Austria

Project Title: Fit for Austria

"For life-long sport activities – sport as a service provider in the health system" - this is the motto of the most comprehensive mass sport project in Austria to date which was initiated by the Secretary of State for Sport, Mag. Karl Schweitzer, in 2004. „Fit for Austria" highlights the potential of organised sport in Austria to exploit existing potentials with a beneficial effect on health and to point out new ways to reduce sickness costs and relieve the health system.

Special about the project „Fit for Austria" are the special exercise offers for all ages: kindergarden, school, employment, and the second half of life:

The „SportKids" project – polysportive education for optimum motoric development – for children aged 4-7 has been launched with huge success in Burgenland, in Vienna, Salzburg, Tyrol, and Vorarlberg.

„Fit for School" presents a model for athletic afternoon school activities in addition to regular physical education.

„Fit for Business" is a preventive scheme for corporate preventive health care contributing to a boost in the quality of life and work for employees.

In 2004 the project „Fit for 50 plus" – mobility up to an advanced age – also included a hugely successful mobility bus tour through all of Austria with mobility checks and subsequent consulting for the Generation 50 plus. Approximately 1700 persons were tested during the tour.

A framework promotion contract has been signed between the Federal Chancellery and the Federal Sport Organisation to create optimum framework conditions for mass sport. Plans exist to award subsidies of € 700 000.00 in 2005 and 2006 and to award a uniform quality seal „Fit for Austria" to achieve a uniform quality standard for mobility offers.

http://www.fitfueroesterreich.at/

Finland

Project Title: Low Levels of Leisure-time, Physical Activity and Cardiorespiratory Fitness Predict Development of the Metabolic Syndrome

David E. Laaksonen, MD, MPH[1,4], Hanna-Maaria Lakka, MD, PHD[2,3], Jukka T. Salonen, MD, PHD[2,3,6], Leo K. Niskanen, MD, PHD[4], Rainer Rauramaa, MD, PHD[5,7] and Timo A. Lakka, MD, PHD[2,,] Finland

OBJECTIVE

Little is known about the association of leisure-time physical activity (LTPA) and cardiorespiratory fitness with development of the metabolic syndrome, which predisposes diseases such as diabetes and atherosclerosis. We studied the associations of LTPA and cardiorespiratory fitness with development of the metabolic syndrome (World Health Organization [WHO] and the National Cholesterol Education Program [NCEP] definitions).

RESEARCH DESIGN AND METHODS

LTPA over the previous 12 months, VO_{2max} (ml · kg^{-1} · min^{-1}), and cardiovascular and metabolic risk factors were assessed in a population-based cohort of 612 middle-aged men without the metabolic syndrome.

RESULTS

At the 4-year follow-up, 107 men had metabolic syndrome (WHO definition). Men engaging in >3 h/week of moderate or vigorous LTPA were half as likely as sedentary men to have the metabolic syndrome after adjustment for major confounders (age, BMI, smoking, alcohol, and socioeconomic status) or potentially mediating factors (insulin, glucose, lipids, and blood pressure), especially in high-risk men. Vigorous LTPA had an even stronger inverse association, particularly in unfit men. Men in the upper third of VO_{2max} were 75% less likely than unfit men

to develop the metabolic syndrome, even after adjustment for major confounders. Adjustment for possible mediating factors attenuated the association. Associations of LTPA and VO_{2max} with development of the metabolic syndrome, as defined by the NCEP, were qualitatively similar.

CONCLUSIONS

In particular, high-risk men engaging in currently recommended levels of physical activity were less likely to develop the metabolic syndrome than sedentary men. Cardiorespiratory fitness was also strongly protective, although possibly not independent of mediating factors.

France

Project Title : « City-Health » 2005- City of Vandoeuvre lès Nancy

The main objective of this project was to increase all people's (young and older people) awareness about the diet and physical activity relationship.

With this project, the City of Vandoeuvre wanted to develop its health policy and became as well part of the Diet and Health National Programme ("PNNS: Programme National Nutrition Santé"). This programme advocated by the public authority relies on the two following concepts: "Health comes by eating and health comes by moving".

Moreover, thanks to this project, Vandoeuvre belongs now to the French City-Health network.

City-Health is in line with another project called "Judocité" which took place in Vandoeuvre in 2004 and aimed at the incentive to physical activity. However, the innovative aspect of City-Health is the connection of physical activity and diet, two essential parameters for everybody's good health. Taking into account this acknowledgement, the city of Vandoeuvre, the National Education, the Judo League of Lorraine and the CODES 54 had decided to develop this project.

1st step: Sensitization of primary school pupils to the topic "Diet and physical activity"

- Educational games, physical activities were used as a way to inform and interest the young public;

-Teachers benefited from a specific training in order to make them ready to explain and teach their pupils about the subject.

2nd step: Sensitization of local young people to the physical activity

Sport and thematic workshops were set up for a day in four different districts. These activities were supervised by the sport educators of the area. Through this initiative, the project managers wanted to make the local young people understanding the correlation between healthy life and physical activity. A famous regional athlete was invited as well to speak with the participants about his own experience.

To conclude the project, a conference opened to everybody was also organised. The topic was « Healthy life by eating and by moving ». Several professionals of this area were invited to give their point of view about the subject.

http://www.vandoeuvre.fr/mairie/pages/fr/1250.htm

Germany

Project Title: Young people's lifestyles and sedentariness; analysis of the role of sport in the

***context of education and as a means of restoring the balance,* by University of**

Paderborn, Germany Prof. Brettschneider.

Main findings:

-*Europe's children and young children are increasingly obese due* to a sedentary lifestyle and lack of exercise. Growth rates in many Member Statestake on the dimensions of an epidemic.

-*Europe's kids are getting fatter.* During one decade, obesity rates in old Member States have risen by 8-10 %, while physical performance capacity has been reduced by 10-15% over 25 years.

-*Fat kids are more likely to get old people's diseases* like diabetes.

-*Factors which have shaped this development*

-Unhealthy diets, no fruit and veg.

-Increasing media/TV consumption.

-School sport on the decrease in most Member States.

A problem of the poor: in many Member States, the problems of unhealthy diets, lack of exercise, obesity and related diseases tend to be overrepresented in underprivileged families. This points to a growing health gap between Europeans with and without resources.

Recommendations:

(1) All actors have a role to play: Good health starts at home but schools, sport and youth clubs are also called upon to contribute to the fights against unhealthy lifestyles.

(2) Food: Not more, but better information campaigns: the biggest problem for Europe's citizens is to know enough about the enormous diversity of products available. The complex links between diet, exercise and lifestyle must be addressed.

Project Title: Sport Pro Gesundheit (engl.: Sport Pro Health)

"Sport Pro Health" is the implementation of a quality certificate for sport organisations which offer activities to obtain a healthy lifestyle. Target group are mainly people who have not been involved in sports so far. This initiative of the German Sports Confederation (Deutscher Sportbund) and the Federal Chamber for Medical Doctors shall provide high quality health sport courses in sport organisations all over Germany and contains so far more than 10 000 offers. The certified activities are:

- of high quality as the sport courses need to fulfil a standard defined within the certificate (definition of target groups, qualification of the trainer, organisational structure, health check of the participants before start, quality management etc.) and

- of a preventive character as the physical activity shall e.g. strengthen the cardiovascular system, the skeleton and combat stress.

Thus theses activities are also acknowledged and subsidised by several health insurances. The long term objective is to reduce costs in the health systems through promoting healthy lifestyles.

In the context of the project the main objectives for health sport are defined as follows:

- strengthening of physical health resources (e.g. endurance sport against cardiovascular risks),

- strengthening of psychosocial health resources (e.g. physical activity for mental well being),

- decline of risk factors (e.g. physical activity against overweight),

- coping with pain and discomfort (e.g. improvement of muscles strength against back pain),

- building up commitment to physical activity (e.g. developing a long term healthy lifestyle through considering nutrition, relaxation, physical activity etc.) and

- improving the environment for physical activity (e.g. adequate facilities, qualified trainers, co-operations).

A very similar project is “Sport Pro Reha” which implements a comparable certificate for rehabilitation sport offers.

http://www.sportprogesundheit.de/pages/de/SPGaktion/168.html

Project Title: SPRINT – Sportunterricht in Deutschland (Schulsportstudie / School Sport Study)

The study financed by the German Sports Confederation (Deutscher Sportbund) and the five former German candidate cities for the Olympic Games 2012 has been implemented in seven German regions (Baden-Württemberg, Bayern, Hamburg, NRW, Sachsen, Sachsen-Anhalt and Schleswig-Holstein). The objective was to inspect qualitative and quantitative aspects of the physical education lessons in three different class levels (ages of pupils around 9/10, 12/13 and 15/16) of all different school types. This took place at 219 schools. The base was to ask 8863 pupils, 4352 parents, 1158 sport teachers and 191 heads of school in order to reveal the deficits.

Some of the main outcomes are the following:

- There is a lack of sport facilities at schools (especially swimming pools) which causes a loss of school sport lessons.

- The recommendation of 3 lessons physical activity per week is often not realised at schools.

- Nearly all schools also offer sport outside the curricula, but the inactive kids and pupils with overweight are not targeted enough with modified offers.

- 78% of the schools have co-operations with sport organisations.

- 2/3 of the pupils interviewed consider sport as important in their daily life, only 14% as totally unimportant.

- Except of the first age group the pupils generally feel that they learn more for their sport competences outside than inside school.

- Most of the pupils judge their school sport lessons as too traditional and old-fashioned and would prefer to learn new sports such as for example baseball.

- Lots of teachers are giving sport lessons who have not graduated in physical education, especially in primary schools.

- Sport teachers do participate a lot in vocational training.

- Generally the parents value physical education for the personal development of their kids. This is felt more though for boys than for girls.

The study resulted in recommendations how to improve the school sport situation. These recommendations were categorised into:

- programmatic aspects (e.g. how to promote the educational values of sport in the lessons)

- basic parameters (e.g. targeting sport facilities, quantity of lessons)

- structure and design of school sport lessons (e.g. integration of innovative sport activities)

- sport outside the lessons (e.g. it cannot replace the school sport)

http://www.dsb.de/index.php?id=5923

http://www.sportunterricht.de/news/sprintkommentare.html

Sweden

Projcet Title: Physical activity, body composition and physical self esteem among children and adolescents, by Karolinska Institutet, Sweden; Anders Raustorp

Background

The increasing prevalence of overweight and obesity poses a global health problem. Special concern is focused on overweight during youth since it may cause negative impact on health both during childhood, adolescence and later life. Physical activity is a key component in preventing overweight and associated with major health benefits and therefore crucial in youth health. An important personal factor for being physically active is the individual perceived physical self-esteem.

Aim

The aims of this thesis were to measure physical activity level by means of daily pedometer steps, body composition, expressed as body mass index (BMI) and Bioelectrical Impedance as percent body fat, and individual perceived physical self-esteem. It was also, to test for reliability and validity the Swedish translation of Children and Youth Physical Self Perception Profile (CY-PSPP). Further, to compare activity and BMI levels between three countries and establish BMI referenced pedometer determined cut points. An additional aim was to evaluate eventual predictors for a healthy lifestyle i.e. highly physically active, normal weighted and a high physical self-esteem in a follow-up group (FUG).

Methods

During autumn 2000 physical activity level (daily mean steps) was assessed in 892 school children aged 7-14 years in south-esteem Sweden, additionally BMI was calculated and in 501 of these children physical self-esteem was also assessed. Using the same protocol, data was gathered in United States from 711 children and in Australia from 593 children. In Sweden during autumn 2003, a total of 375 adolescents aged 15-18 years were assessed using the same methodology and together with that, percent body fat was measured. Ninety-three of

these adolescents, (46 girls), were also measured in 2000 (FUG).
Results

The results provided baseline information useful as reference data on levels of physical activity, BMI (age 7-18) perceived physical self-esteem (age 10-17) and percent body fat (age 15-18). A drop in physical activity was seen in boys during early adolescents. Physical activity (accumulating daily steps) correlated, in most age groups poor to fair negatively to BMI and poor to fair to physical self-esteem. In boys, there was a poor negative, and in girls, a fair negative correlation between physical self-esteem and BMI. BMI criterion referenced cut points indicated, for each sex and age group, the optimal median cut point for steps per day for 6-12 year olds to be 12 000 steps per day for girls and 15 000 steps per day for boys. In the FUG the strongest predictor to be highly physically active, maintain a normal BMI and a high physical self-esteem three years later, was for girls increased physical self-esteem and for boys a decreased BMI.

Conclusion

Instruments used herein, pedometers and the Swedish translation of the CYPSPP, were useful to measure and classify levels of physical activity and perceived physical self-esteem in children and adolescents. With these instruments it was possible to identify individuals "at risk" for physical inactivity and low physical self-esteem. Based on pedometer steps per day, understandable recommendations could be given to professionals in health care and education, parents, children and adolescents and thereby support actions formed to influence healthy habits.

Project Title: Positive attitude among patients receiving physical activity

on prescription L. V. Kallings, Karolinska Institutet & NIPH-S, Sweden

BACKGROUND

Physical inactivity is one of the major factors behind preventable illness and premature death. Inactivity is a multifactorial problem and several parallel strategies are needed to increase physical activity, both towards population as well as towards individuals at high risk. A promising method for health promoting health care and a way to reach inactive high-risk individuals is “Physical Activity on Prescription” (Swedish: FaR).

AIMS

To investigate patients attitudes to Physical Activity on Prescription.

METHODS

481 patients where recruited from 10 primary care and 3 occupational healthcare units in 5 Swedish counties. These units are distributed over the country and work under different conditions, concerning their size, location, population, etc. The patient is given a prescription from the primary care unit. The patients received questionnaires at baseline and at follow-up after 6 months. The questionnaires focused on physical activity level, patient attitude to lifestyle advice, adherence to prescription and quality of life.

RESULTS

At baseline a majority (90%, n=470) of the patients preferred physical activity compared to drugs. At 6 months 298 patients answered the questionnaire (62%). Nearly all of them (95%) had a positive attitude in general to lifestyle counselling in primary care. The majority wants to be counselled about lifestyle when visiting primary care, 40% thought it was important regardless of the cause of visiting. Another 54% want counselling if the cause of visiting is correlated to inappropriate lifestyle. More than 90% found it positive that they had received physical activity on prescription 6 month earlier. Half of the patient reported an improved health after that, which they correlated to their increased physical activity.

CONCLUSIONS

Patients find lifestyle counselling in primary care positive and in particular physical activity on prescription. More controlled studies are needed to verify these results.

Project Title: Physical activity on prescription – a promising method for

health promoting health care L. V. Kallings, Karolinska Institutet & NIPH-S, Sweden

M. Leijon, The centre for public health science, Sweden

BACKGROUND

Medical care services play a key role in public health work due to their specific competence, authority and extensive contact with the population, but as stated in the Swedish bill of public health objectives it needs to be more health-oriented. A method for health promoting health care and a way to reach high-risk inactive individuals could be counselling of physical activity (PA).Physical Activity on Prescription (Swedish: FaR) is the working method and organisational structure of prescribing PA. FYSS “Physical activity in prevention and treatment of diseases” is the scientific handbook for GP’s and other healthcare professionals on effects of PA on the prevention and treatment of diseases and how to prescribe PA.

AIMS

To develop and describe the working method and structure of FaR.

METHODS

Ten primary care and 3 occupational healthcare units in 5 Swedish counties were included. Each unit has been responsible for establishing interaction between health and leisure service personnel and for creating a community-based network with other public health organisations. Experiences were gathered through questionnaires for co-ordinators, healthcare staff, leisure time organisations and patients receiving FaR. Also diaries, flowcharts and organisation models have been used.

RESULTS

There was a positive response from the participants, with 93 % of healthcare personnel positive to the project and 92 % of the sport and recreational organisations agreed that the project had been positive for them and concurred that this concept had developed their method of working. Health care staff found FaR as a possibility to increased quality in the work of health promotion. FaR was a way for enhanced co-operation. Positive reactions were also received from the patients.

CONCLUSIONS

FaR is a promising method for health promoting health care. More studies are needed for further development of interventions to increase PA in the health care setting.