Community-based approach for Active Lifestyle

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Effect of physical inactivity on major non-communicable
diseases worldwide: an analysis of burden of disease and
life expectancy

1 Min Lee, Eric J Shiroma, Felipe Lobelo, Pekka Puska, Steven N Blair, Peter T Katzmarzyk, for the Lancet Physical Activity Series Working Group

Summary

Background Strong evidence shows that physical inactivity increases the risk of many adverse health conditions, including major non-communicable diseases such as coronary heart disease, type 2 diabetes, and breast and colon cancers, and shortens life expectancy. Because much of the world’s population is inactive, this link presents a major public health issue. We aimed to quantify the effect of physical inactivity on these major non-communicable diseases by estimating how much disease could be averted if inactive people were to become active and to estimate gain in life expectancy at the population level.

Methods For our analysis of burden of disease, we calculated population attributable fractions (PAFs) associated with physical inactivity using conservative assumptions for each of the major non-communicable diseases, by country, to estimate how much disease could be averted if physical inactivity were eliminated. We used life-table analysis to estimate gains in life expectancy of the population.

Findings Worldwide, we estimate that physical inactivity causes 6% (ranging from 3.2% in southeast Asia to 7.8% in the eastern Mediterranean region) of the burden of disease from coronary heart disease, 7% (3.9–9.6) of type 2 diabetes, 10% (5.6–14.1) of breast cancer, and 10% (5.7–13.8) of colon cancer. Inactivity causes 9% (range 5.1–12.5) of premature mortality, or more than 5.3 million of the 57 million deaths that occurred worldwide in 2008. If inactivity were not eliminated, but decreased instead by 10% or 25%, more than 533,000 and more than 1.3 million deaths, respectively, could be averted every year. We estimated that elimination of physical inactivity would increase the life expectancy of the world’s population by 0.68 (range 0.41–0.95) years.

Interpretation Physical inactivity has a major health effect worldwide. Decrease in or removal of this unhealthy behaviour could improve health substantially.

Lancet 2012;380:219-29


Warm up

Physical inactivity: the biggest public health problem of the 21st century

Steven N Blair

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Exercise or sport in Europe

Map showing the percentage of people who never exercise or play sport across different countries in Europe. The map is color-coded, with darker shades representing higher percentages of people who never exercise or play sport. The pie chart on the right shows the distribution of regularity in exercise or sport participation.
Need for change

Evidence-based intervention in physical activity: lessons from around the world

Gregory W Heath, Diana C Perry, Olga L Sarmiento, Iau Bo Andersen, Neville Owen, Shiflila Goena, Filippe Monte, Ross C Brownson, for the Lancet Physical Activity Series Working Group

Promotion of physical activity is a priority for health agencies. We searched for reviews of physical activity interventions, published between 2000 and 2011, and identified effective, promising, or emerging interventions from around the world. The informational approaches of community-wide and mass media campaigns, and short physical activity messages targeting key community sites are recommended. Behavioural and social approaches are effective, introducing social support for physical activity within communities and workplaces, and school-based strategies that encompass physical education, classroom activities, after-school sports, and active transport. Recommended environmental and policy approaches include creation and improvement of access to places for physical activity with informational outreach activities, community-scale and street-scale urban design and land use, active transport policy and practices, and community-wide policies and planning. Thus, many approaches lead to acceptable increases in physical activity among people of various ages, and from different social groups, countries, and communities.

Importance of physical activity promotion

Evidence-based intervention in physical activity: lessons from around the world

Palm: Community tasks that lead to successful interventions

- Set aside sufficient resources to effectively inform, educate, and empower their residents to achieve recommended levels of physical activity where they live, work, and learn
- Mobilise intersectoral partnerships to develop effective strategies through informational, social, and behavioural, and policy and environmental approaches to physical activity promotion
- Develop policies and plans for policy implementation and assessment that support individual and community efforts to promote physical activity and active living
- Use evidence-based and promising practice methods for planning and implementation of community-based physical activity interventions and communication of physical activity messages
- Implement innovative new interventions and ensure they are assessed to add to the evidence base
- Understand and promote active living principles through national, regional or state, and community partnerships to organise and support active transport, active sport, and active recreation
- Understand and apply key components of evidence-based approaches to assessment of physical activity promotion
- Form partnerships with public health agencies to undertake routine surveillance of physical activity and inactivity behaviours in community-specific residents, such as specific health, environmental, and policy correlates
- Provide training and capacity building in partnership with other community organisations in use and adaptation of evidence-based physical activity interventions

Key messages

- Initiatives to promote physical activity can have increased effectiveness when health agencies form partnerships and coordinate efforts with several other organisations: schools, businesses, policy, advocacy, nutrition, recreation, planning, and transport agencies; and health-care organisations
- Effective public communication and informational approaches promoting physical activity include community-wide campaigns, mass media campaigns, and decision prompts encouraging the use of stairs versus lifts and escalators
- Initiatives to increase social support for physical activity within communities, specific neighbourhoods, and workplaces can effectively promote physical activity
- Comprehensive school-based strategies encompassing physical education, classroom activities, after-school sports, and active transport can increase physical activity in young people
- Environmental and policy approaches can create or enhance access to places for physical activity with outreach activities. Infrastructure initiatives through urban design of land use and planning at community and street scales and active transport policy and practices are effective
- To properly support initiatives for the promotion of physical activity, workforce need to be trained in physical activity and health, core public health disciplines, and methods of intersectoral collaboration
- Although individuals need to be informed and motivated to adopt physical activity, the public health priority should be to ensure that environments are safe and supportive of health and wellbeing

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SO...

• Current approaches **NOT** effective on population scale

• Implementation is the KEY

• Cross bordering: collaboration between sectors

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Regular physical activity is proven to help prevent and treat noncommunicable diseases (NCDs) such as heart disease, stroke, diabetes and breast and colon cancer. It also helps prevent hypertension, overweight and obesity and can improve mental health, quality of life and well-being. Yet, much of the world is becoming less active.

WHO has developed a new global action plan to help countries scale up policy actions to promote physical activity. It responds to the requests by countries for updated guidance, and a framework of effective and feasible policy actions to increase physical activity at all levels.

The plan sets out four objectives and recommends 20 policy actions that are applicable to all countries and address the cultural, environmental and individual determinants of inactivity.

A key feature of this new plan is its call for a “systems-based” approach where effective implementation will require bold leadership combined with cross-government and multisectoral partnerships at all levels to achieve a coordinated, whole-of-system response.

Working in partnerships, WHO will support countries to implement a whole-of-community approach to increase levels of physical activity in people of all ages and abilities. Global, regional and national coordination and capacity will be strengthened to respond to needs for technical support, innovation and guidance.
Future direction

• Socio-ecological approaches

• Multi-level

• Multi-sectoral

• Human centred

• Community-based intervention/approach (CBI)
Community of Practise for Healthy Lifestyle (COP4HL, 2017-2019)

(587982-EPP-1-2017-1-NL-EPPKA2-KA COP4HL)
Aim call:

Knowledge Alliances are transnational, structured and result-driven projects, notably between higher education and business. Knowledge Alliances are open to any discipline, sector and to cross-sectoral cooperation. The partners share common goals and work together towards mutually beneficial results and outcomes.

Aim project

- Healthy Ageing → Healthy Lifestyle
- Multi sectoral approach (Sport - Health- Well-being )
- Development CoPs

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Structure of COP4HL
Learning partnership among people who find it useful to learn from and with each other about a particular domain. They use each other’s experience of practice as a learning resource. And they join forces in making sense of and addressing challenges they face individually or collectively.

General definition of a Community of Practice Wenger 2011, 2015
Main deliverables

• Guiding principles for CoPs
• Development EU CoP
• Knowledge support lab
• Education & learning material
• Development impact methodology
COP Groningen/Europark

Actief Burgerschap NB
We stimuleren onze inwoners om actief mee te doen aan het verbeteren van de eigen leefomgeving; bij de inrichting van de eigen straat, buurt of wijk om ideeën te leveren voor sport, spel en recreatie. Sociale cohesie en kleinschaligheid zijn van belang om er voor te zorgen dat mensen elkaar kennen en zich om elkaar bekomen.

Bereikbaar Groen
De stad maakt de stedelijke ruimte groener, met aandacht voor de kwaliteit en diversiteit zodat het door verschillende doelgroepen kan worden beleefd en gebruikt. Zo dragen wij bij aan een gezonde stedelijke leefomgeving, betere luchtkwaliteit, verkoeiing bij hitte, een hogere biodiversiteit, waardoor het algemeen welzijn van onze inwoners wordt verhoogd.

Actief Ontspannen
We bieden onze inwoners - jong en oud - geschikte ontmoetingsplekken in de openbare ruimte om elkaar te ontmoeten, te sporten en te reccreëren.

Gezond Verplaatsen
We bevorderen een actieve, gezonde leefstijl door een gezonde en veilige omgeving te bieden voor wandelaars en fietsers. We vergrozen ons openbaar vervoer met waterstof- en elektrische bussen en fietskoeriers zorgen voor een schone pakketbezorging.

Gezond Bouwen
We bieden een gevarieerd aanbod aan duurzame woningen en gebouwen die de bewoners in staat stellen zo lang mogelijk zelfstandig te blijven wonen en werken in de vertrouwde leefomgeving; met een aantrekkelijke verbinding tussen binnenruimte (het gebouw) en de buitenruimte.

Gezonde Voeding
We bevorderen het bewustzijn rond gezond, duurzaam voedsel en stadslandbouw. We stimuleren het verbouwen en/of verkopen en de beschikbaarheid van gezonde verse producten, zoveel mogelijk afkomstig uit de regio.

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Groningen Example

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Groningen COP eco-system

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Healthy Lifestyle options

• Noorderpoort Campus 2,000 students, smoke free area, active transport

• Leyhoeve (55+, active lifestyle through environment)

• Companies (activation through active parking)

• Healthy lifestyle in FC Groningen supporters

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Getting to know each other
Thank you for your attention!

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