

- A European Mapping Report on Women's Health in Sport, filling current data gaps and serving as a reference for policy and practice.
- A Women's Health in Sport Training Toolkit providing practical training resources for coaches and sport educators.
- Awareness-raising videos to be shared across social media.
- Increased competence among sport professionals to address women's health needs.

Draft Programme

Thursday, 05 March 2026 2 pm – 5.05 pm (CET) Council of Europe, Palais de l'Europe, Room 7	
2 pm – 2.15 pm	Opening session <i>Hanne Juncher</i> , Director of Security, Integrity and Rule of Law, Council of Europe <i>Charlotte Girard-Fabre</i> , Chair of the Consultative Committee of the Enlarged Partial Agreement on Sport (EPAS) <i>Charlotte Gilmartin</i> , Head of the Policy Unit, Secretary to the Gender Equality Commission, Gender Equality Division, Council of Europe
2.15 pm – 2.45 pm	In conversation with <i>Conny Kreuter</i>, Professional dancer and international champion, Austria Moderated by <i>Francine Hetherington Raveney</i> , Deputy Executive Secretary of the Enlarged Partial Agreement on Sport (EPAS), Council of Europe
2.45 pm – 3.15 pm	Breaking taboos and combating stigma Moderated by <i>Charlotte Girard-Fabre</i> , Chair of the Consultative Committee of the Enlarged Partial Agreement on Sport (EPAS) <i>Fiona Bitterlin</i> , France Fusbal Team <i>Denis Naegelen</i> , Director Les Internationaux de Strasbourg WTA 500 Q&A
3.15 pm – 4.00 pm	Knowledge: Research and gaps Moderated by <i>Gabriela Matei</i> , Senior Project Officer, Council of Europe <i>Evert Verhagen</i> , Senior Expert, Health and Performance, UEFA <i>Flaminia Ronca</i> , Associate Professor, University College London, Department of Targeted Intervention - online <i>Jane Dennehy</i> , Research and Advisory Director, Gender Hub <i>Baz Moffat</i> , CEO, The Well HQ Q&A
4.00 pm – 4.15 pm	Coffee break
4.15 pm – 4.55 pm	Building capacity: Best practices from elite to grassroots Moderated by <i>Marco Rizzi</i> , Junior Project Officer, Council of Europe <i>Bárbara Butragueño</i> , Assistant Director-General, Women and Sport, Spain

	<p><i>Cyprien Peronet</i>, Director, Indoor – Santé, France</p> <p><i>Annamarie Phelps</i>, European Olympic Committees, representative of the Consultative Committee of the Enlarged Partial Agreement on Sport (EPAS)</p> <p>Q&A</p>
4.55 pm – 5.05 pm	<p>Conclusions and next steps</p> <p><i>Stanislas Frossard</i>, Executive Secretary of the Enlarged Partial Agreement on Sport (EPAS), Council of Europe</p> <p><i>Sarah Lynch</i>, Deputy Head of the Sport Unit, Directorate General for Education, Youth, Sport and Culture, European Commission</p>