



Saúde em dia

DESPORTO FAZ BEM



Program “Up-to-Date Health – Running and Walking Center in Tondela”

ISPRA, 16 March 2018.



**«Up-To-Date Health – Running and Walking Center in Tondela»
The program to improve Health and Well Being!**

This project was developed to fight sedentary lifestyle, isolation and loneliness in elderly people and to promote an healthy and active ageing.

It offers its participants the possibility of practicing diverse physical activities:

- *Gimnastics
- *Walking
- *Running
- *Fitness
- *Water aerobics
- *Others

Other activities

NURSE

- Following and evaluation by nurses, mainly for the patients who have clinical diseases such as diabetics, hypertenses, cardiovascular disease, depression and anxiety.

PSYCHOLOGIST

Workshops and small courses lead by psychologists and specialized technicians



- * Cognitive stimulation
- * Social interactions

NUTRITIONIST

- Workshops lead by a nutritionist who also support overweight participants.



- * Healthy eating habits

The program consists of two main projects:

TONDELA MUNICIPALITY

CMMCTnd
Running and walking Center Tondela
UCSP Campo-Caramulo C. Besteiros

CMMCTnd
Running and walking Center Tondela
USF Cândido Figueiredo Canas Stª Maria

CMMCTnd
Running and walking Center Tondela
UCSP Tomás Ribeiro Tondela

- 81 Local projects “Up-To-Date Health» (developed in all the **Parish** of the Municipality)
- 3 Projects **Running and Walking Center Tondela** (developed by the **Health Units** of the Municipality)

Local projects “Up-to-Date Health”

- Physical exercise projects that take place in the parish of the municipality.
- Coordinated by different local institutions.
- Mainly focus on elderly population.
- Promoting physical exercise (2 times per week).
- Other projects also have 1h of water aerobics.
- Financial support (80% Municipality; 20% Local institutions and/or user).

It's the contribution of the physical exercise to fight: sedentary lifestyle, isolation and loneliness!

Partners of the program UP-TO-DATE HEALTH LOCAL PROJECTS

MUNICIPALITY OF TONDELA

- Program Management;
- Financial support (Municipality: 80%; Local Institutions, or user: 20%) for the remuneration of Technicians;
- Establish protocol for collaboration with: Local Institutions
- Organize the evaluation sessions: final evaluation - in 2018-12-15; Seminar Physical Exercise, Health and Welfare - in 2018-03-17; others;
- Organize the activity "Up- To- Date Health walk", in 2018-06-24 targeting participants amongst all projects; other initiatives throughout the year;

TOWN COUNCILS AND ASSOCIATIVE INSTITUTIONS

- Application and local coordination of projects "Up-To-Date Health"
- Providing facilities for practical classes
- Promotion and mobilization of participants for its project
- Payment to the Technicians, according to the financial support of the Municipality (80%)
- Contribution in the payment to the Technicians (20%)
- Participation in the training sessions, evaluation and other activities of the Program

User's routine

- 1- Free registration.
- 2- Evaluation of the physical condition of the user.
- 3- Prescription of the exercise according to the physical condition/other.
- 4- Practical activity – physical performance.
- 5- Participation in the diverse activities and initiatives of the program.
- 6- Evaluation of the performance by the Technicians involved.

“Running and Walking Center Tondela”

- Municipal project in partnership with 3 local Health Centers.
- Coordinated by the municipality.
- Mainly focus on patients identified by the doctors which could benefit from regular physical exercise.
- The patients have access to 4 physical exercise classes/ week (can also include 1h of water aerobics – *Running and Walking in the Water*).
- Health condition and performance are supervised by sports technicians, nurses, nutritionist and psychologist.
- The information is shared with the doctors and the other technicians, through the Individual Health Bulletin.



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Individual Health
Bulletin

Boletim
Exercício Físico & Saúde



QUESTIONÁRIO* PARA A PRÁTICA de EXERCÍCIO FÍSICO

- | | | | |
|----|---|-----|-----|
| 1. | O seu médico já lhe transmitiu que tem algum problema cardíaco como por ex. enfarte ou arritmia? | SIM | NÃO |
| 2. | Já sentiu alguma dor estranha no peito durante a prática de exercício físico? | | |
| 3. | Algumas vez sentiu tonturas ou perda de equilíbrio durante a prática de exercício físico? | | |
| 4. | Teve um ataque de asma para o qual teve que ser medicamente assistido, nos últimos 12 meses? | | |
| 5. | Se tem diabetes (tipo 1 ou 2), teve dificuldade em controlar a glicémia nos últimos 3 meses? | | |
| 6. | Já lhe foi diagnosticado algum problema muscular, ósseo ou articular, que poderá ser agravado com o exercício físico? | | |
| 7. | Tem conhecimento de outros problemas de saúde que podem ser agravados com a prática de exercício físico? | | |

* Exercise & Sports Science Austrália V1 (2011)

Assinatura do Médico

Assinatura do Participante



TENSÃO ARTERIAL | GLICÉMIA | FREQUÊNCIA CARDÍACA

Data: ____ - ____ - ____	Data: ____ - ____ - ____
TA mmHg	TA mmHg
FC repouso bpm	FC repouso bpm
Glicémia antes EF mg/dl	Glicémia antes EF mg/dl
Glicémia apos EF mg/dl	Glicémia apos EF mg/dl
Data: ____ - ____ - ____	Data: ____ - ____ - ____
TA mmHg	TA mmHg
FC repouso bpm	FC repouso bpm
Glicémia antes EF mg/dl	Glicémia antes EF mg/dl
Glicémia apos EF mg/dl	Glicémia apos EF mg/dl
Data: ____ - ____ - ____	Data: ____ - ____ - ____
TA mmHg	TA mmHg
FC repouso bpm	FC repouso bpm
Glicémia antes EF mg/dl	Glicémia antes EF mg/dl
Glicémia apos EF mg/dl	Glicémia apos EF mg/dl
Data: ____ - ____ - ____	Data: ____ - ____ - ____
TA mmHg	TA mmHg
FC repouso bpm	FC repouso bpm
Glicémia antes EF mg/dl	Glicémia antes EF mg/dl
Glicémia apos EF mg/dl	Glicémia apos EF mg/dl

Other activities

- In addition, several activities to promote physical exercise, nutrition and management of diabetes and hypertension are made available to the patients for extra motivation and knowledge.

It's the contribution of the physical exercise to improve health and well being of the patients!

Partners of the program Running and Walking Center in Tondela

MUNICIPALITY OF TONDELA

- Program Management;
- Financial support (Municipality) for the remuneration of Technicians (Physical Exercise, Nurses, Nutritionists, Psychologists, others);
- Establish protocol for collaboration with: ACES Dão Lafões (Regional Health Centers Grouping);
- Organize the evaluation sessions: final evaluation - in 2018-12-15; Seminar Physical Exercise, Health and Welfare - in 2018-03-17;
- Organize the activity "Up- To- Date Health walk", in 2018-06-24 targeting participants amongst all projects;
- Integrates the Ageing@Coimbra Consortium which certified the Coimbra and the Central Region of Portugal as "European Reference Region for Active and Healthy Aging" – achieved in 2014 in agreement with European Commission.

Partners of the program Running and Walking Center in Tondela

ACES DAO LAFÕES (Health Regional Structure)

- Involves the 3 Health Units of the Municipality of Tondela in the Program, in partnership with the Municipality of Tondela:
 - Presence of the Sports Technician in the Health Unit which follows users after medical consultations of diabetes, hypertension, obesity, other clinical pathologies
 - Keep performance records and medical evaluation of user in the Exercise and Health Bulletin (link between Doctor / Nurse / Physical Exercise Technician)
 - Evaluation of user and make available non-confidential information

User's routine

- 1- Patient attends doctor's appointment.
- 2- Doctor refers the patient to the Physical Exercise Technician.
- 3- Physical Exercise technician refers the patient to the "Running and Walking Center in Tondela".
- 4- Evaluation of the physical condition of the patient.
- 5- Exercise prescription according to the clinical profile
- 6- Practical activity in the "Running and Walking Center in Tondela".
- 7- Keep performance records in the Health and Physical Exercise bulletin.
- 8- Evaluation of performance.
- 9- Forwarding to local project «Up-To-date Health» or continuity in «Running and Walking Center in Tondela».

The main objective

Extend the methodology of the "Running and Walking Center in Tondela" to the local projects "Up-To-Date Health", with the support of the Health Units.



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DATA AND RECORDS



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81 Projects



DATA de 2018 (2017)

23 – Water Aerobics

=393 users, registered

60 – Others activities

=1.184 users registered



1.577

**Users in Physical Exercise,
regular, 3 - 4 x week**

48 Institutions:

- 26 Ass. Institutions
- 12 Parish
- 10 IPSS

**19 Parish (all)
involved**

**23 Ph. Ex. Technicians
+ 2 Nurses
+ 1 Nutritionist
+ 1 Psychologist**

19 Parish

Min.=19 – 177 =Max.
(User)

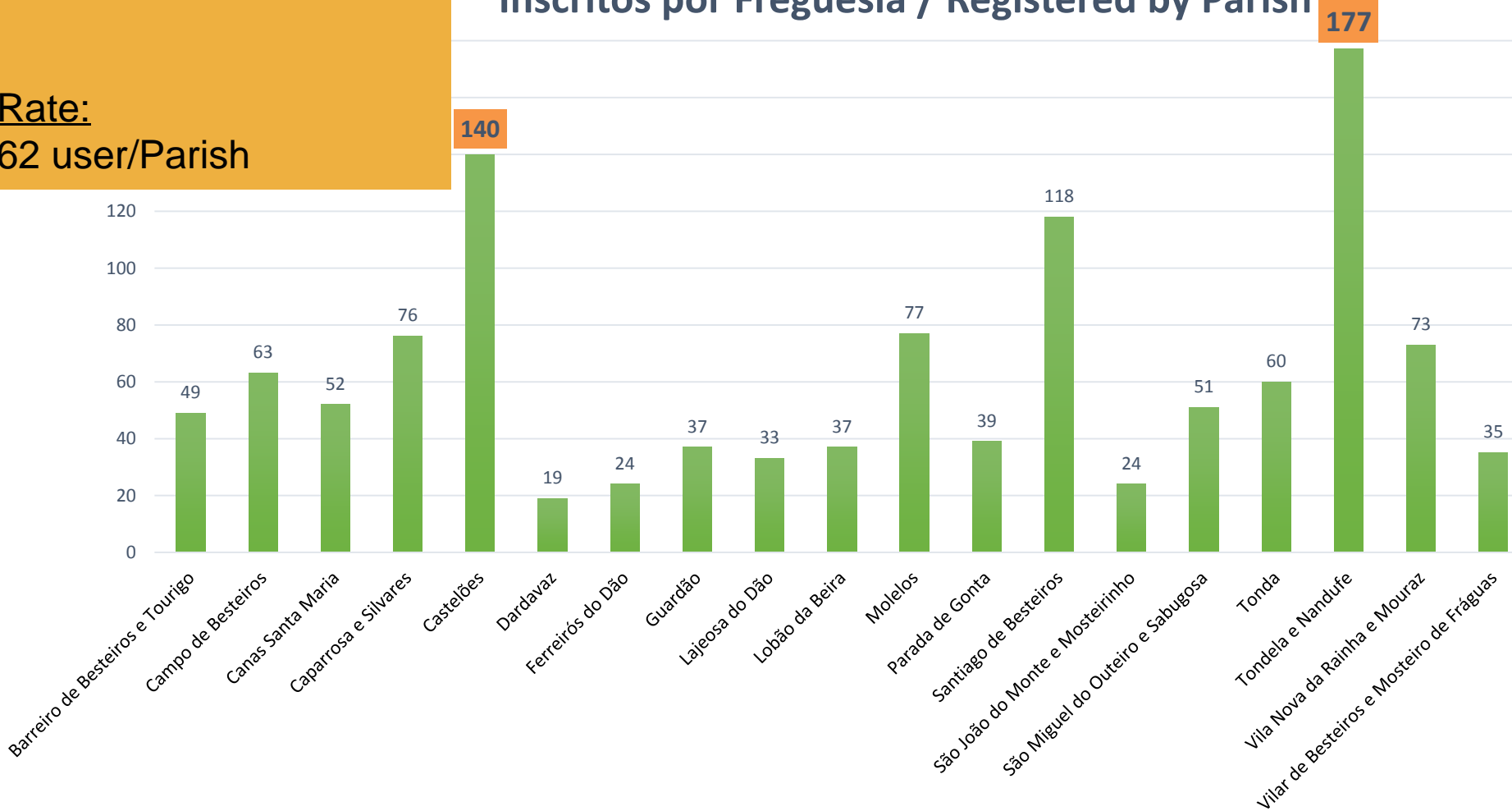
Rate:
62 user/Parish

LOCAL PROJECTS: Gimnastics and others...



DATA de 2017

Inscritos por Freguesia / Registered by Parish

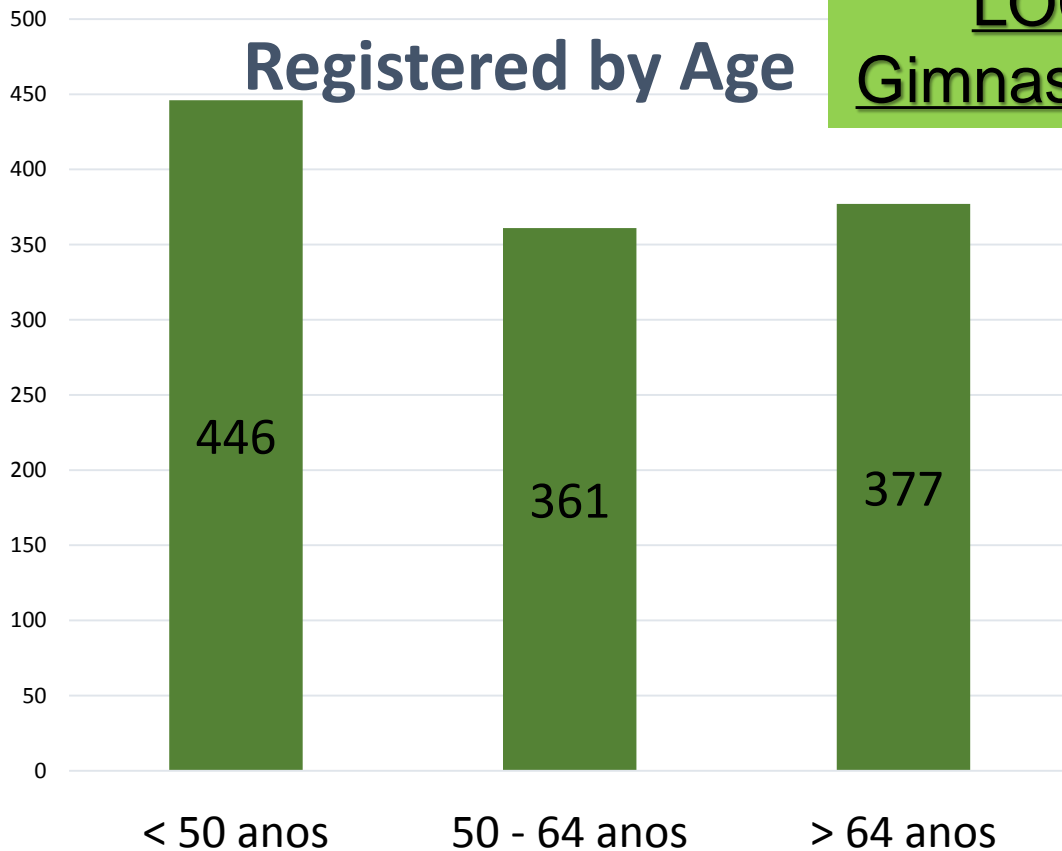




DATA de 2017

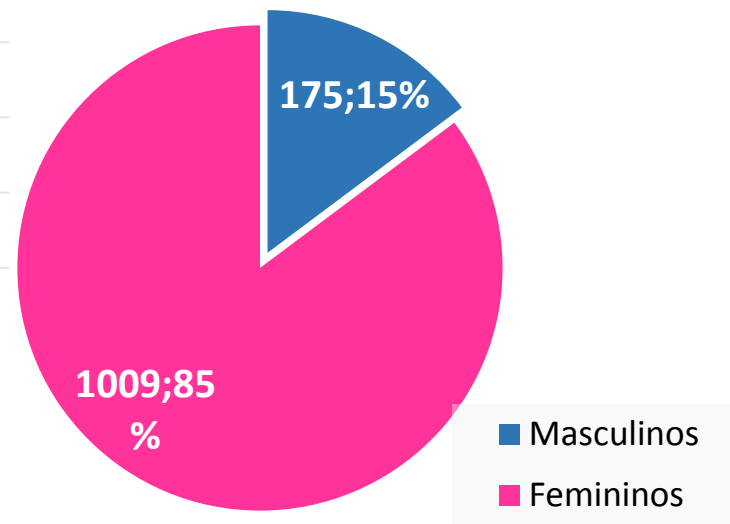
LOCAL PROJECTS: Gimnastics and others...

Registered by Age



TOTAL 1.184

Registered - Gender



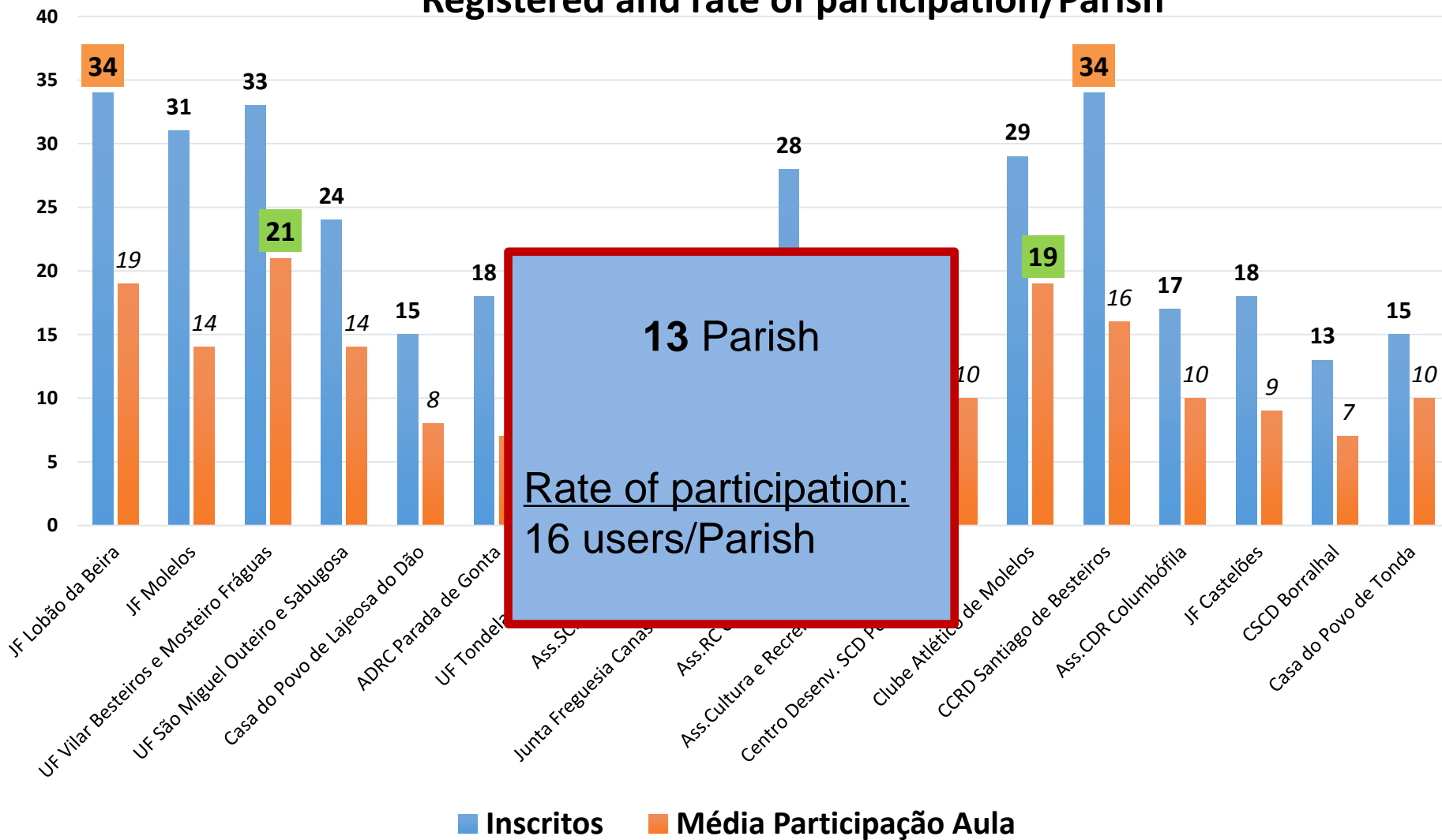
NOTE: From the 377 users with more than 64 years, 303 have got more than 70 years.

LOCAL PROJECTS: Water Aerobics

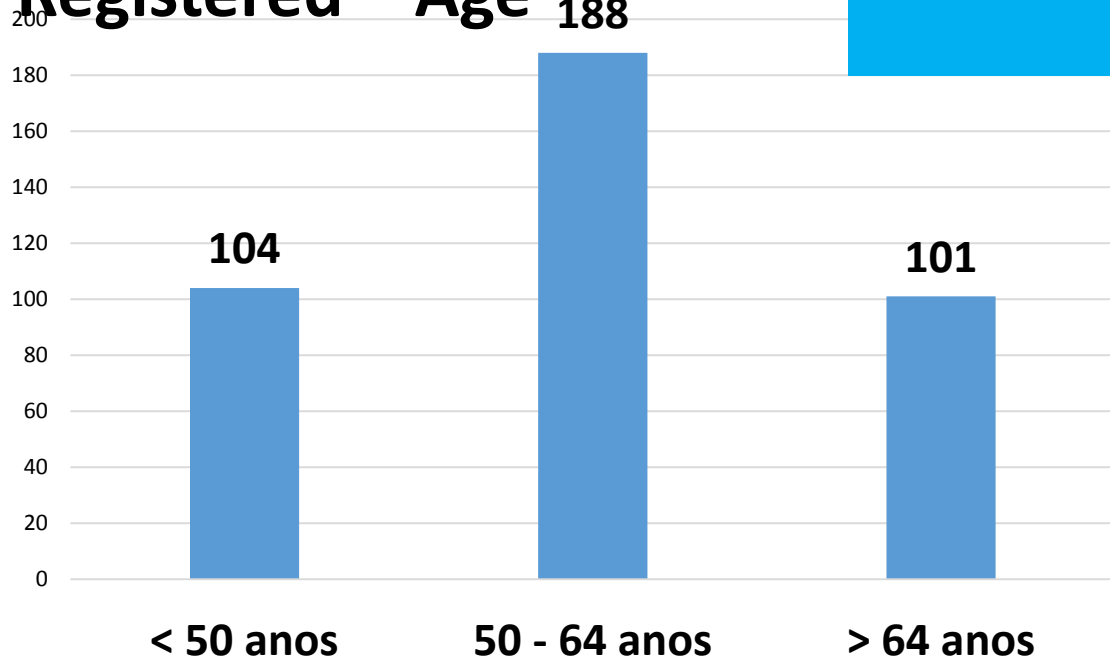


DATA de 2017

Registered and rate of participation/Parish



Registered – Age



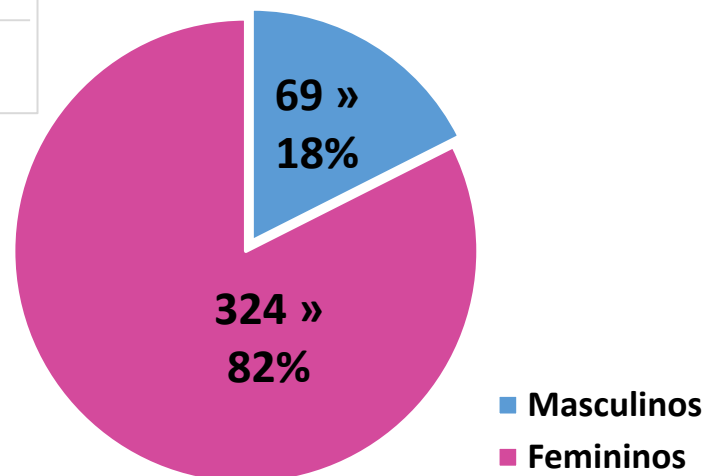
TOTAL 393

LOCAL PROJECTS: Water Aerobics



DATA de 2017

Registered - Gender



Nursery Evaluation of the Local Projects Up-To-Date Health

5^a Evaluation
(2016)

524
User

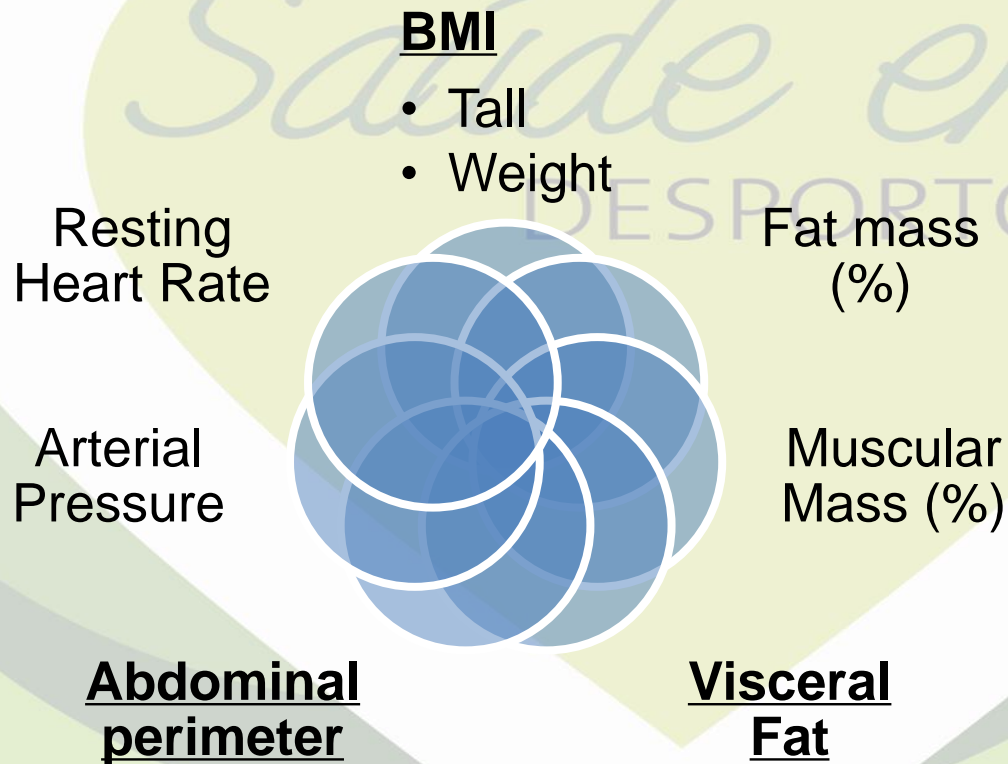
41
Projects

6^a Evaluation
(2017)

418
User

40 Projects

Evaluated Parameters

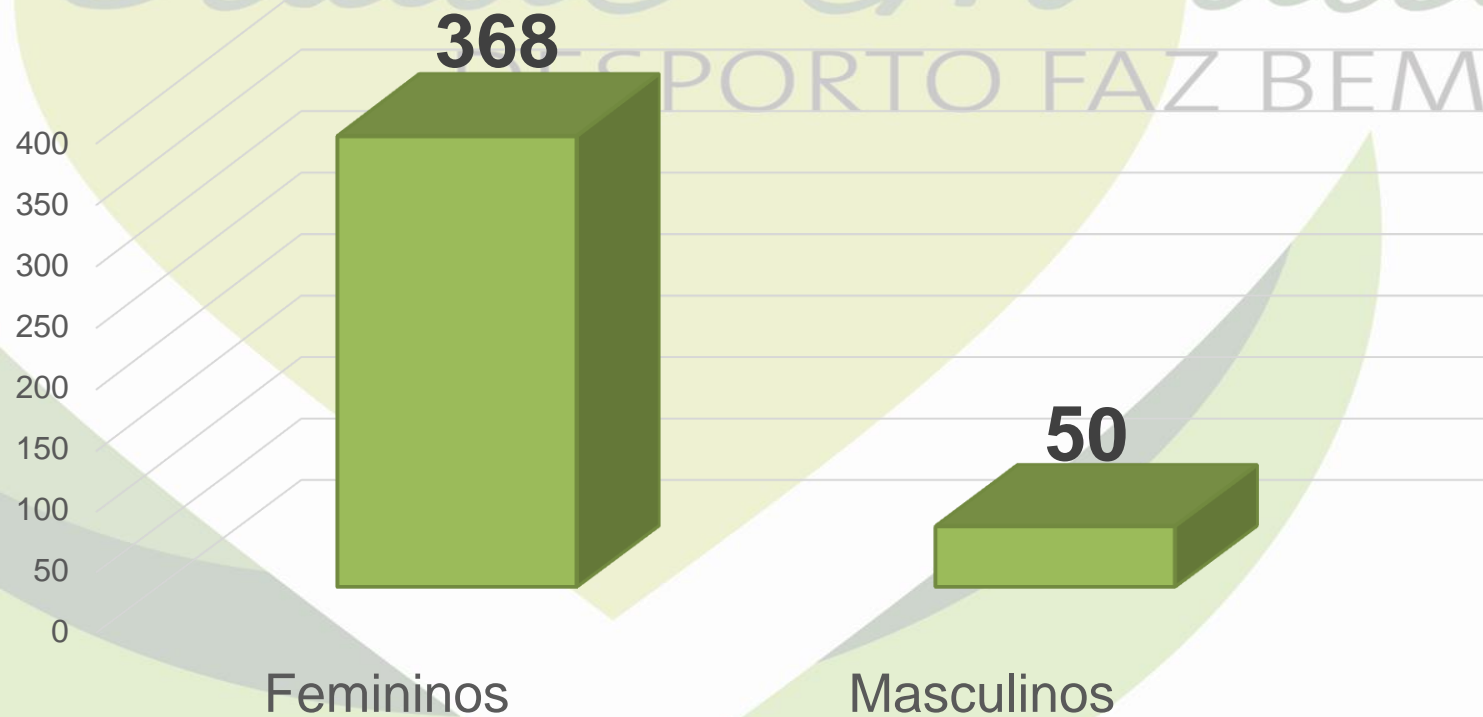


User Age | 2017

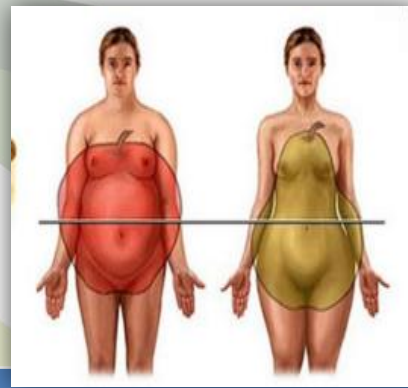


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User Gender | 2017

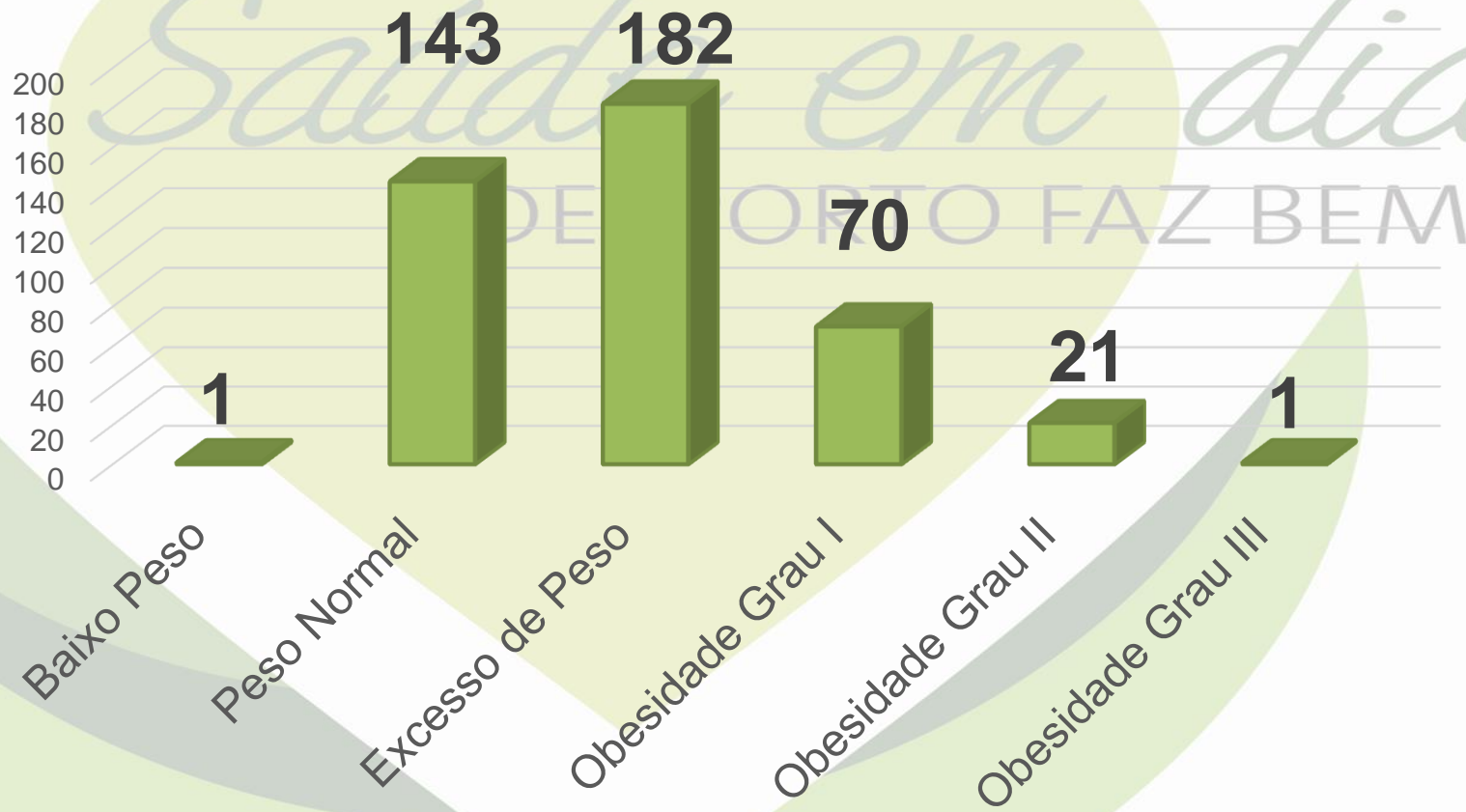


Reference Values



	<u>BMI</u>	<u>Abdominal Perimeter</u>		<u>Visceral Fat</u>
		Mulher	Homem	
<u>Normal</u>	$\geq 18,5$ e < 25 Kg/m ²	< 80 cm	< 94 cm	1-9
<u>High</u> (Overweight)	≥ 25 e < 30 Kg/m ²	≥ 80 cm e < 88 cm	≥ 94 cm e < 102 cm	10-14
<u>Very High</u> (Obesity I Obesity II Obesity III)	≥ 30 e < 35 Kg/m ² ≥ 35 e < 40 Kg/m ² ≥ 40 Kg/m ²	≥ 88 cm	≥ 102 cm	15-30

Body Max Index | 2017



Body Max Index 2016 & 2017

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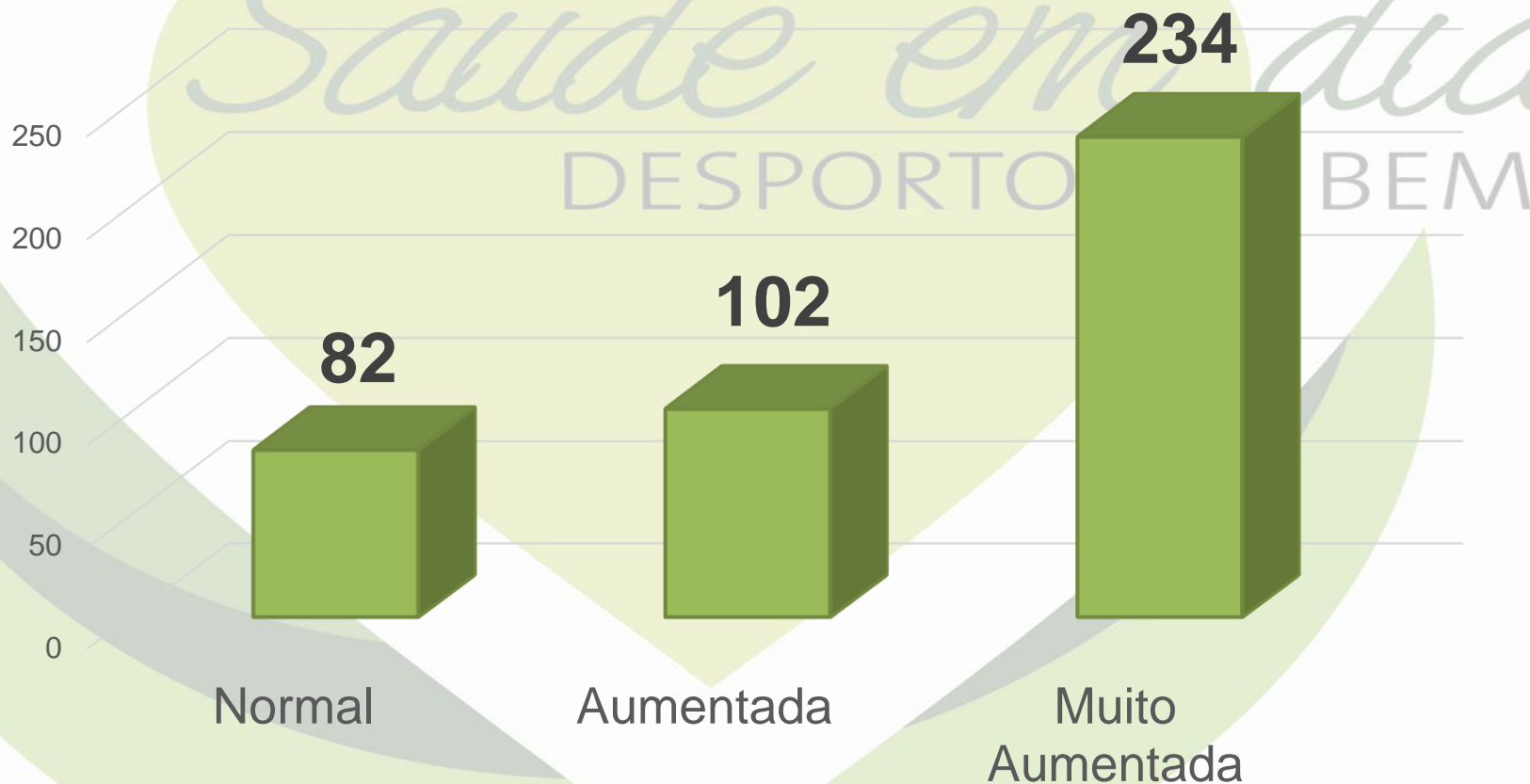
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143

=

**Better
BMI**

Abdominal Perimeter | 2017



Abdominal Perimeter 2016 & 2017

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163

=

Better AP

Visceral Fat | 2017



Visceral Fat 2016 & 2017

Saúde em dia

DESPORTO FAZ BEM

186

=

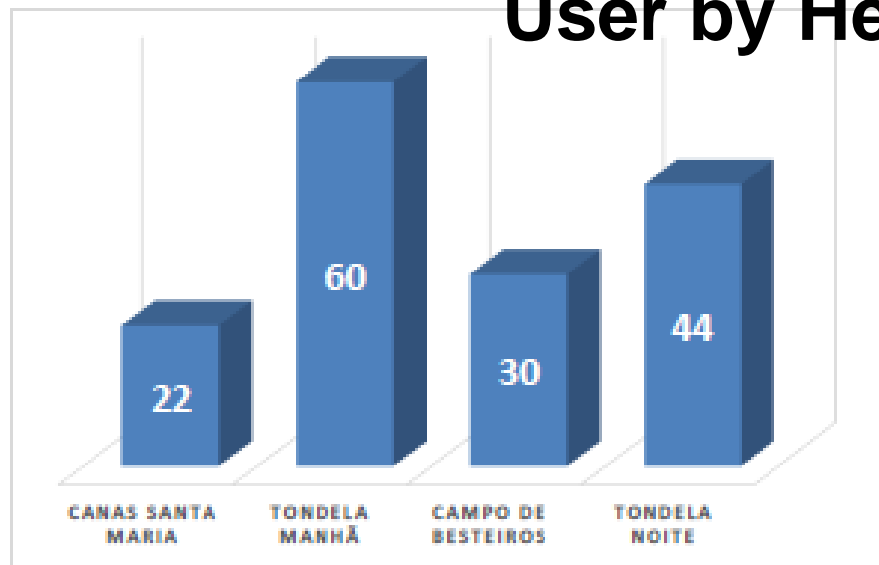
**Better
Visceral
Fat**



“Running and walking Center Tondela”

2. Caracterização dos Participantes 2017

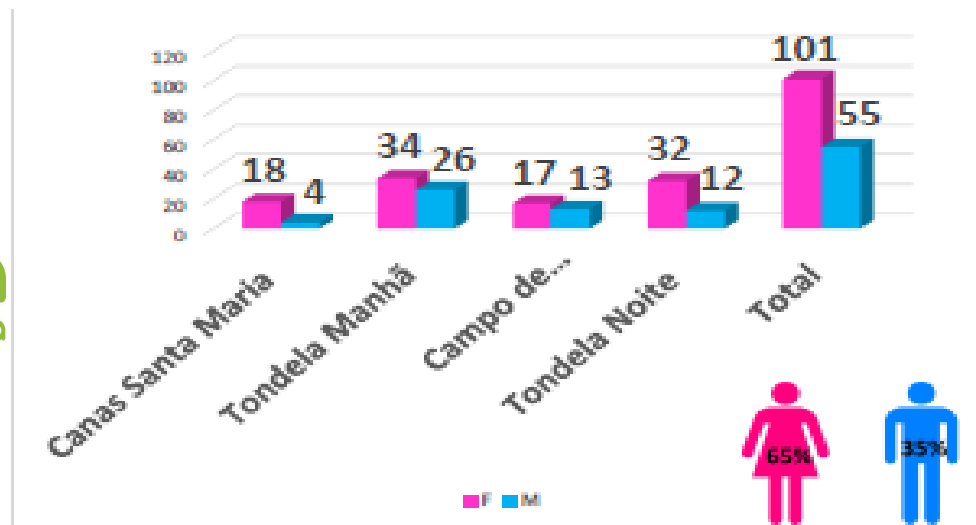
- N.º de participantes: N=156



em dia
ERTO FAZ BEM

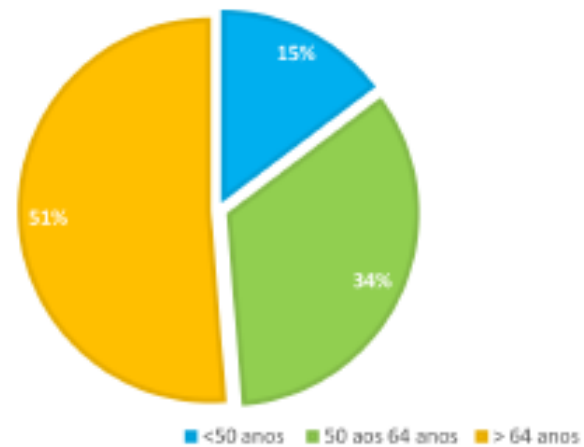
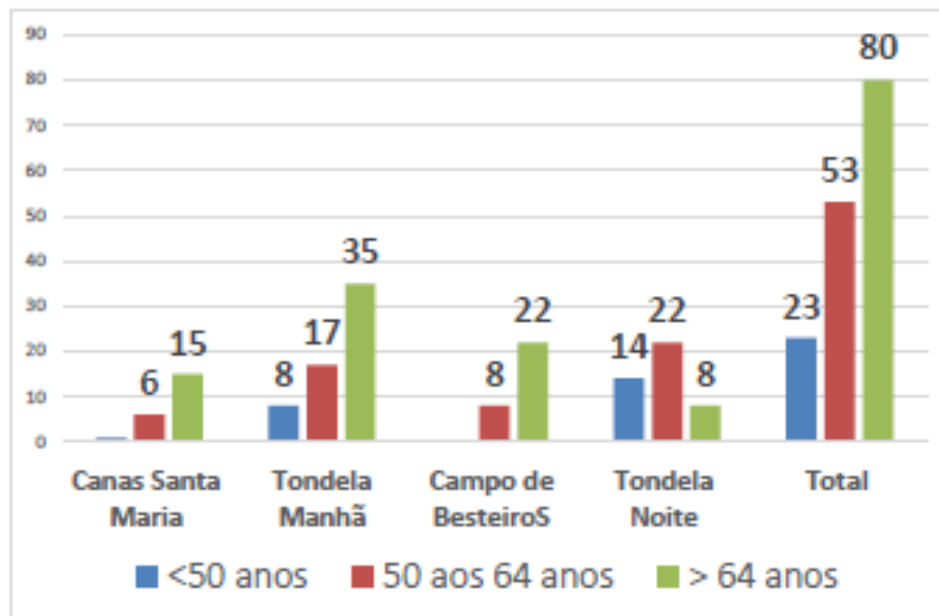
User by Gender

- Género



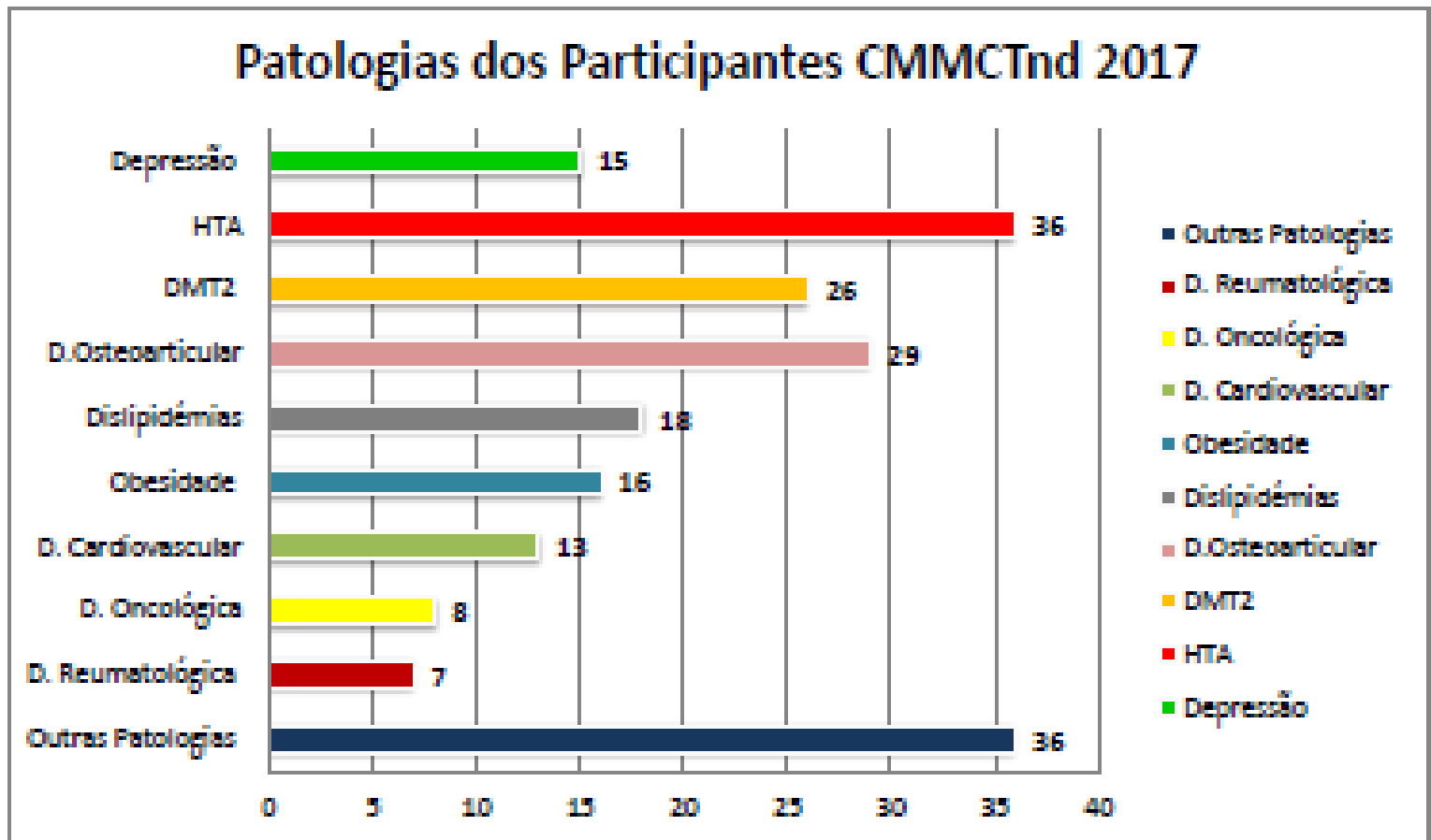
User by Age

Idade

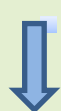
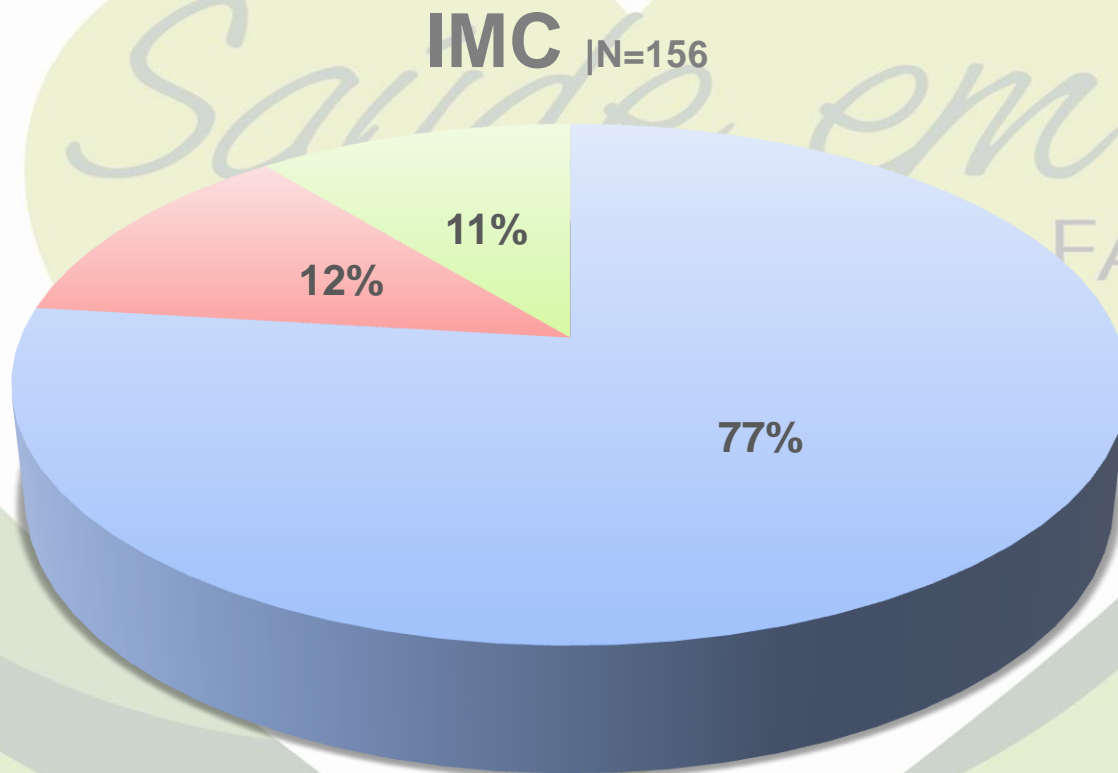


- Pathologies

The majority of our user have, at least, one or more pathologies.



BMI



Diminuição | Manutenção



Aumento IMC

1ª avaliação

Evaluation

- Regular evaluation of the development with register in the Health Bulletin (link between Doctor / Nurse / Physical Exercise Technician).
- Satisfaction surveys and individual interviews.
- Punctual scientific works by universities:
 - * <https://core.ac.uk/download/pdf/19630020.pdf>
 - * https://www.google.pt/url?sa=t&rct=j&q=&esrc=s&source=web&cd=3&ved=0ahUKEwj57_2yvfDZAhVPCewKHTGmBolQFggxMAI&url=https%3A%2F%2Fsigarra.up.pt%2Fffup%2Fpt%2Fpub_geral.show_file%3Fpi_gdoc_id%3D736761&usg=AOvVaw3liA57DIh5SvEXSQMGtgTn
 - * Actually we have a doctoral thesis about fall sensing >60years in Covilhã University.
 - * We have chanelled the Sports and Medicine Regional Universities – Porto, Coimbra, Vila Real, Covilhã – to do scientific researches in our project.
- Valuated tests
 - * The Short Form (36) Health Survey on health status;
 - * Senior Fitness Test (Rikli and Jones, 1999);
 - * Fullerton Advanced Balance (FAB) Scale;

<http://www.cm-tondela.pt/index.php/servicos/desporto/programa-saude-em-dia/instrumentos-de-avaliacao>

Obesity group: Nutritionist's Data

	A	B	C	D	E	F	G	H	I	J	K	L	M	N
	PAI (MASCULINO)	JEVAU	ROBUC	Peso	IMC	Classificação	% M. Gord.	Peso	IMC	Classificação	% M. Gord.	Peso	M. Gord.	peso perdido
2														
3	A	♂	63	117,7	39,8	obesidade grau 2	35,0%	107,3	36,3	obesidade grau 2	32,0%	-10,4	-3,0%	8,8%
4	B	♀	49	88,4	35,2	obesidade grau 2	51,5%	89,8	35,7	obesidade grau 2	51,0%	1,4	-0,5%	-1,6%
5	C	♀	48	98,7	34,2	obesidade grau 1	42,5%	95,6	33,2	obesidade grau 1	39,7%	-3,1	-2,8%	3,1%
6	D	♀	47	90,4	32,8	obesidade grau 1	46,6%	86,7	31,5	obesidade grau 1	44,4%	-3,7	-2,2%	4,1%
7	E	♀	70	70,2	30,0	obesidade grau 1	40,6%	71,7	30,6	obesidade grau 1	41,7%	1,5	1,1%	-2,1%
8	F	♂	60	107,2	36,2	obesidade grau 2	34,9%	100,0	33,8	obesidade grau 1	28,2%	-7,2	-6,7%	6,7%
9	G	♂	81	88,1	34,4	obesidade grau 1	28,3%	85,0	32,8	obesidade grau 1	25,6%	-3,1	-2,7%	3,5%
10	H	♀	40	87,4	34,1	obesidade grau 1	43,3%	Foi a apenas 1 avaliação						
11	I	♀	64	74,9	30,4	obesidade grau 1	41,1%	Foi a apenas 1 avaliação						
12	J	♂	64	99,1	36,4	obesidade grau 2	31,3%	87,3	32,1	obesidade grau 1	26,0%	-11,8	-5,3%	11,9%
13	L	♀	68	83,4	35,2	obesidade grau 2	40,2%	82,9	35,0	obesidade grau 2	42,0%	-0,5	1,8%	0,6%
14	M	♀	68	78,0	30,5	obesidade grau 1	45,1%	79,0	30,9	obesidade grau 1	45,6%	1,0	0,5%	-1,3%
15	N	♀	60	78,8	32,8	obesidade grau 1	48,0%	75,8	31,8	obesidade grau 1	45,8%	-3,0	-2,2%	3,8%
16	O	♀	66	73,9	32,8	obesidade grau 1	49,6%	70,9	31,5	obesidade grau 1	48,0%	-3,0	-1,6%	4,1%
17	P	♀	63	85,7	37,1	obesidade grau 2	48,9%	77,9	33,7	obesidade grau 1	48,1%	-7,8	-0,8%	9,1%

Schedule of the program

- «Up- To- Date Health»

- February to June
- September to December

- «Running and Walking Center in Tondela»

- February to July
- September to December

Interruptions:

January - Application phase

August - Holiday period

(autonomous work recommended)

How much (€) cost the Program?

"Up-To-Date Health – Running Walking Center Tondela":

Local Projects 2018

- 1- N. of projects - 81
- 2- N. of user/participants – 1.577
- 3- N. of Weeks – 34
- 4- Number of hours – 4.488
- 5- Number of Technicians - 23
- 6- Payment hours / technical (€ 13 / hour or € 9 / hour - Licensed or not)
- 7- Financial contribution (CMT = 80% and Local Coordinators = 20%)

NOTE 1: Expenses that are not included, for example:

- Personal Accident Insurance; Electricity; Cleaning; Sports and Pedagogical equipment; Transport; Swimming pool Technician (water aerobics projects), Pool rental;

NOTE 2: The Directors and Employees of the Institutions that coordinate the local projects work on a voluntary basis.

➔ “Running and Walking Center Tondela ” - 2018

- 1- N. of projects – 6
- 2- N. of user/participants – 156
- 3- N. of Weeks – 38
- 4- Number of hours – 1.540h

Distribution of Hours:

- Physical Exercise Classes – 646h
 - Technician at the Health Center – 228h
 - (* *Swimming classes* – 38h)
 - Nursing – 418h
 - Nutrition – 20h
 - Psychologist – 28h
 - Coordination of the project – 200h
- 5- Number of Technicians – 7
 - Physical exercise – 3
 - Nurses – 2
 - Nutritionist – 1
 - Psychologist – 1
 - 6- Payment hours / technical (€ 13 / hour – All Licensed)

NOTE 1: Expenses that are not included, for example:

- Personal Accident Insurance; Electricity; Cleaning; Sports and Pedagogical equipment; Transport; * Swimming pool Technician (water aerobics projects), Pool rental;



- CONTACTS AND USEFUL LINKS -

www.cm-tondela.pt
geral@cm-tondela.pt

«UP-TO-DATE – Running and Waking Center in Tondela»

- <http://www.cm-tondela.pt/index.php/servicos/desporto/programa-saude-em-dia>
- <https://pt-pt.facebook.com/marchaecorridatondela/>
- Program Manager in the Municipality:
- carlos.henriques@cm-tondela.pt

Partnerships

- Parish
- Local Associative Institutions.
- Sports Technicians
- Nurses
- Nutritionist
- Psychologist
- (...)



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**«Up-To-Date Health – Running and Walking Center in Tondela»
The program to improve Health and Well Being!**



THANK YOU!