

Up-to-date health - Running and Walking Center in Tondela

Health Promotion and Prevention



THIS REPORT ARISES FROM THE JOINT ACTION ADDRESSING CHRONIC DISEASES AND HEALTHY AGEING ACROSS THE LIFE CYCLE (JA-CHRODIS) WHICH HAS RECEIVED FUNDING FROM THE EUROPEAN UNION, UNDER THE FRAMEWORK OF THE HEALTH PROGRAMME (2008-2013).

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PRACTICE DESCRIPTION

Title

Up-to-date health - Running and Walking Center in Tondela

Summary (abstract)

The intervention “Saúde em Dia - Centro de Marcha e Corrida de Tondela” (CMMCTnd) targets adults, specially the senior population, of the Municipality of Tondela. The main goal of CMMCTnd is to reduce the sedentary lifestyle and isolation of the target population in the Municipality of Tondela, through activities promoting healthy and active ageing. The main operational objectives of CMMCTnd are: to disseminate the practice of technically oriented physical exercise; to establish partnerships with the health sector, identifying beneficiaries from medical appointments and introducing them to physical exercise activities with the presence of a Sports Technician; to assess and monitor the health parameters; and to register physical performance and health of participants. Besides these main objectives, this program also enabled a better occupation plan of the local sporting facilities, the stimulation of the associativism and the creation of job opportunities for sports technicians.

The project is developed by conducting local sessions of exercise (2-3 times a week), in spaces dedicated for fitness, walking, jogging, swimming, among others. Some projects also develop areas of cognition and cultural activities. CMMCTnd allowed the establishment of partnerships with local health. This allowed the presence of a Sports technician at the Health Unit Centres that orients the beneficiaries from the diabetic medical appointments towards an exercise programme in CMMCTnd. In addition, the presence of 3 nurses allows the diagnosis and the monitoring of the beneficiaries, registering potential useful information for the general practitioner or the Sports technician in the “Exercise and Physical Health Bulletin”. There is also collaboration with one nutritionist (training and monitoring healthy eating habits) and one psychologist (working in psychomotricity and cognitive development areas).

Keywords

healthy and active ageing, exercise, nutrition, psychomotricity, cognitive development



Keywords suggested from MeSH**Country**

Portugal

Level of complexity**Implementers (authors)**

Ageing@Coimbra Consortium, Municipality of Tondela

Main aims and objectives of the practice

The main goal is to fight sedentary lifestyle, isolation, and loneliness of the elderly population in the municipality of Tondela. This is accomplished through activities promoting healthy and active ageing. The main objectives are to provide a platform of health promotion through the practice of regular physical exercise activities, supported and monitored by specialized staff (Physical Education professional), and to provide a space for counseling, information and study of questions related with health and physical exercise.

The specific objectives of CMMCTnd are:

- a) to evaluate the physical condition of the beneficiaries of the programme and to perform the diagnosis using several test batteries (e.g. Fullerton Advanced Balance Scale and Senior Fitness Test) and physiological parameters (e.g. glycemia, cholesterol, and body index mass);
- b) to promote and develop institutional capacities to recommend to the adequate health services;
- c) to establish partnerships with the Health Units in order to adjust the physical exercises to the needs of the beneficiaries;
- c) to register the physical exercise performance of the beneficiaries, providing the health professionals (general practitioner) with complementary data for clinical monitoring;
- d) to provide technical support to the beneficiaries, whether or not practicing physical exercise;
- e) to allow research projects implementation with groups of citizens, in partnerships with Universities and Health Institutions.

Target population

Adults and the senior population of the Municipality of Tondela.

Coverage of the interventions

Local

What core activities have been implemented?

In general, physical exercise activities are scheduled regularly (2-3 times per week) and there are training sessions (workshops) on nutrition issues, physical exercise and diabetes prevention.

The individual performances (physical exercise and health status) are registered in the booklet ("Physical Exercise and Health Bulletin"), joining information from/to doctors, nurses and sports technicians.

What are the main results obtained from the development of the practice?

Taking into consideration the clear benefits of promoting regular physical exercise activities and reducing socio-economic exclusion, in addition to the positive feedback of the beneficiaries, it is recommended that this program should be extended.



Did the practice succeed regarding the main aim and objectives outlined earlier?

Yes

Has the practice been formally evaluated?

Yes

Main lessons to be learned

- 1 – Finding that the strategy to improve health, autonomy, personal independence and quality of life of citizens of the Municipality of Tondela was achieved;
- 2 - The promotion of factors that lead to social life and to fight isolation and loneliness, promoting the creation of healthy life styles;
- 3 – The recognition that partnerships between institutions, local (local authorities, health authorities, sport, cultural and social associations, private sector and others) are important, leading to the establishment of a "network of common interests" in the promotion of health and wellbeing of our citizens;
- 4 – Recognizing that important association between physical exercise and health as fundamental and complementary contributions to improve health and the quality of life;
- 5 - The value and importance of promoting active and healthy ageing;
- 6 – Knowing that the senior population is satisfied, which is perceived as a significant improve of their condition, autonomy and personal independence, and especially their health status (physical and psychological);
- 7 – The privilege of receiving public recognition from prestigious Institutions, such as Universities, Health Care Units.

References

<http://www.cm-tondela.pt/index.php/servicos/desporto/programa-saude-em-dia/centro-municipal-de-marcha-e-corrida>

https://www.youtube.com/watch?v=RRqeZEzy8S8&list=PLXaHwIYRoo_eq5VuADFQ-CYfnfIHApSX8&index=2

Barriers to knowledge transfer

N/A

Type of funding

Public

Sources of funding

Funded by Regional government (Municipality of Tondela – 80%) and the other institutions coordinating local projects (20%).



ASSESSMENT CRITERIA

Description of the practice

Participants become aware of the programme through dissemination activities of local associations and by the Professor of Physical Education (weekly present at the Health Units Centre). The physical exercise sessions are held in various locations in the Municipality, from January to December, 2-3 sessions per week, lasting 60 minutes. The activities consist of training of physical capacities as a mean to prevent decline of physical and cognitive functions. The physical performance and health indicators are evaluated by team of nurses that registers the "Physical Exercise and Health Bulletin". These records are forwarded by the participant to the general practitioner. This communication channel allows a more sustained evaluation of the progress of the participant, taking into account possible diseases. Single sessions (workshops) on the areas of health and physical exercise take place, complementing the practical part with theoretical knowledge on the importance and influence of these vital factors in the quality of life of citizens.

Was the design of the intervention appropriate and built upon relevant data, theory, context, evidence, previous practices (including pilot studies)?

Yes

Did the design thoroughly describe the practice in terms of purpose, SMART objectives, methods (i.e. recruitment, location of intervention, concrete activities, and timeframe (sequence, frequency, and duration))?

Yes

Target population

the target populations were chosen based on previous needs identified on a diagnosis analysis of the population of Municipality of Tondela.

In addition to the local health institutions which, through general practitioners refer patients (especially those with conditions susceptible to improve with regular physical exercise), we engage associative institutions that, through its members, locally organise activities to promote the advantages of the intervention (organized walking groups, free screenings of blood glucose levels, and body mass index, etc.). In addition, there were several awareness-raising events, including generalized diagnosis to the the population (free screening of cardiovascular risk; evaluation of physical performance - overall strength, flexibility, etc. and assessing, in collaboration with the Faculty of Sport Sciences and Physical Education, University of Coimbra and Sports School of the University of Porto). The organization of workshops and information sessions on health, exercise and nutrition, with the support of experts in the respective fields, allowed also the awareness of potential beneficiaries to the program.

Was the target population/s defined on the basis of needs assessment including strengths and other characteristics?

Yes

Was the engagement of intermediaries/multipliers used to promote the meaningful participation of the target population?

Yes

Equity

The programme is open to all population of the Municipality of Tondela interested in participate, with a special attention to the senior population, particularly the citizens living in more rural, isolated locations.

The programme was designed taking into account that there are senior citizens living in rural isolated areas, and some with physical disabilities. The activities are planned in accordance the attendees.

The programme encloses all population of the Municipality of Tondela, particularly the senior population. This means that there are persons with low income and low education, and some may have a physical disability, and live isolated.



In design, were relevant dimensions of equity adequately taken into consideration and targeted (i.e. gender, socioeconomic status, ethnicity, rural-urban area, vulnerable groups)?

Yes

During implementation, were specific actions taken to address the equity dimensions?

Yes

Empowerment and participation

1. The population of the Municipality of Tondela responded to a questionnaire identifying that one of the reasons to explain the high levels of inactivity was the lack of offer.

2. In 2013 there were 1387 attending the activities and in 2014 there were 1420 beneficiaries participating in the 65 local projects.

3. The questionnaire in 2014 and 2015 showed that the beneficiaries feel healthier, more mobility, more strength and energy, since their participation in the project. The results also show the importance of acquaintanceship with others, reducing isolation and loneliness of senior people, promoting their integration in the activities of the society.

Was the intervention designed and implemented in consultation with the target population?

Yes

Did the intervention achieve meaningful participation among the intended target population?

Yes

Did the intervention develop strengths, resources and autonomy in the target population? (I.e. assets-based, salutogenic approach)

Yes

Comprehensiveness of the intervention

1. The intervention was designed taking into consideration the senior population of the Municipality of Tondela, knowing that this group of people usually live isolated, low income, low socio-economic conditions.

2. The intervention has established partnerships with the Health Care Units, private sector and with private charity institutions.

3. It was aligned with the National Plan of Walking and Running, implemented by Sports University of Porto; Portuguese Athletic Association and Portuguese Institute of Sport and Youth.

Did the intervention have a comprehensive approach to health promotion addressing all relevant determinants, (i.e. including social determinants) and using different strategies (i.e. setting approach)?

Yes

Was an effective partnership in place during the implementation of the practice (i.e. multidisciplinary, inter-sector, multi-sector, and alliances with main stakeholders)?

Yes

Was the intervention aligned with a policy plan at the local, national, institutional or at international level?

Yes



Ethical considerations

1. The intervention has been implemented fairly, without gender discrimination, age or vulnerable social groups.
2. The beneficiaries are monitored by nurses and physical exercise is performed in the presence of specialized staff.
3. The Municipality of Tondela is a public institution, therefore it follows the transparency guidelines to public institutions. In addition, the information is available to the target population and partner institutions upon request.

Was the intervention implemented equitably (proportional to needs)?

Yes

Were potential burdens (including harm) of the intervention addressed (for the target population)?

Yes

Were the intervention's objectives and strategy transparent to the target population and stakeholders involved?

Yes

Evaluation

1. The target population (senior population of the Municipality of Tondela) has been actively participating in the project, thus increasing the levels of physical exercise. In addition, it is contributing to reduce the isolation of some citizens.
2. the following validated instruments were used:
 - The Short Form (36) Health Survey on health status;
 - Senior Fitness Test (Rikli and Jones, 1999);
 - Fullerton Advanced Balance (FAB) Scale;
 Among others
3. The intervention is evaluated annually
4. The process of evaluation was internal: questionnaires to the beneficiaries, informal interviews.

Did the evaluation results achieve the stated goals and objectives?

Yes

Did the intervention use a defined and appropriate evaluation framework for assessing structure, processes and outcomes? (i.e. validated tools, evidences of the results of the evaluation linked to actions to reshape the implementation accordingly, efficiency assessment of the intervention (after implementation)(e.g. cost versus outcome)

Yes

Did the intervention have any information/monitoring system in place to regularly deliver data aligned with evaluation and reporting needs?

Yes

Specifically, what has been measured? Process (respondents, method, and participants' satisfaction); effects (impact/outcomes); others.

Yes



Sustainability

1. The CMMCTnd is promoted by the Municipality of Tondela and it was aligned with the National Plan of Walking and Running.
2. All partners are committed with CMMCTnd. Indeed, the partnership with the Health Care Units has been extended, supporting the favourable feedback of the institutions involved.
3. Satisfaction survey to the participants/beneficiaries show a broad support to the intervention.

Is the continuation of the intervention ensured through institutional ownership that guarantees funding and human resources, and/or mainstreamed?

Yes

Is there a broad support for the intervention amongst those who implement it?

Yes

Is there a broad support for the intervention amongst the intended target population?

Yes

Governance and project management

1. The activities/local projects to be implemented annually by the CMMCTnd are identified, in order to allocate the needed human resources, material and budget.
2. The intervention is funded by the Municipality of Tondela and by other institutions coordinating the local projects.
3. The intervention is managed by the councillor for Sport of the Municipality of Tondela, working in collaboration with his team.

Did the intervention include an adequate estimation of the human resources, material and budget requirements in clear relation with committed tasks?

Yes

Were sources of funding specified in regards to stability and commitment?

Yes

Were organisational structures clearly defined and described (i.e. responsibility assignments, flows of communication and work and accountabilities)?

Yes

Potential of scalability and transferability

1. The physical conditions and health status of the population enrolled in the project are assessed by specialized staff (nurses and Physical Education professional).
2. The initiatives/activities taking place at CMMCTnd can be performed by other national institutions and can be adapted in other countries.
3. In this context there is a commitment with the Parish Councils, Associative institutions and health care units.

Is the potential impact on the population targeted assessed (if the intervention is scaled up)?

Yes

Are there specific knowledge transfer strategies in place (evidence to practice)?

Yes




**Is there an analysis of requirements for eventual scaling up such as foreseen barriers and facilitators, available?
(i.e. resources, organisational commitment, ...)**

Yes



ASSOCIATED CONTENTS


Title: Health in Day | Race and Run Center

Type of Content:  Video

Link: https://www.youtube.com/watch?v=RRqeZEzy8S8&list=PLXaHwIYRoo_eq5VuADFQ-CYfnfIHApSX8&index=2



Title: Municipal Center of March and Race

Type of Content:  Web page

Link: <http://www.cm-tondela.pt/index.php/servicos/desporto/programa-saude-em-dia/centro-municipal-de-marcha-e-corrida>

