Presentation of ER-WCPT Commitment in the EU Platform on Diet, Physical Activity and Health

Active and Healthy - The role of physiotherapists in physical activity

Esther-Mary D’Arcy
Professional Issues of the ER-WCPT on Health Promotion
1. About ER-WCPT
2. Overview of ER-WCPT’s commitment to the EU Platform
3. Why Physiotherapists?
4. Commitment’s Relevance for the EU Platform
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ABOUT ER-WCPT

- Non-profit, non-governmental organisation.
- An organisation of professional associations of physiotherapists from 37 countries which must be members of the WCPT.
- A strong single representative organisation representing more than 163,000 physical therapists
- We are the voice of physiotherapy to the European citizens and EU authorities
OVERVIEW OF ER-WCPT COMMITMENT

- Title: Active and Healthy - The role of physiotherapists in physical activity
- Time of Action: 2012 onwards
- Extent of the action: EU 27, Norway, Switzerland and others (All 37 ER-WCPT MOs)
- Summary: How Physiotherapists promote and prescribe physical activity programmes in the areas of prevention, maintenance, health promotion and treatment across the lifespan, highlighting programmes and campaigns across Europe. Specific relevance to healthy ageing, a health promotion approach and reducing risk factors associated with inactivity
- Target: Health Managers, local, regional and national government departments (by MOs)
Physiotherapy

- Provides services to individuals and populations to develop, maintain and restore maximum movement and functional ability throughout the lifespan. This includes providing services in circumstances where movement and function are threatened by ageing, injury, diseases, disorders, conditions or environmental factors. Functional movement is central to what it means to be healthy.

- IS concerned with identifying and maximising quality of life and movement potential within the spheres of promotion, prevention, treatment/intervention and rehabilitation. This encompasses physical, psychological, emotional, and social wellbeing.

- Involves the interaction between the physiotherapist, patients/clients, other health professionals, families, care givers and communities in a process where movement potential is assessed and goals are agreed upon, using knowledge and skills unique to physical therapists (WCPT)
Why Physiotherapists?

Using the time with patients to empower them to uptake physical activity

as specialists in exercise and in health promotion are in an ideal position to influence the health of an individual

ER-WCPT and its MOs – in a position to impact on health of the global population through promotion of physical activity, advocacy in public policy

Target groups
- Individuals
- Local
- National

SETTINGS
Why Physiotherapists?

- Prescription
- Promotion
- Maintenance
- Prevention
Relevance to EU Platform - 1

• Identification of the areas of intervention in which Physiotherapists are involved in promoting physical activity

These areas are related to decreasing risk factors associated with inactivity improving the quality of life according to the life span or disorders and are evidence based.

Specific relevance will be given to those related to healthy ageing and older people.
Relevance to EU Platform - 2

- Database of ER-WCPT Member Organisation actions to promote physical activity/exercise.
- Special relevance to Older People
- Contribution to healthy ageing by collecting data on physical activity and providing recommendations to promote physical activity for older people.
- Discuss with MOs about data content
Relevance to EU Platform - 3

• Database of national guidelines on physical activity/exercise or fitness.

• Collect information from the Member Organisations about the campaigns and actions in which they are involved.

• Disseminate the results, to the Platform and other relevant EU and national Stakeholders.
Relevance to EU Platform 4

- Evaluate effectiveness of Briefing Document

- Database of use of document in promoting physical activity and outcome by:
  - Member Organisations - at local, regional and national level
  - ER-WCPT - at national and EU level
Relevance to EU Platform - 5

Outcome:

It will contribute to the database on physical activity interventions, their aims and objectives, outputs and outcomes.

Outcome:

It may also lead to the formation of new partnerships to promote physical activity with the different stakeholders of the Platform.
7. CONCLUSION

Physical Activity Pyramid

Cut down on:
- Watching TV, being on a computer or playing computer games, taking lifts and escalators, sitting for more than 30 minutes at a time

2-3 times a week – Strength & Flexibility
- Pilates, yoga, Tai Chi, lifting light weights (resistance training)

5-7 days a week – Aerobic exercise
- Accumulate a total of 30-60 minutes daily
  - Jog, cycle, brisk walk, swim, tennis, dance, hike, aerobics, aqua-aerobics

Every day - Be active!
- Take stairs instead of lifts and escalators
- Garden, mow the lawn, walk the dog, get up to change TV channels (instead of using the remote), walk to the shops

Designed in partnership with the Irish Cancer Society.
IT IS TIME TO MOVE!