

EUROPEAN HEALTH FORUM
GASTEIN

Twenty Years

20TH ANNIVERSARY
1998 – 2017

*Dear Gastein friends,
dear participants,*

We are proud and privileged to present you the 20 years anniversary publication of the European Health Forum Gastein. With this book, we want to mark this special occasion by looking back to the beginnings of the Forum and portraying its development, by paying tribute to its pioneers and supporters, and by highlighting what makes the EHFG unique. We are grateful for the selected contributions of some of the many individuals who have helped shape and steer the association and the event, and regret not to be able to give a voice to all of them on these pages. Join us on the walk down memory lane, enjoy the personal stories of the people who have been crucial for the EHFG, look over the timeline to find the major milestones of the last 20 years, learn some EHFG trivia and enjoy some photos of the last two decades. Most of all, this is a big thank you to all of you for helping to make the EHFG what it is today!

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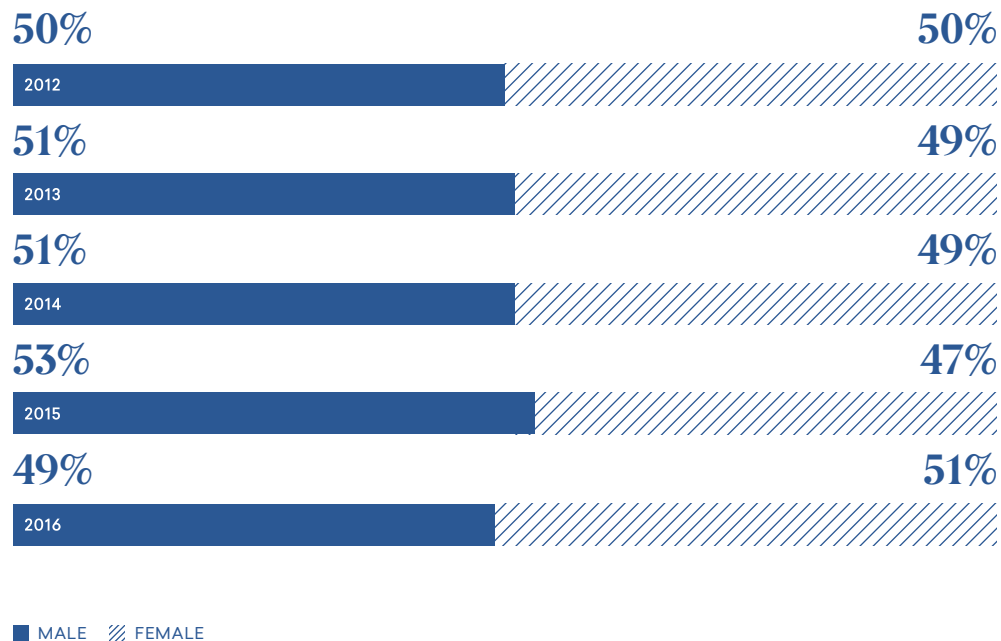


Participants

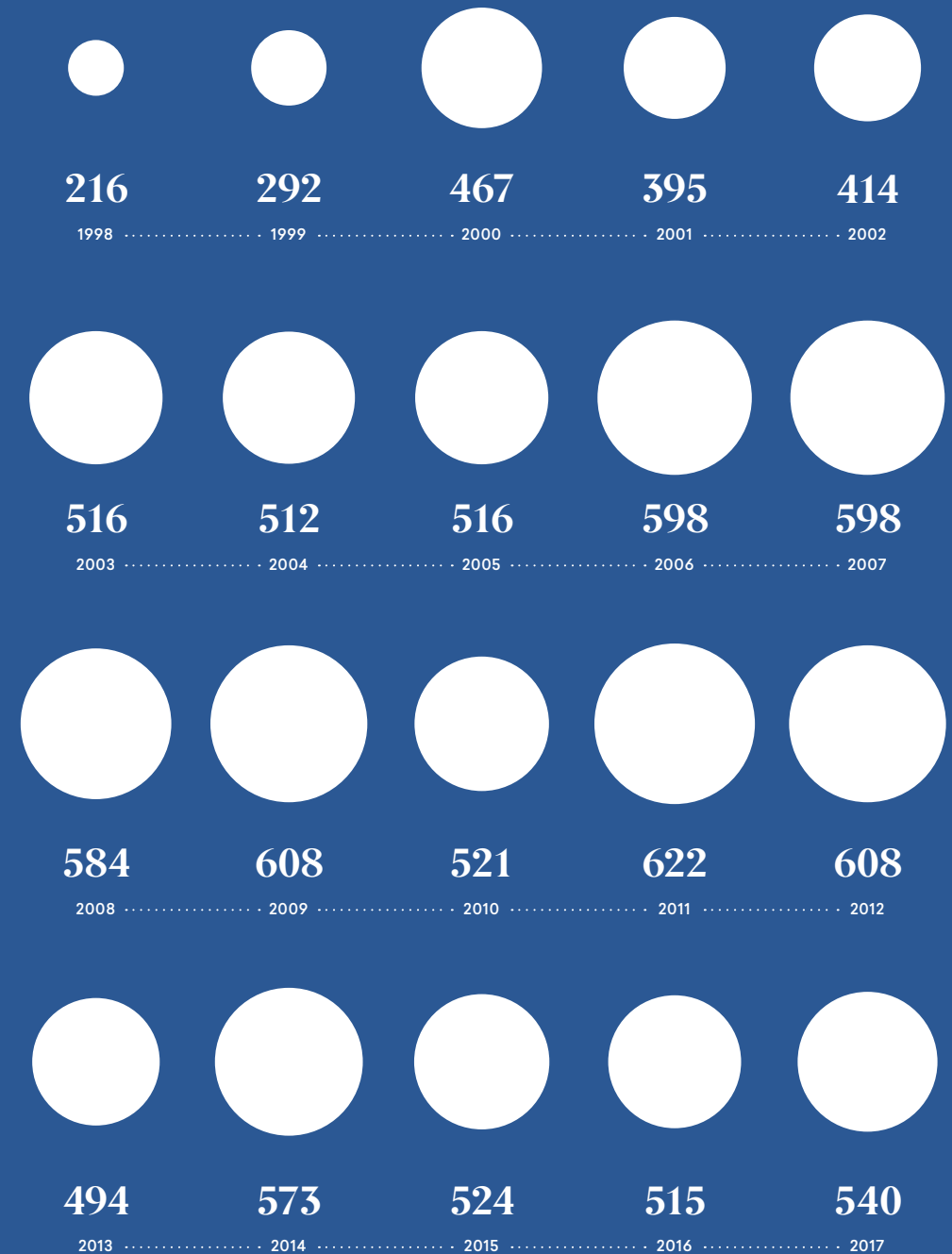
Over the **twenty** years, **10,063** participants* joined the EHFG conference. Our database includes **5,063** unique participation records – with the recurring rate of **1.88** per person. Between **1998** and **2017**, people from **88** countries participated in the conference: from **49** European countries, missing only **Vatican City** and **Monaco**, and from another **39** non-European countries from **five** continents, missing only **Antarctica**. This means that **44.9%** countries worldwide were at some point represented at the EHFG.

* Estimated number of participants 2017, total number includes recurring participants.

MALE TO FEMALE RATIO



NUMBER OF PARTICIPANTS OVER THE YEARS



We've got mail!



2,929

E-MAILS SENT
PER PERSON / YEAR



9,658

E-MAILS RECEIVED
PER PERSON / YEAR



25%

OF OUR TIME IS
DEVOTED TO E-MAIL

Electronic correspondence – how much time does it really take?

We did an inventory of an average EHFG team member's mailbox. Assuming, that it takes about **10** minutes to complete an e-mail, with **2,929** emails/per person x **10** min = **29,290** min = **488** hours = **61** working days in a year. We devote **25%** of our time to writing e-mails!

EHA



Media Facts



We do walk a lot!

We have counted the number of steps made by the members of the secretariat on average during the **three** days of the EHFG conference.

DAY 1	DAY 2	DAY 3	TOTAL
15,755 STEPS AVG.	16,196 STEPS AVG.	13,149 STEPS AVG.	45,100 STEPS AVG.
12.0 KM AVG.	12.3 KM AVG.	10.0 KM AVG.	34.3 KM AVG.

Benefits of walking

Walking can help decrease the risk of heart attack, decrease the risk of developing **type 2** diabetes, and can even reduce the risk of bone fracture. Additionally, brisk walking can reduce stress and depression levels. Experts suggest walking **6,000** steps a day to improve health and **10,000** steps a day to lose weight. Keep walking!

CONFERENCE BEST DAY OF WALKING

 **20,352**
STEPS

 **15.5**
KM

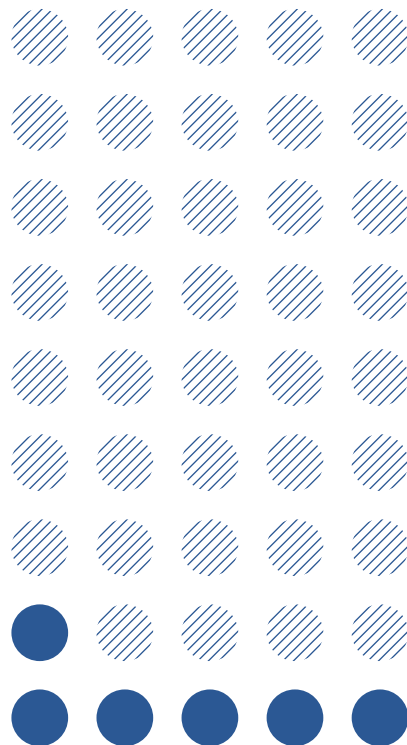
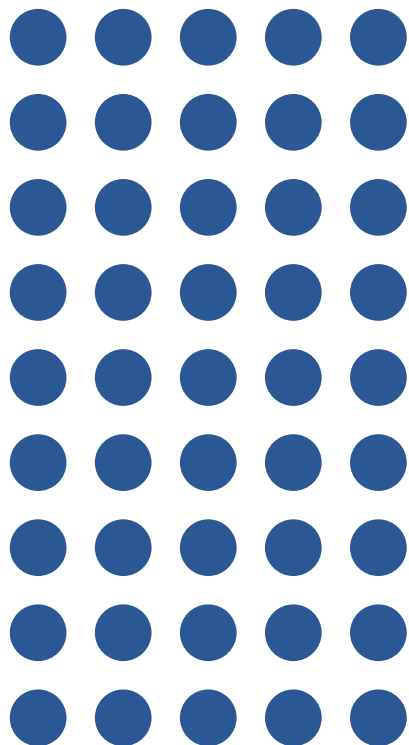
 **893**
KCAL BURNED

You make the EHFG happen!

200 partners – sponsors, hosts and session organisers have worked on over **500** various programme sessions between **1998** and **2017**.

Getting the location ready!

We spend about **150** hours in total to set everything up, with multiple teams working intensively in parallel for **five** days prior to the event. It only takes us **20** hours to tear it all down!

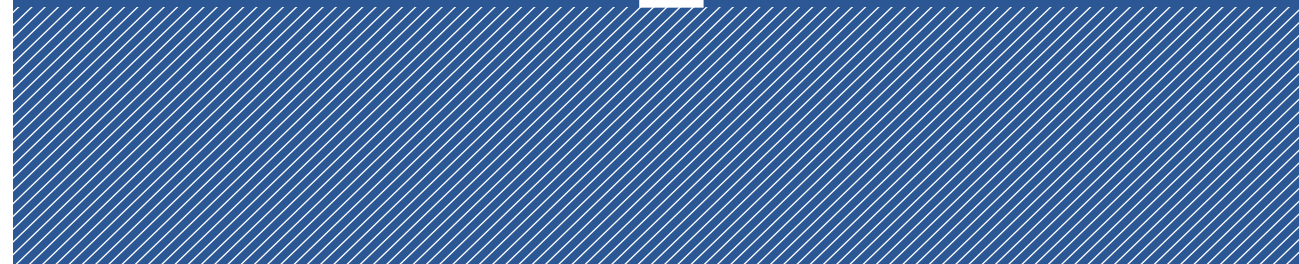
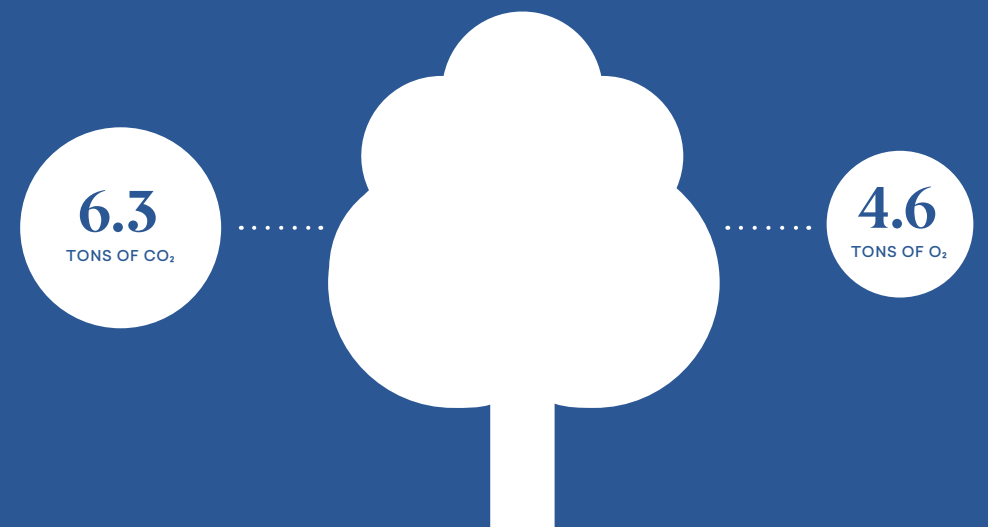


Young Forum Gastein

Over the past **eleven** years we have received **1,022** applications and were able to award **737** scholarships. Our YFG network currently counts **409** members. The application rate stays at about **100** per year, but **two** major peaks of interest can be noticed – in **2010** & **2017** – when it rose by **50%** compared to the previous year.

What happens between conferences?

One **100 year-old** beech tree produces **4.6** tons of oxygen and processes **6.3** tons of carbon dioxide. Out of light, air, water and minerals the beech produces around **4,300** kg of bio substances. **One** healthy beech can filter **1** ton of dust and toxin from the air in **one** year.



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