

Strasbourg, 5 March 2025

EPAS(2025)5rev

Enlarged Partial Agreement on Sport (EPAS)

International Women's Day Event
Breakfast Roundtable on women's health and sport

Friday, 7 March 2025

9.30 am - 12.00 noon

Hybrid meeting:
online on the Kudo platform
and
Palais de l'Europe, meeting room No.7
Strasbourg, France

Programme

Background

Gender equality has been one of the central themes of the Council of Europe's work in the field of sport for over a decade. In 2015, the Enlarged Partial Agreement on Sport (EPAS) was instrumental in the preparation of Recommendation [CM/Rec\(2015\)2](#) of the Committee of Ministers to member States on gender mainstreaming in sport. The Council of Europe has been promoting a number of initiatives, seeking to contribute to improving gender equality in sport, and these efforts are firmly enshrined in the Council of Europe's revised [European Sports Charter](#) (ESC).

From March 2018 to October 2019, the European Union (EU) and the Council of Europe (CoE) ran the "[ALL IN: Towards gender balance in sport](#)" joint project aiming to provide support to public authorities and sport organisations in the development and implementation of policies and programmes addressing gender inequalities in sport as well as in adoption of a gender mainstreaming strategy. As part of the project, EPAS assessed the state of play regarding gender equality in 17 countries across 6 indicators in the following areas: leadership, coaching, participation (from grassroots to elite sport), gender-based violence, media/communication and gender mainstreaming, subsequently producing a best practice [toolkit](#) for gender equality in sport and setting up an [online library](#) amongst other outcomes.

From March 2023 to March 2025, the Council of Europe's Sport Division advanced on this crucial work through the joint EU-CoE project "[All In Plus: promoting greater gender equality in sport](#)", which held its closing event in Luxembourg on 12-13 February. To further enhance the findings of the first data collection campaign, the project fine-tuned the data indicators, adding officiating to the coaching indicator, and expanded the list of participating countries to 21. All In Plus had a specific focus on issues linked to the representation of women in sport and also raised awareness about gender-based violence in sport and how to tackle it, drawing upon the Council of Europe's Convention on preventing and combating violence against women and domestic violence ([Istanbul Convention](#)). The three pillars of All In Plus were: 1. Data collection; 2. Online library of best practice examples and 3. Media sensitisation. As part of the third pillar, two media informative sessions were held with a network of journalists and in collaboration with the International Olympic Committee (IOC) and the European Broadcasting Union (EBU), and a series of videos were created. All of the project findings and deliverables including 21 factsheets, the analytical report including a series of recommendations, the online library of best practice examples, videos and much more can be accessed [here](#).

It is in this context that the Council of Europe's Sport Division is delighted to announce the upcoming "**Breakfast Roundtable on women's health and sport**" on the occasion of International Women's Day (March 8).

During the first part of the event, international experts and guests will deliver presentations about initiatives in place to ensure that women and girls' health in sport is factored in in practical terms and will set forth some of the major areas of concern, including physical health issues such as over-training, anorexia, issues linked to menstruation, the pelvic floor, maternity, the peri-menopause and the menopause, and mental health issues, amongst other topics. There will be two panels, one focusing on lived experiences and how athletes have tried to overcome health-related problems, and a second panel discussing what some practical solutions might look like, how to increase awareness and training on this important subject and how to overcome obstacles.

Programme

- 9.30-9.40am** **Welcome**
- Gianluca Esposito*, Director General of Human Rights and Rule of Law, Council of Europe
- 9.40-9.55am** **Women's health and sport: setting out the issues**
- Baz Moffat*, CEO and Co-founder, The Well HQ
- 9.55-10.10am** **An athlete's perspective on women's health**
- Auri Lorena Bokesa*, Olympic athlete (400m specialist) and Sport Social Worker
- 10.10-10.20am** **The health benefits of sport for women throughout the different times in their lives**
- Martine Duclos*, endocrinologist, physiologist, sports doctor, Head of the Sports Medicine Department at Clermont-Ferrand University Hospital and President of the French National Observatory of Physical Activity and Sedentary Lifestyles
- 10.20-11.00am** **First panel discussion on: lived experience and how to overcome health issues, followed by Q&A**
- Moderated by *Liliane Trevisan*, Sports journalist and author
- Panellists:**
- Liliya Elenkova*, Advisor to the Minister of Youth and Sport of Bulgaria, Vice-Chair of the Board of Co-ordination of the Partial Agreement on Youth Mobility, Vice-Chair of the European Steering Committee for Youth (CDEJ) and Chair of the Group of Senior Officials in charge of the preparation of the next Ministerial Conference on Youth
- Chatilla van Grinsven*, TV sports analyst, former professional Basketball player
- Auri Lorena Bokesa*, Olympic athlete (400m specialist) and Sport Social Worker
- Frankie Brown*, Head of Research & Strategy for Women's Football, FIFPRO
- 11-11.10am** **Coffee break**

11.10-11.50am

Second panel discussion on: raising awareness of women's health in sport and how to improve the situation at pan-European level, followed by Q&A

Moderated by *Francine Hetherington Raveney*, Deputy Executive Secretary of EPAS, Council of Europe

Panellists:

Manel Sanchez, Director of the European Youth Card Association (EYCA)

Lombe Mwambwa, Research Director, Global Observatory for Gender Equality and Sport (GO)

Carlotta Giussani, Head of Funding, European Olympic Committees (EOC) EU Office

Baz Moffat, CEO & Co-founder, The Well HQ

Evert Verhagen, Senior Research Expert at UEFA Medical & Anti-doping (online)

11.50-12.00pm

Closing words

Charlotte Girard-Fabre, Secretary General and CEO of the International Federation for Sports Officials (IFSO), President of the French Association of Multisport Referees (AFCAM) and Chair of the EPAS Consultative Committee (online)

Sophie Kwasny, Executive Secretary of EPAS and Head of the Sport Division, Council of Europe