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!
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.
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!

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.

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>15,755 STEPS AVG.</td>
<td>16,196 STEPS AVG.</td>
<td>13,149 STEPS AVG.</td>
<td>45,100 STEPS AVG.</td>
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<tr>
<td>12.0 KM AVG.</td>
<td>12.3 KM AVG.</td>
<td>10.0 KM AVG.</td>
<td>34.3 KM AVG.</td>
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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!

EHA Media Facts

44 PHOTOS TAKEN IN 1998
5,206 PHOTOS TAKEN IN 2016

110,000 € AWARDED IN 11 YEARS

20,352 STEPS
15.5 KM
893 KCAL BURNED

CONFERENCE BEST DAY OF WALKING

PHOTOS TAKEN IN 1998
PHOTOS TAKEN IN 2016
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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