

Catalan Plan for physical activity, sport and Health PAFES



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Call for best practices
Public health best practices conducive to reaching SDG 3.4

In adults, 10 minutes of moderate physical activity (PA) three times a day prevents NCD and prolongs life expectancy. In Catalonia 23.9% of adults were insufficiently active in 2006. Implemented at regional level from 2009 and **addressed to insufficient PA adults specially those with cardiovascular risk factors (CVRF).**

Aim: Increase % of active adults specially those with CVRF.

Three elements: 1) establishment of PA clinical guidelines; 2) Local PA resources identification and enhancing; 3) At Primary Health Care (PHC): PA screening and advice by health professionals, based on stage of change and use of community resources.

Implementation included professional training, support and collaboration with municipalities, dissemination through a web and a newsletter, and promotion of World Physical Activity Day (WPAD). Ecological approach.

Reach: Screening coverage 14.4%(2008) → 69.6% (2015). **Advice coverage** 8.3% (2012) → 35.6% (2015). Access to a “**healthy route**” 82.5% people (2015).

WPAD reaches 2,8% of population at a minimum cost.

Effectiveness: % of patients with at least one CVRF and sufficiently active increased from 2006 to 2010-2013.

At PHC level: PAFES was associated with **better control of blood pressure and diabetes.**

Adoption: Applied by all PHC teams in 2015. WPAD events at 8.3% municipalities and 22.7% PHC centers.

Implementation and maintenance: By 2013 PAFES embedded within the health system at low cost.

After 10 years PAFES is embedded into health system. Evaluation shows increase of active adults and better control of blood pressure and diabetes at PHC level. Political support is key.