

BUENAS PRACTICAS EN PROMOCION DE ACTIVIDAD FISICA

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IV CURSO DE POLITICAS Y PROGRAMA
PARA LA PROMOCION DE HABITOS Y
ESTILOS DE VIDA SALUDABLE

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PAIPA, BOYACA

INTERVENCIONES EFICACES EN MATERIA DE RÉGIMEN ALIMENTARIO Y ACTIVIDAD FÍSICA

INFORME RESUMIDO



TOMO II

***EVIDENCIA DE LAS
INTERVENCIONES***

Physical Activity 3



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

*Gregory W Heath, Diana C Parra, Olga L Sarmiento, Lars Bo Andersen, Neville Owen, Shifalika Goenka, Felipe Montes, 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 2001 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 worksites, 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 in people of various ages, and from different social groups, countries, and communities.

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* Members listed at the end of the paper

This is the third in a Series of five papers about physical activity

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ESTRATEGIA DE BUSQUEDA

- Revisión de revisiones del 2000-2001 enfocada en revisar intervenciones con las siguientes características:

Estrategias Efectivas

- Basadas en evidencia
- Intervenciones que muestran efectividad colectiva

Estrategias Emergentes

- Intervenciones
 - evaluadas
 - Revisión de pares
 - reportadas
 - Que no están aun en revisiones sistematicas

Estrategias Prometedoras

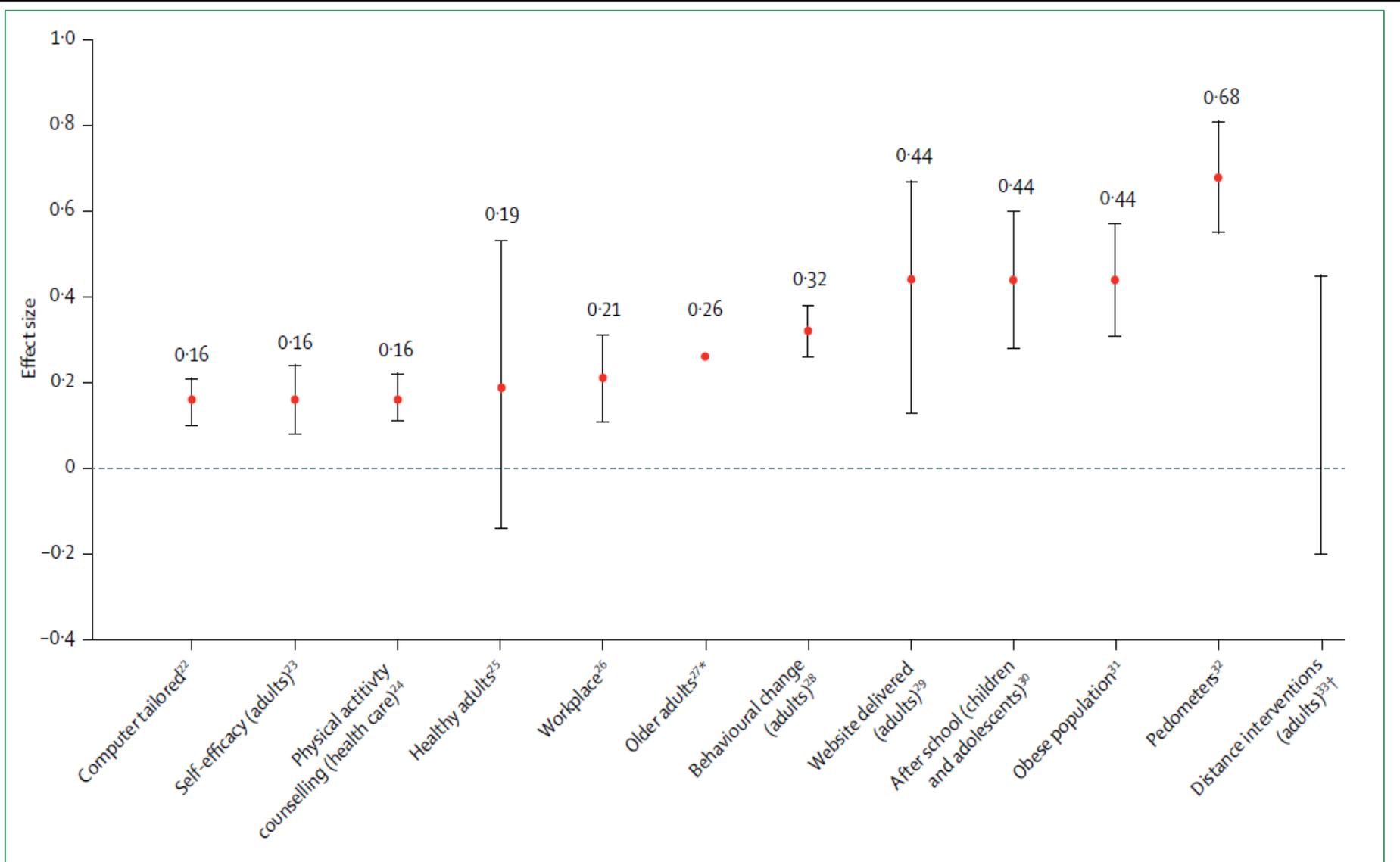
- Evidencia mezclada
- Intervenciones han sido identificadas
 - Individual o colectivamente que muestran algo de evidencia

REVISION DE INTERVENCIONES EN AF

100 revisiones mostraron consistentemente un pequeño incremento en AF en el corto y mediano plazo a través de varios escenarios (Heath 2012 Lancet)



Efectos estimados promedio de intervenciones seleccionadas de actividad física por modo, sitio y población



REVISIÓN DE ESTRATEGIAS EFECTIVAS, PROMETEDORAS Y EMERGENTES PARA LA PROMOCIÓN DE LA ACTIVIDAD FÍSICA EN LA COMUNIDAD

Propuestas	Estrategias	Clasificación
Campañas e Información	Mensajes en el punto de decisión	EFFECTIVA
	Campañas comunitarias	EFFECTIVA/ PROMETEDORA
	Campañas en medios masivos de comunicación	PROMETEDORA
	Mensajes informativos cortos	EMERGENTE
Social y del comportamiento	Estrategias en escuelas	EFFECTIVA
	Soporte social en comunidades	EFFECTIVA
	Consejería a través de un proveedor	PROMETEDORA
	Clases de AF en la comunidad	PROMETEDORA
Política y Ambiental	Diseño urbano a nivel comunitario	EFFECTIVA
	Diseño urbano a nivel de calle/uso del terreno	EFFECTIVA
	Políticas de transporte	EMERGENTE
	Políticas y planeación comunitario	EMERGENTE

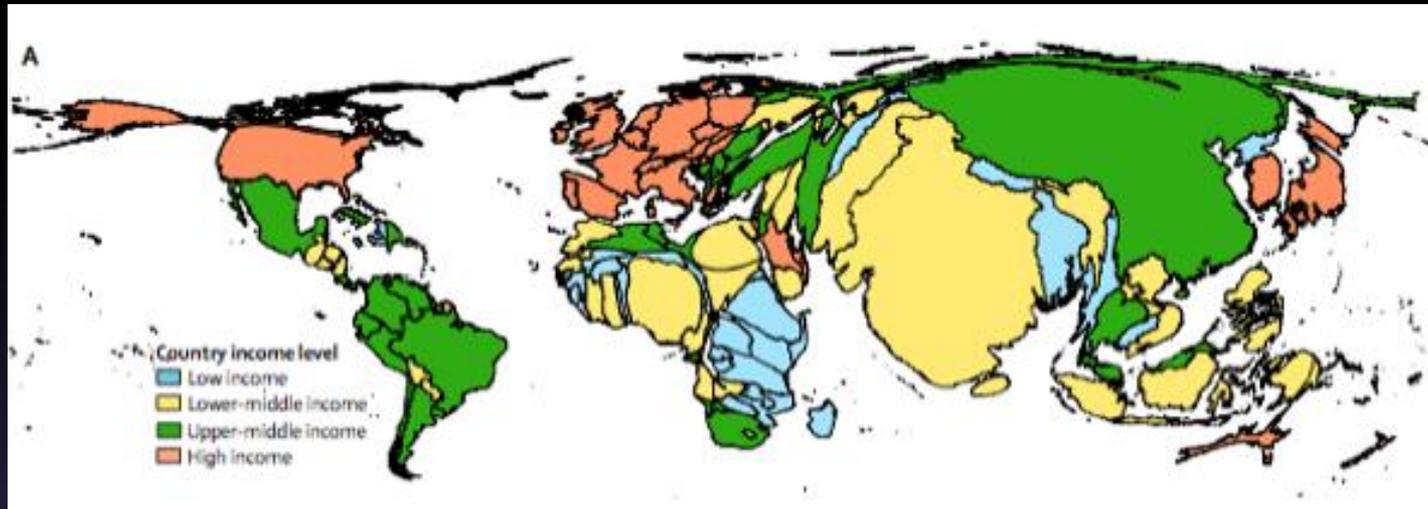
TRADUCCIÓN, ADAPTACIÓN, CREACIÓN DE CAPACIDAD Y CLAVE PARA EL ÉXITO

- Capacitación de actividad física y salud pública
- Sociedades inter-sectoriales
- Adaptación local y regional
- Sensibilización cultural
- Participación de la comunidad

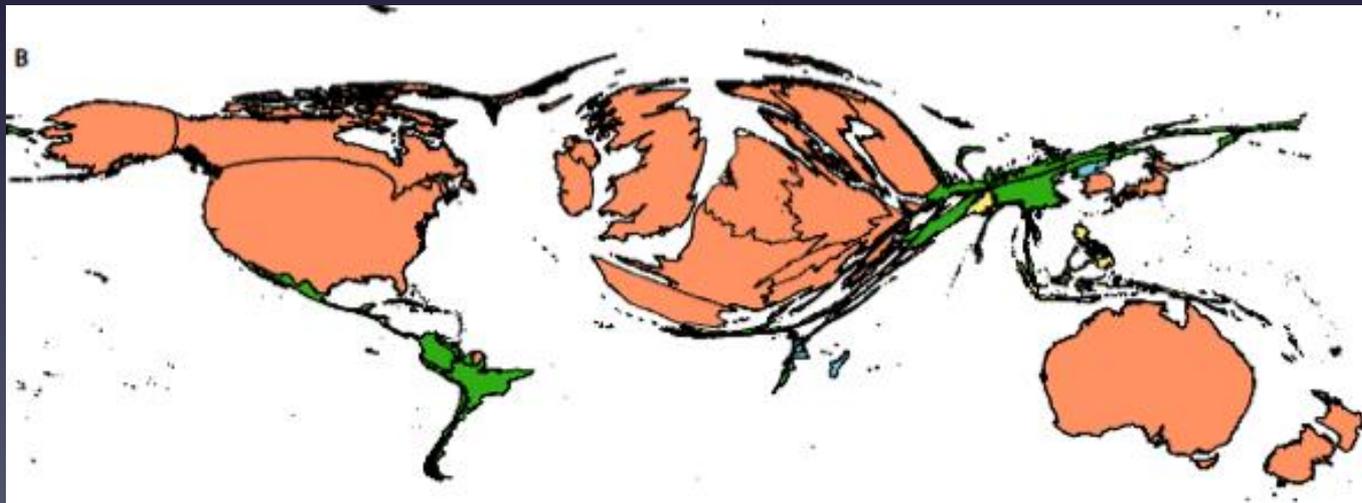


FALTA DE EVIDENCIA DONDE SE NECESITA

A. Mapa de acuerdo al tamaño de la población



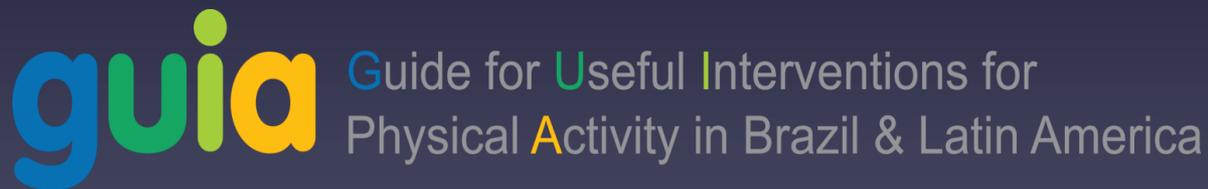
B. Mapa de acuerdo al número de estudios incluidos en la revisión



Buenas Practicas en el Sector de Salud Primario

La Experiencia de Brasil

Evaluación del Proyecto GUIA



www.projectguia.org

Relevancia

- Establecer un diagnostico que pueda ayudar a determinar el estado y el rol de los programas de atención primaria



Métodos

- Estudio transversal liderado por el proyecto GUIA
- 42,000 unidades de cuidado primario en Salud
 - 1,600 seleccionadas aleatoriamente
- Encuesta con coordinadores, médicos, enfermeras y trabajadores comunitarios
- 40 minutos por encuesta

PROJETO GUIA – Inquérito Telefônico nas Unidades Básicas de Saúde	
Questionário para médicos e enfermeiros	
BOM (DIA, TARDE, NOITE), MEU NOME É ..., ESTOU LIGANDO DO CENTRO DE EPIDEMIOLOGIA DE PELOTAS-GRANDE DO SUL. ESTAMOS REALIZANDO UMA PESQUISA COORDENADA PELO MINISTÉRIO DA SAÚDE E ALGUMAS UNIVERSIDADES BRASILEIRAS E DOS ESTADOS UNIDOS.	
Você poderia me informar o primeiro nome de cada um dos (médicos OU enfermeiros) que trabalham nessa unidade? COM BASE NOS NOMES INFORMADOS PELO RESPONDENTE, O ENTREVISTADO DEVE "SORTEAR" SEMPRE O NOME DO MEIO. CASO O NÚMERO DE PROFISSIONAIS SEJA PAR, SORTEAR O NOME DO MEIO + 1.	
GOSTARIA DE FALAR COM O(A) (NOME DO PROFISSIONAL) _____.	
Código da UBS: _____	
Cidade: _____	
Estado: _____	
Telefone: (____) _____	
Profissional entrevistado: (1) Médico(a) (2) Enfermeiro(a)	
Data da entrevista: __/__/____	
Entrevistador: _____ (código do entrevistador: ____)	
BLOCO DE FORMAÇÃO INICIAL E ATUAÇÃO PROFISSIONAL	

Métodos

- EpiDATA
 - 400 datos perdidos
- Final
 - 182 médicos
 - 347 enfermeras
 - 269 trabajadores comunitarios
- 2 temas
 - Conocimiento
 - Comportamientos

<i>SOBRE AS RECOMENDAÇÕES ATUAIS DE ATIVIDADE FÍSICA PARA SAUDE</i>		
48) Como você considera o seu conhecimento sobre as recomendações atuais de atividade física para a saúde?		
(1) Sei o suficiente	(2) Gostaria de aprender mais	(3) Insuficiente
49) Quantos dias da semana, no mínimo, as pessoas devem fazer atividades físicas de intensidade moderada para obter benefícios a saúde?		
__ dias da semana	(88) Não importa	(99) Não sei
50) Nos dias em que a pessoa faz atividade física moderada, qual o tempo mínimo recomendado para obter benefícios à saúde?		
___ minutos	(88) Não importa o tempo	(99) Não sei
51) Para que uma atividade física moderada tenha efeito positivo sobre a saúde ela deve ser feita de que forma?		
(1) Deve ser feita em uma única vez durante o dia		
(2) Pode ser feita em uma única vez durante o dia ou dividida em 2-3 vezes, de 10 a 15 minutos, durante o dia		
(3) Não sei		
52) Quantos dias da semana, no mínimo, as pessoas devem fazer atividades físicas de intensidade forte, para obter benefícios a saúde?		
__ dias da semana	(88) Não importa	(99) Não sei
53) Nos dias em que a pessoa faz atividade física forte, qual o tempo mínimo recomendado para obter benefícios à saúde?		
___ minutos	(88) Não importa o tempo	(99) Não sei
54) Para que uma atividade física vigorosa tenha efeito positivo sobre a saúde ela deve ser feita de que forma?		

Características Demográficas

- Sexo
 - Médicos: hombres- 56.59%
 - Enfermeras: mujeres- 84.73%
 - Trabajadores Comunitarios: mujeres- 89.22%
- Edad
 - Médicos: 30 - 39- 32.42%
 - Enfermeras: 20 - 29- 47.4%
 - Trabajadores Comunitarios: 30 - 39- 39.78%
- Estado de Salud Percibido
 - Médicos: Excelente- 32.42%
 - Enfermeras: Muy bueno- 30.26%
 - Trabajadores Comunitarios: Bueno- 45.73%

Resultados

- Existen intervenciones en 4 del 10 centros primarios de Salud

Características mas comunes de los Programas	%
Grupos de Caminata	81.1
Periodo de la mañana	87.1
Una vez a la semana	33.1
Por lo menos 30 minutos de duración	51.4
Profesional de Educación Física	48.8
Eventos Extra	60.0
Intervenciones con niños	19.2
Centros Primarios de Salud	55.5
Lugares buenos/adecuados	51.2

Resultados

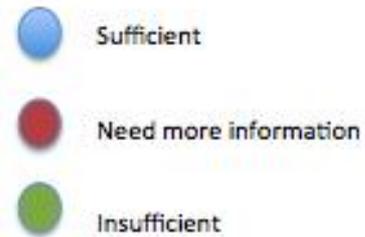
Community health care workers' self-reported knowledge of PA



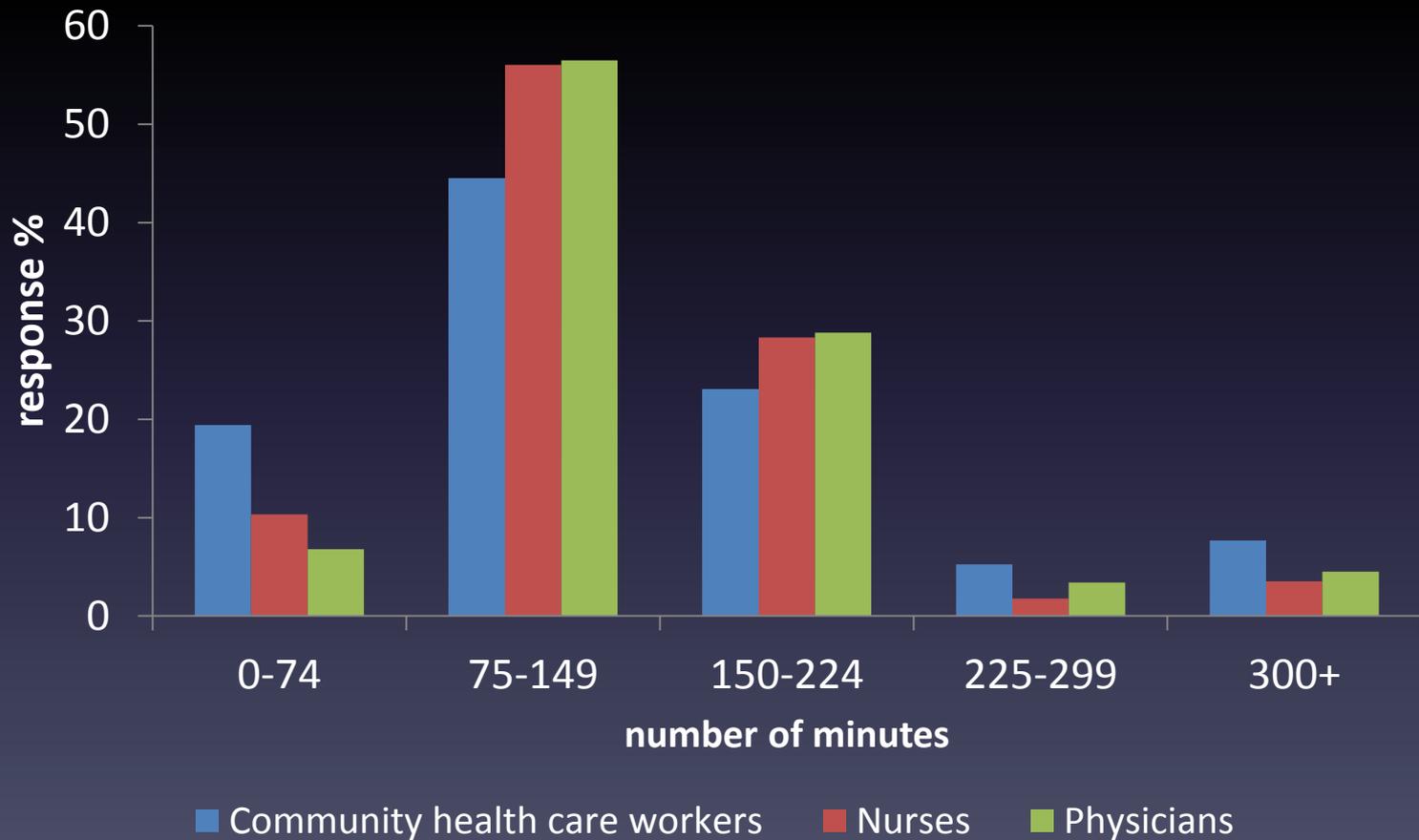
Nurses' self-reported knowledge of PA



Physicians' self-reported knowledge of PA



Conocimiento sobre Actividad Física



Generando Evidencia

ARTIGO ARTICLE 2155

Characteristics of physical activity programs in the Brazilian primary health care system

Características de programas de atividade física na atenção básica de saúde do Brasil

Características de los programas de actividad física en la atención primaria de salud en Brasil

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Physicians', nurses' and community health workers' knowledge about physical activity in Brazil: A cross-sectional study[☆]

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ARTICLE INFO

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Keywords:

Physical activity

ABSTRACT

Objectives. To measure knowledge of current recommendations of physical activity and consequences of physical inactivity among healthcare providers throughout Brazil.

Method. A phone survey of 1600 randomly selected primary healthcare units in Brazil was conducted between January and July 2011. At each unit, a physician, nurse or community healthcare worker (n = 798)

Florindo et al. BMC Public Health (2015) 15:344
DOI 10.1186/s12889-015-1643-3



RESEARCH ARTICLE

Open Access

Association of knowledge, preventive counseling and personal health behaviors on physical activity and consumption of fruits or vegetables in community health workers

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Abstract

Background: There is evidence that if a health professional is active and has a healthy diet, he/she is more likely to advise patients about the benefits of physical activity and healthy eating. The aims of this study were to: (1) describe the personal physical activity and healthy eating behaviors among community health workers; (2) calculate the prevalence of physical activity and healthy eating behaviors among community health workers; (3) calculate the prevalence of physical activity and healthy eating behaviors among community health workers; (4) calculate the prevalence of physical activity and healthy eating behaviors among community health workers; (5) calculate the prevalence of physical activity and healthy eating behaviors among community health workers.

Methods: This was a cross-sectional study conducted in 10 primary health care settings in Brazil. We interviewed 1,600 community health workers from 10 primary health care settings. We calculated the prevalence of physical activity and healthy eating behaviors among community health workers. We also calculated the prevalence of physical activity and healthy eating behaviors among community health workers.

Results: The prevalence of physical activity and healthy eating behaviors among community health workers was 20.0% and 20.0%, respectively. The prevalence of physical activity and healthy eating behaviors among community health workers was 20.0% and 20.0%, respectively. The prevalence of physical activity and healthy eating behaviors among community health workers was 20.0% and 20.0%, respectively.

Rev Saúde Pública 2014;48(5):837-844

Prática de Saúde Pública
Artigos Originais

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Prevalence of health promotion programs in primary health care units in Brazil

Prevalência de programas de promoção da saúde em unidades básicas de saúde no Brasil

ABSTRACT

OBJECTIVE: Assessment of prevalence of health promotion programs in primary health care units within Brazil's health system.

METHODS: We conducted a cross-sectional descriptive study based on telephone interviews with managers of primary care units. Of a total 42,486 primary health care units listed in the Brazilian Unified Health System directory, 1,600 were randomly selected. Care units from all five Brazilian macroregions were selected proportionally to the number of units in each region. We examined whether any of the following five different types of health promotion programs was available: physical activity; smoking

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Conclusiones

- Brasil es uno de los pocos países en la región y tal vez en el mundo que ha reconocido la promoción de la Actividad Física como una prioridad
- Red de colaboración entre el gobierno, la academia y agencias extranjeras ha facilitado la evaluación e implementación de intervenciones.

Conclusiones

- El estudio de los comportamientos de riesgo personales del personal de la salud brindan una indicación y herramientas para el cambio que finalmente tendrán un efecto positivo en los pacientes
- La prevalencia de inactividad física en las enfermeras fue de 35.3% , en médicos de 41.3%, y trabajadores comunitarios 52.1%.
- Es fundamental continuar con la capacitación e involucrar con mucho mas constancia al personal de la salud
- Una actitud positiva frente a la practica personal de actividad física y la nutrición saludable incrementa los chances de que médicos, enfermeras y otros profesionales de salud aconsejaran a sus pacientes a seguir estilos de vida similares.

Validez Externa de Academia da Cidade y Recreovía

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Physical Activity Interventions in Latin America

Expanding and Classifying the Evidence

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Open Access | 1

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Article Info

TBM

ORIGINAL RESEARCH

Bridging the gap between research and practice: an assessment of external validity of community-based physical activity programs in Bogotá, Colombia, and Recife, Brazil

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ABSTRACT

For more than a decade, physical activity classes have been offered in public places at no cost to the participants in some Latin American cities, however, internal and external validity evidence of these programs is limited. The goals of this study were to assess, report, and compare the external validity of the Recreovia program (RCP) in Colombia, and the Academia da Cidade program (ACP) in Brazil. Interviews to assess external validity of the RCP and ACP were conducted in 2012. The interview guide was developed based on the RE-AIM framework. Seventeen key informants were selected to participate in the study. Interviews were recorded and transcribed verbatim. Transcripts were analyzed using a constant comparative qualitative method and experts validated common themes. RCP and ACP key informants reported that both programs reach underserved population. There is no information available about effectiveness. Both programs take place in public spaces (e.g., parks and plazas), which are selected for adoption mainly based on

Implications

Research: Qualitative methods help to bridge the gap between research and practice for public health interventions that have the potential to be widely adopted and scaled up.

Practitioners: Physical activity community programs are sensitive to cultural context (e.g., regions of a country) and need political and community support to be maintained.

Policymakers: Evaluators of regional and national physical activity policies should assess a range of external validity elements to help determine how easily an effective intervention can be translated from one setting to another.

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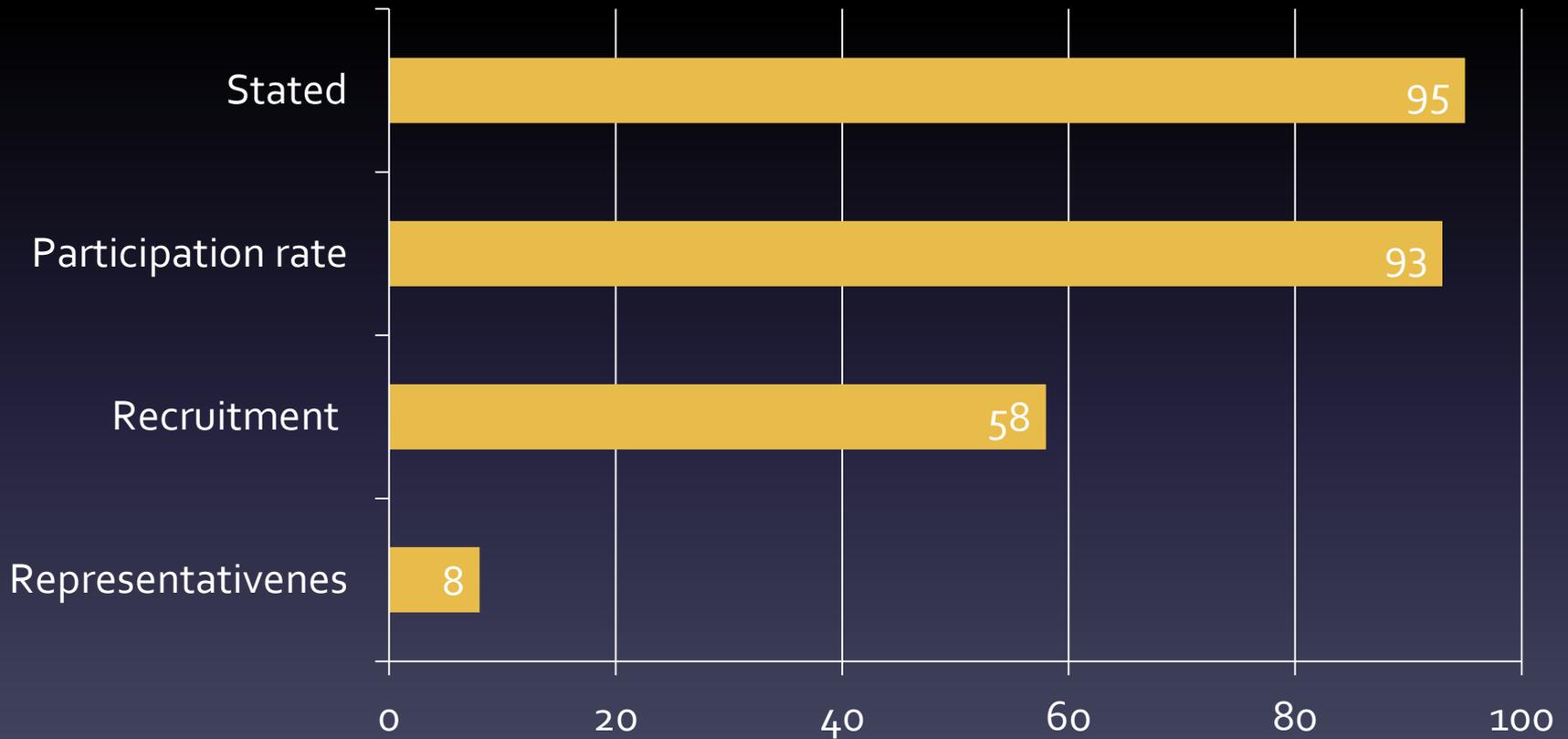
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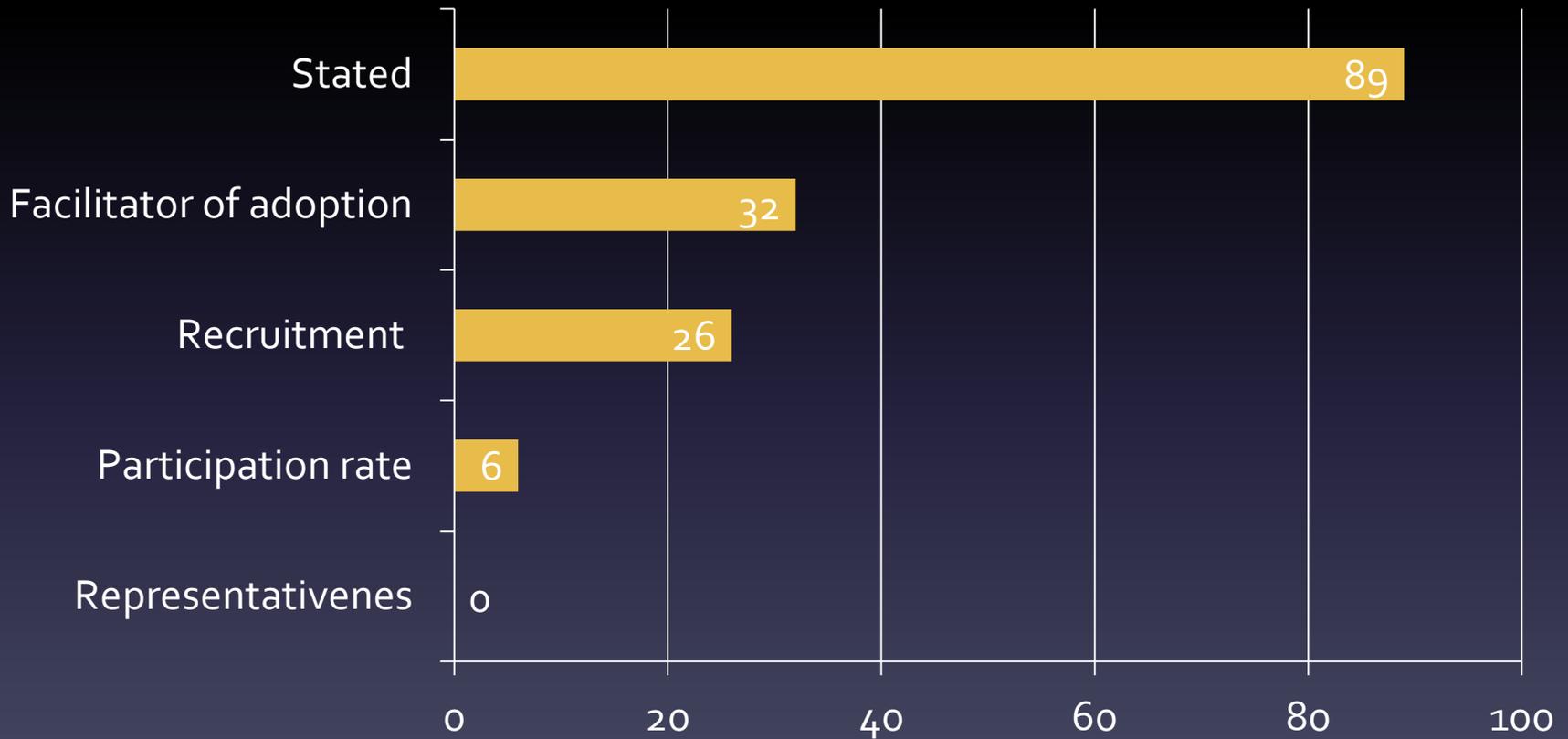
Alcance (Población Objetivo)

% Reportado



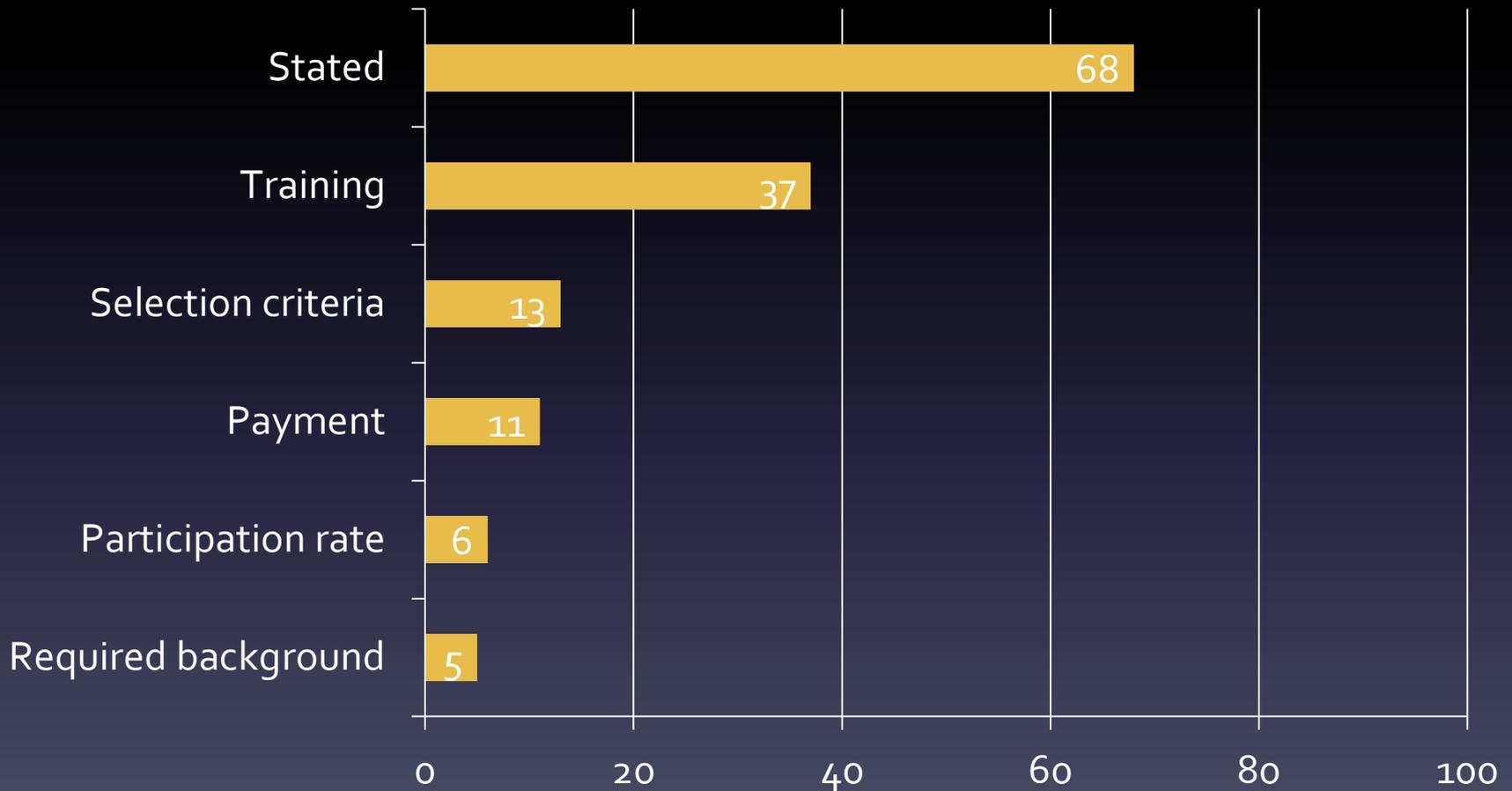
Adopción (Lugar Objetivo)

% Reportado



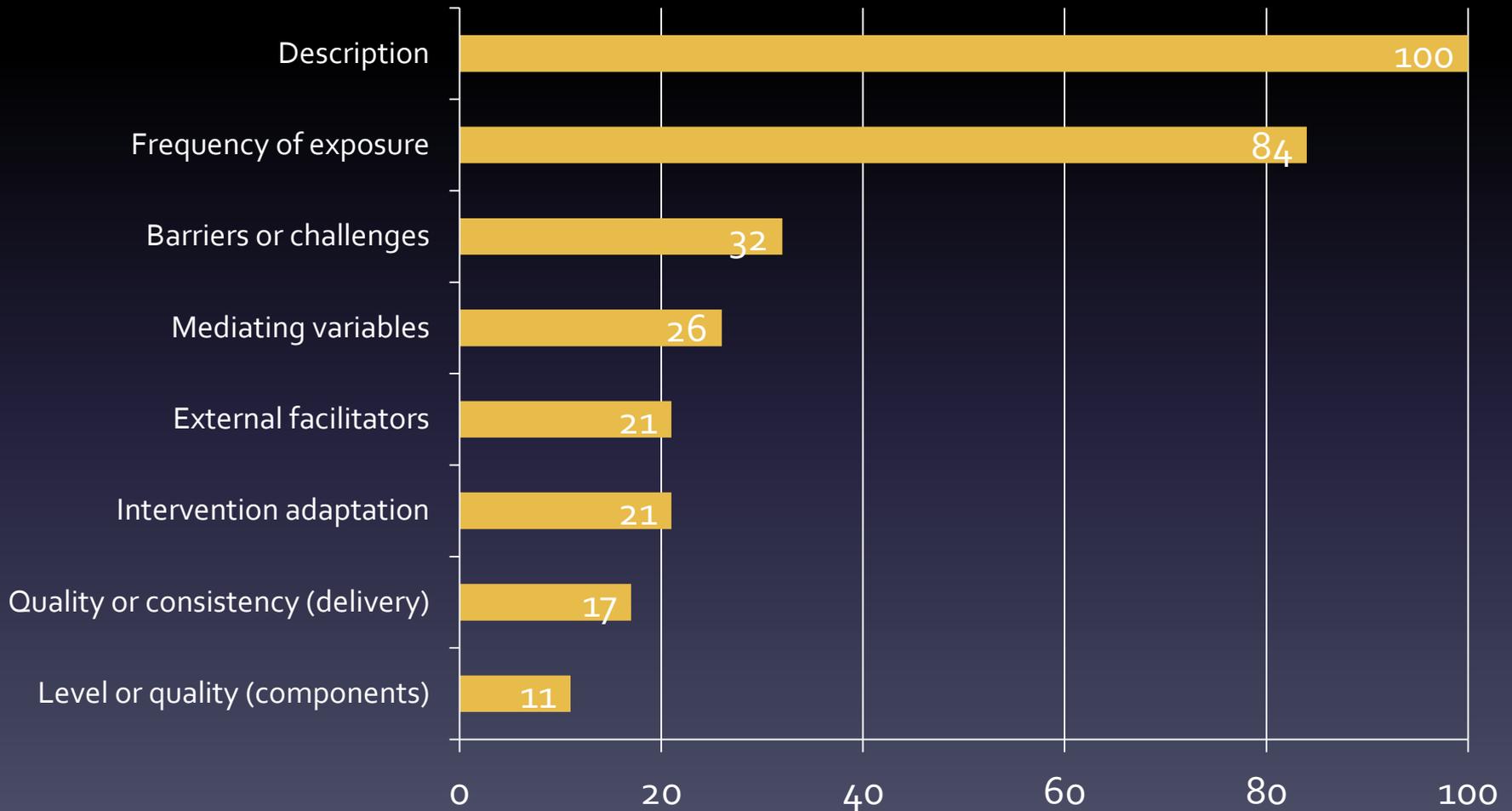
Implementación (Agentes)

% Reportado



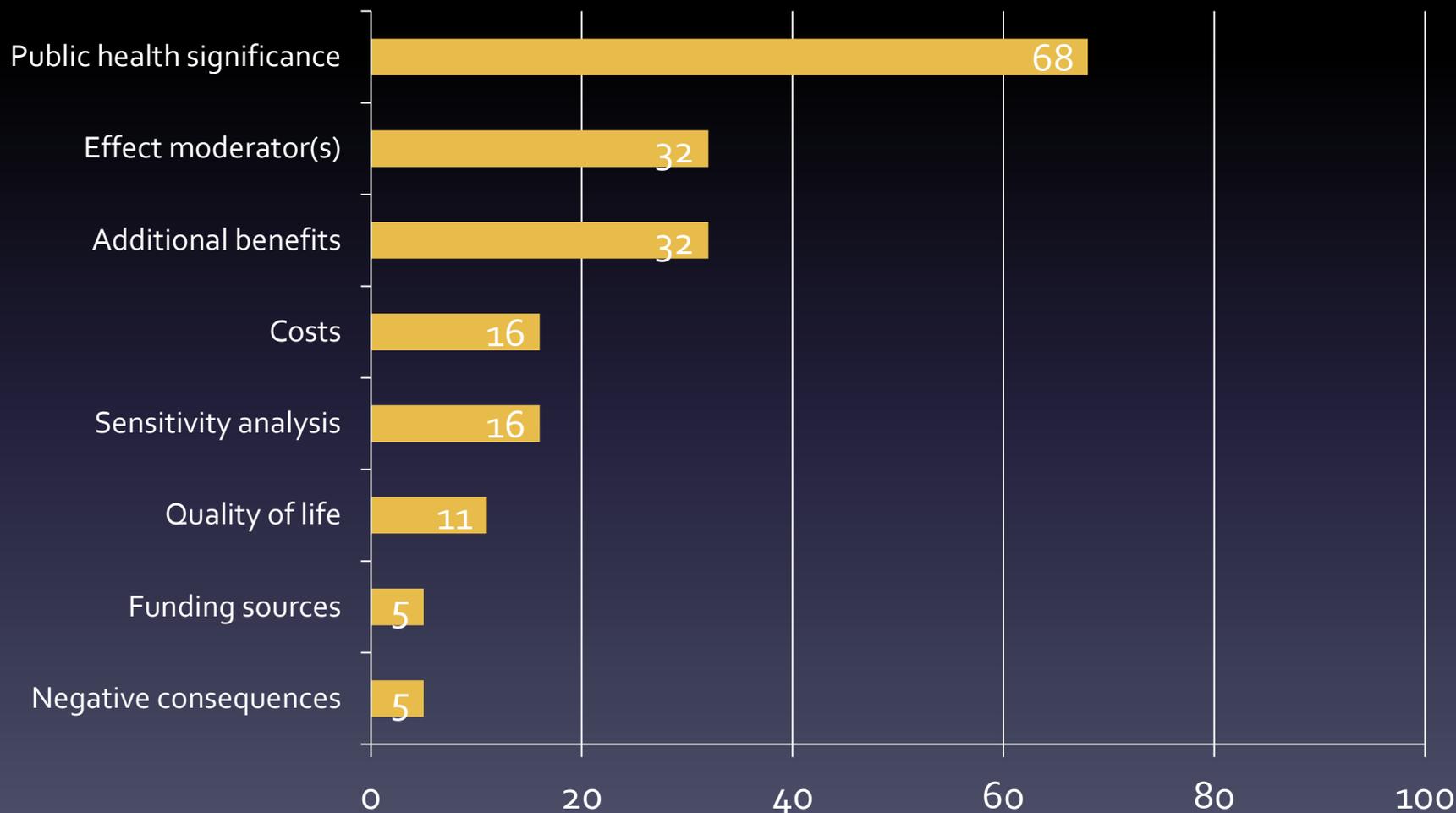
Implementación (Intervención)

% Reportado



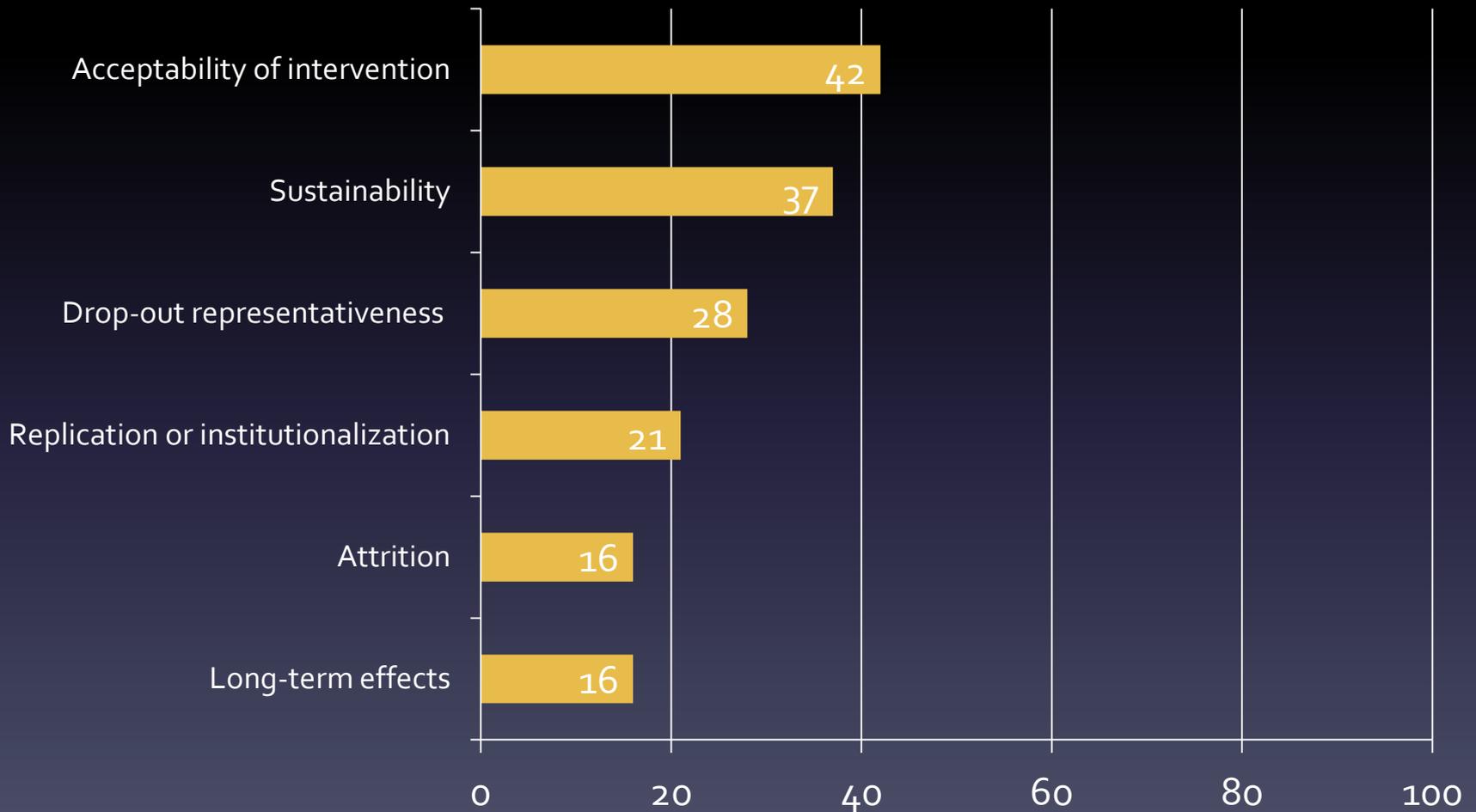
Resultados para toma de decisiones

% Reportado



Mantenimiento e Institucionalización

% Reportado



En Conclusión

- Mas frecuentemente reportados:
 - Alcance (población objetivo)
 - Adopción (lugar)
 - Implementación (descripción de la intervención)

En Conclusión

- Menor frecuentemente reportados:
 - Alcance (comparando participantes versus no participantes)
 - Adopción (reclutamiento de lugares)
 - Implementación (agentes, barreras/desafíos, facilitadores)
 - Resultados para toma de decisiones (calidad de vida, consecuencias negativas, modificadores del efecto, costos)
 - Mantenimiento e institucionalización (efecto a largo plazo)

Gracias!
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