


**University of Zurich**<sup>TM</sup>  
 Institute of Social and Preventive Medicine

## Physical Activity Promotion in Health Care Settings in Europe


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**5th International Congress on Physical Activity and Public Health (ICPAPH)**  
 April 8-11, 2014  
 Rio de Janeiro, Brazil

*Exercise is Medicine Session, ICPAPH, Rio de Janeiro, 10.04.2014*

WORLD HEALTH ORGANIZATION  
 REGIONAL OFFICE FOR EUROPE  
 WELTGESUNDHEITSORGANISATION  
 REGIONALBÜRO FÜR EUROPA



ORGANISATION MONDIALE DE LA SANTÉ  
 BUREAU RÉGIONAL DE L'EUROPE  
 БИРОУ РАЈОНА ЗА ПУБЛИЧНО ЗДРАВЈЕ  
 РЕГИОНАЛНО БУРО ЗА ЕУРОПА

### 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



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



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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  
 Original: English

**Presented at Vienna Ministerial Conference 2013**

[www.euro.who.int/en/nutrition-country-profiles](http://www.euro.who.int/en/nutrition-country-profiles)

### Nutrition, Physical Activity and Obesity Switzerland



**MINI-DATABASE DATA**

Update	Type of population	Measure	Year	Related publications
1	PA, TFA	Marking of food and non-alcoholic beverages to children	2012	WHO Regional Office for Europe (Geneva) has published a report on the implementation of the WHO European Region Action Plan for the Prevention of Non-communicable Diseases (NCD) in the context of the WHO European Region 2015-2020. The report provides the current status of implementation of the action plan and highlights the progress made. The report also identifies the challenges and opportunities for the region and provides recommendations for the future. The report is available at: <a href="#">http://www.euro.who.int/en/regions-and-countries/european-region/2015/04/who-report-on-nutrition-physical-activity-and-obesity-in-switzerland</a>


**Marking of food and non-alcoholic beverages to children (10)**  
 The report has been written regarding the implementation of the marking of food and non-alcoholic beverages to children. In 2012, Switzerland, the WHO European Region 2015-2020 was published, based on the main findings from the WHO European Region (10). This report provides the current status of implementation of the action plan and highlights the progress made. The report also identifies the challenges and opportunities for the region and provides recommendations for the future. The report is available at: [http://www.euro.who.int/en/regions-and-countries/european-region/2015/04/who-report-on-nutrition-physical-activity-and-obesity-in-switzerland](#)

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

Physical activity (PA), national policy documents and action plans						
Sport	Target groups	Health	Education	Inclusion	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 employees to promote active travel to work
✓			✓	✓	✓	

<sup>a</sup> Clearly stated in a policy document, partially implemented or enforced. <sup>b</sup> 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 ADULTS (ICD-10) - EUROPEAN COUNTRIES IN THE WHO EUROPEAN REGION BASED ON WHO SURVEILLANCE DATA**



Note: The chart shows the prevalence of overweight in adults (ICD-10) in European countries. Data are based on the latest available data for the surveillance data. WHO only uses data from WHO Global Health Observatory (GHO) reports.



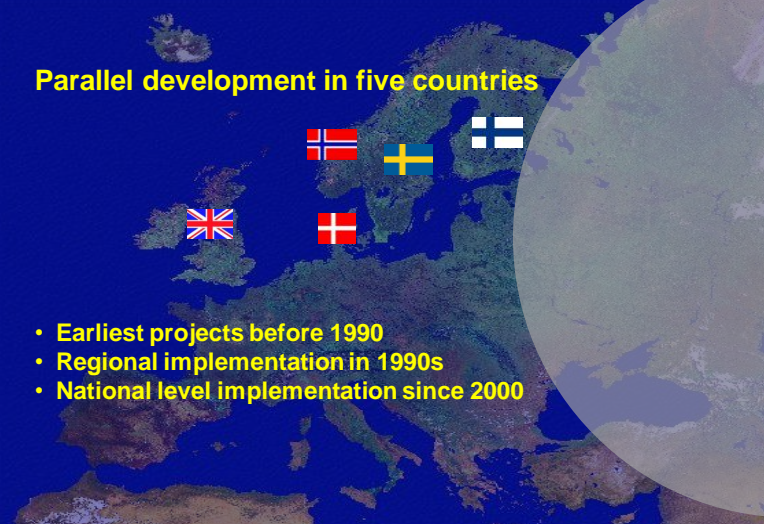
World Health Organization Europe

**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](http://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

NHS

British National Centre for physical activity+health

Loughborough University



## 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&G) 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](http://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](http://www.fhi.se/en/publications) or e-mail [fhj@strd.se](mailto: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**



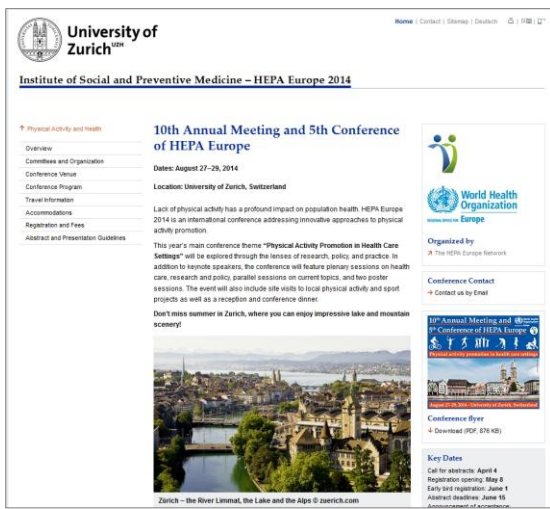
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### The „Zurich Statement“ on PA Promotion in Health Care Settings

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', 'Committee 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