

 **University of Zurich**TM
Institute of Social and Preventive Medicine

Physical Activity Promotion in Health Care Settings in Europe

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WORLD HEALTH ORGANIZATION REGIONAL OFFICE FOR EUROPE
 WELTGESUNDHEITSORGANISATION REGIONALBÜRO FÜR EUROPA

ORGANISATION MONDIALE DE LA SANTÉ BUREAU RÉGIONAL DE L'EUROPE
 БИРОДИПЛОМАТИЧЕСКОЕ ПРЕДСТАВИТЕЛСТВО ВОЗ В ЕВРОПЕЙСКОМ РЕГИОНЕ

Joint WHO/EC Project on
Monitoring progress on improving nutrition and physical activity and preventing obesity in the European Union, 2008-2010

Work Packages 2008-2010

1. Surveillance of nutritional status, dietary habits and physical activity patterns
2. National policies and actions
3. Good practice in regional and local initiatives
4. Database establishment, and management
5. Support to national surveillance and policy intelligence
6. Coordination, management and reporting
7. Dissemination of results

World Health Organization Regional Office for Europe
 WELTGESUNDHEITSORGANISATION REGIONALBÜRO FÜR EUROPA

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WHO European Ministerial Conference on Nutrition and Noncommunicable Diseases in the Context of Health 2020
 Vienna, Austria
 4-5 July 2013

28 June 2013
 Original: English

Methodology and summary

Country profiles on nutrition, physical activity and obesity in the 53 WHO European Region Member States



www.euro.who.int/en/nutrition-country-profiles

Presented at Vienna Ministerial Conference 2013

Nutrition, Physical Activity and Obesity Switzerland

World Health Organization Europe

Trans fatty acids (TFA) policies

Update	Type of regulation	Measure	Year	Substantive outcome
1	EU Directive	Maximum permitted TFA in processed foods	2003	Reduced TFA in processed foods
2	EU Directive	Maximum permitted TFA in processed foods	2003	Reduced TFA in processed foods

Marking of food and non-alcoholic beverages to children (70)

Physical activity (PA), national policy documents and action plans

Sport	Target groups	Health	Education	Transportation		
Existence of national "sport for all" policy and/or national "sport for all" implementation programme	Existence of specific scheme or programme for community interventions to promote PA in the elderly	Consulting on PA as part of primary health care activities	Mandatory physical education in primary and secondary schools	Inclusion of PA in general teaching/training	National or subnational schemes promoting active travel to school	Existence of an incentive scheme for companies or employees to promote active travel to work
✓		✓	✓	✓		

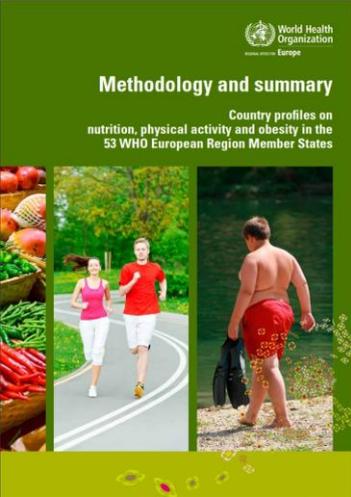
* Clearly stated in a policy document, partially implemented or enforced. † Clearly stated in a policy document, entirely implemented and enforced.

Source: country reporting template on Switzerland from 2009 developed in the context of a WHO/EC project on monitoring progress on improving nutrition and PA and preventing obesity in the European Union (EU).



Prevalence of overweight in men and women by country

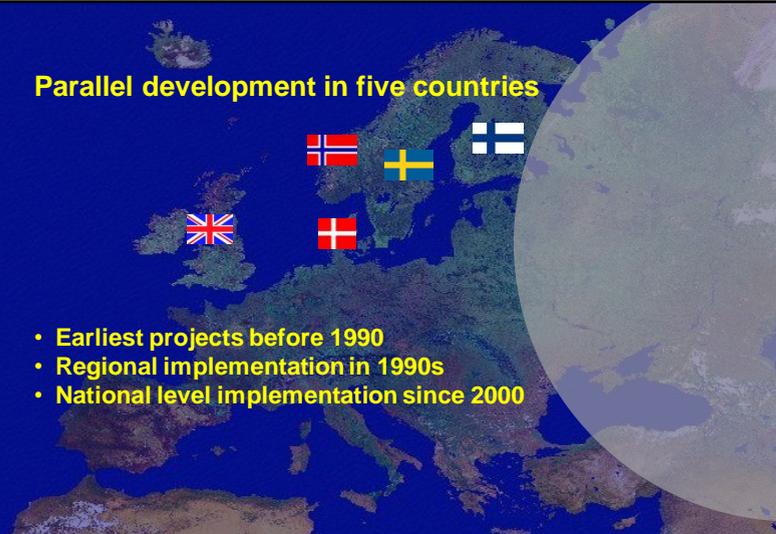
1. Swiss Confederation 2. Austria 3. Belgium 4. Bulgaria 5. Cyprus 6. Czechia 7. Denmark 8. Estonia 9. Finland 10. France 11. Germany 12. Greece 13. Hungary 14. Iceland 15. Ireland 16. Italy 17. Latvia 18. Lithuania 19. Luxembourg 20. Malta 21. Netherlands 22. Poland 23. Portugal 24. Romania 25. Slovakia 26. Slovenia 27. Spain 28. Sweden 29. Switzerland 30. Turkey 31. United Kingdom 32. Ukraine 33. Latvia 34. Lithuania 35. Luxembourg 36. Malta 37. Netherlands 38. Poland 39. Portugal 40. Romania 41. Slovakia 42. Slovenia 43. Spain 44. Sweden 45. Switzerland 46. Turkey 47. United Kingdom 48. Ukraine



Methodology and summary
Country profiles on nutrition, physical activity and obesity in the 53 WHO European Region Member States

- 53 countries in the WHO European region
- 22 countries report a policy document with physical activity counselling in primary care clearly stated in it
→ 42%
- 21 countries report measures partially or entirely implemented
→ 40% (!)

www.euro.who.int/en/nutrition-country-profiles



Parallel development in five countries

- Earliest projects before 1990
- Regional implementation in 1990s
- National level implementation since 2000



Common points in most advanced countries

- Extensive research on concept and implementation
- Still room for improvement
- Great interest in exchange, but not in unifying approach



Still room for improvement

A Toolkit for the Design, Implementation & Evaluation of Exercise Referral Schemes

Let's Get Moving
Commissioning Guidance
A physical activity care pathway

UK National Centre for physical activity+health Loughborough University NHS

Physical activity in the prevention and treatment of diseases

FYSS 2008

IN ENGLISH!

Swedish FYSS – the book about Physical Activity in the prevention and treatment of disease summarizes the up-to-date scientific knowledge on how to prevent and treat various diseases and conditions using physical activity. The book covers most areas of diseases and conditions where physical activity has a documented effect.

Written by 95 experts, FYSS is produced by the Swedish Society of Sports Medicine and it is published in cooperation with Swedish National Institute of Public Health.

FYSS is a source of information that summarizes to which extent physical activity can be used to prevent and treat various diseases. It also gives advice on exercise recommendations and includes risks with physical activities for various conditions. FYSS is a tool for licensed health-care staff in prescribing physical activities. The book is also useful for activities organizers within the communities who work with physical activity on prescription (FAR®) and for educational institutions such as colleges and universities that focus on health sciences and public health.

The Swedish Society of Sports Medicine together with Swedish National Institute of Public Health initiated a translation of FYSS from Swedish to English. This work is to be completed in autumn/winter of 2009.

The Swedish National Institute of Public Health is a state agency under the Ministry of Health and Social Affairs. The Institute works to promote health and prevent ill health and injury, especially for population groups most vulnerable to health risks.

The three main tasks of the Institute are:

- To monitor and coordinate the implementation of the national public health policy.
- To be a national centre of knowledge for the development and dissemination of methods and strategies in the field of public health, based on scientific evidence.
- To exercise supervision in the areas of alcohol, tobacco and illicit drugs.

The Institute lends support, exerts influence and supervises in the areas of health promotion and disease prevention.

All our publications can be read and downloaded from our website www.fhi.se/en/Publications. All publications in English. You also can order the majority of our publications in hard copy. All prices are exclusive of VAT. Postage and handling charges will be added. Please order via www.fhi.se/en/publications or e-mail fhj@strd.se

Swedish National Institute of Public Health

Sundhedsstyrelsen HelseDirektoratet
Statens Ernæringscenter

NORDISK NETTVERK FOR FYSISK AKTIVITET, MAT OG SUNNHET

FYSISK AKTIVITET PÅ RECEPT I NORDEN -ERFARENHETER OG REKOMMANDATIONER

Lena V Kallings

På oppdrag av "Nordisk nettverk for fysisk aktivitet, mat og sunnhet"

2010

Great interest in exchange, but not in unifying approach

NIV - Nordiska högskolan för folkhälsovetenskap norden



Activities in the Netherlands

Maastricht University *Leading in Learning!*

NUTRIM School for Nutrition, Toxicology and Metabolism

Beweg Kuur

30 JAAR NISB Nederlands Instituut voor Sport & Beweging

Occupational Health Guideline for Preventing Weight Gain among Employees
a (cost-) effectiveness study

Prevention and management of CVD in General Practice

Ton Drenthen
Dutch College of GPs, Utrecht

Lisanne Verweij



Activities in Switzerland



PAPRICA Physical Activity Promotion in Primary Care

- About 300 physicians trained since 2009 in Switzerland (French and German)
- Currently under preparation:
 - National programme structure
 - Adaptation for Italian speaking part of the country
 - PAPRICA Cardio for cardiac patients
 - RCT in cardiac patients
 - Training for medical students
 - “PAPRICA pédiatres”



EXPERT MEETING ON PHYSICAL ACTIVITY PROMOTION IN HEALTH CARE SETTINGS: EUROPE IN 2013 AND IN THE FUTURE

ZÜRICH, 12-13 NOVEMBER 2013

HEPA Europe
European network for the promotion of Health-Enhancing Physical Activity

13 November 2013
ORIGINAL: ENGLISH

KOL-E-13 (Senatszimmer)
University main building
Rämistrasse 71, Zürich



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Reason for meeting

Overview of the current state and ongoing developments

Lessons learned and remaining challenges

Basis for the definition of priorities for future action in the European region



EXPERT MEETING ON PHYSICAL ACTIVITY PROMOTION IN HEALTH CARE SETTINGS: EUROPE IN 2013 AND IN THE FUTURE

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The „Zurich Statement“ on PA Promotion in Health Care Settings

1. Context of overall physical activity promotion
2. Stewardship of WHO and the health sector for physical activity promotion in health care settings
3. Complete spectrum of physical activity
4. Integration of all health professions in the promotion of physical activity
5. Integration of health care approaches in national programme structures
6. Improvement of evidence base and development of guidance

- WHO Meeting report including „Zurich Statement“
- Thematic issue 2/2014 of Swiss Journal for Sport Medicine and Sport Traumatology with manuscripts from meeting
- Presentation and follow-up at HEPA Europe Conference 2014
- Integration of conclusions in development of WHO's European Physical Activity Strategy
- Potential for global implications in absence of activities from WHO Headquarters



The screenshot shows the website for the 10th Annual Meeting and 5th Conference of HEPA Europe. The page is hosted by the University of Zurich, Institute of Social and Preventive Medicine. It features a navigation menu on the left with categories like 'Physical Activity and Health', 'Overview', 'Committees and Organization', 'Conference Venue', 'Conference Program', 'Travel Information', 'Accommodations', 'Registration and Fees', and 'Abstract and Presentation Guidelines'. The main content area includes the title '10th Annual Meeting and 5th Conference of HEPA Europe', the dates 'August 27-28, 2014', and the location 'University of Zurich, Switzerland'. A paragraph describes the conference's focus on physical activity promotion and its impact on population health. Below the text is a photograph of Zurich, Switzerland, with the caption 'Zurich -- the River Limmat, the Lake and the Alps © zuerich.com'. On the right side, there are logos for the World Health Organization and HEPA Europe, along with contact information and key dates for abstract submission and registration.

www.ispm.uzh.ch/hepaeurope2014