

Physical Activity Prescription in France

*High Level Group on Nutrition and Physical
Activity*

Luxembourg, 29 November 2017

Simona TAUSAN

Direction Générale de la Santé, France

Context - Physical Activity and PNNS



- ✓ **Promotion of physical activity in France : a global strategy within the National Nutrition and Health Program (PNNS)**
- ✓ **The word “Nutrition” must be understood to encompass matters relating to food and physical activity**
- ✓ **Physical activity is one among the five specific areas of intervention – “develop physical activity and limit the sedentary lifestyle”**
- ✓ **Actions**
 - ***In primary, secondary and tertiary prevention***
 - ***In coordination with other national programs and plans : National Health and Environment Plan; Cancer Plan; Sport, Health and Welfare Plan***

Context - Development of secondary and tertiary prevention

- ✓ Development of the prescription of non-drug therapies by physicians (including physical activity)



- ✓ Elaboration by the Health Committee of the French National Olympic and Sports Committee (CNOSF) of a “Medical Dictionary of Sports Disciplines”-indicative sheets for doctors, especially general practitioners, to help them prescribe physical activity. Established protocols of physical activity adapted to the patient and his health status.

Context - Development of secondary and tertiary prevention

- ✓ Since 2012 – “Sport, Health and Welfare” Plan – leadership Ministry of Sports and Ministry of Health
 - *Operational implementation of measures to promote and develop the practice of physical activity and sport as a public health factor*
 - *One action is to promote and develop the practice of physical activity (especially leisure) for people with chronic non-communicable diseases (diabetes, hypertension, cancer ...)*
 - *Developed the collaboration mechanisms of regional actors, and in particular the "regional health and sport networks", ensured the mobilization of all actors, provided funding*
- ✓ March 2015 – June 2016 : A working group at the Ministry of Health to consider the questions about physical activity and management of people with chronic diseases: what skills are necessary for the professionals supervising the practice of physical activity and for which patient regarding the pathology, its gravity, etc. ? What training is necessary ?
 - *The report was the working basis for the application texts of the law measure on the physical activity prescription.*

Actions - physical activity prescription

“Sport santé sur ordonnance” in Strasbourg - Since November 2012

- ✓ Medical prescription of physical activity and physically active modes of travel (walking, cycling)
- ✓ For patients with chronic diseases or at risk : obesity, type II diabetes, cardiovascular diseases, breast cancer and colon cancer in remission, high blood pressure, HIV patients
- ✓ After medical examination, the general practitioner prescribes a regular and moderate physical activity to the patient.
- ✓ Specific prescription forms have been provided to physicians.
- ✓ The patient, with his prescription, has to get in touch with the sport-health team of the city, which directs it towards the most appropriate physical activities to his health condition : physical activity supervised by a coach of the city or of a partner association.
- ✓ The first year is free. Participation then depends on income, up to a limit of 100 euros.
- ✓ A little more than 1,500 patients have been integrated into the program since its creation and practically all general practitioners have adhered to it (almost 300).
- ✓ Based on a local health contract signed by the City of Strasbourg with the Regional Health Agency, the Regional Direction in charge of Sports, the Local Health Insurance Scheme and a number of other structures. The Strasbourg University Hospital is also a partner.
- ✓ Costs/patient/year – around 315 euros

Actions - physical activity prescription

- ✓ Other cities are also involved in the same type of approach. A national working group of “sport-health” cities on prescription was set up in October 2015, in partnership with the French Network of Healthy Cities of the WHO.
- ✓ "eFFORMip" is the “health-sport” network of Midi-Pyrénées region, developed around the Toulouse University Hospital. Its mission is to combat the sedentary lifestyle of patients with chronic diseases. Its actions concern the most difficult patients, who can not practice a physical activity on their own. Many health professionals take part in the network, as well as teachers in adapted physical activity.
- ✓ The "Health, well-being and sport" network of Champagne-Ardenne region
The network was created in 2009 with the liberal doctors, the users and the sports movement. The goal was to allow patients with chronic conditions to do regular physical activity, adapted, safe and progressive.
- ✓ Other “health and sport” networks were developed within the Regional “Sport, Health, Welfare” Plans – promoting physical activity prescription

Adapted Physical Activity Prescription – The Health Law

- ✓ **Article 144 of the Health Law – *Law n° 2016-41 of January 26, 2016 of modernization of our health system***

Prescription of physical activity

“Art. L. 1172-1.- As part of the care course of patients with long-term conditions (chronic illness), the attending physician may prescribe physical activity appropriate to the patient's pathology, physical abilities and medical risk. Adapted physical activities are provided under conditions laid down by decree.”

Decree No. 2016-1990 of December 30, 2016

- ✓ **On the conditions for dispensing the prescribed adapted physical activity by the treating physician to patients with a long-term condition (illness)**
- ✓ **Effective on March 1, 2017**
- ✓ **Medical prescription on a specific form**
- ✓ **List the professionals dispensing the adapted physical activity**
 - 1) **Health professionals: physiotherapists, occupational therapists, psychomotor therapists**
 - 2) **Sport professionals: teachers in adapted physical activity, sports educators (coach)**
 - 3) **Volunteers**
- ✓ **List the conditions of dispensing the adapted physical activity : supervision mainly concerns patients with severe limitations who are accompanied by physiotherapists, occupational therapists and psychomotor therapists at the beginning of the therapy and then by teachers in adapted physical activity**
- ✓ **Provides procedures for the intervention and return of information to the treating physician**

Instruction N° DGS/EA3/DGESIP/DS/SG/2017/81 of March 3, 2017

- ✓ **On implementation of the health law and the decree, addressed to the Regional Health Agencies and the Regional Directions in charge of Sports**
- ✓ **Provides guidelines and recommendations for the deployment on the national territory of the measure (identify local offers of physical and sports activities, mobilize funding, inform the physicians and the patients)**
- ✓ **Accompanied by a guide that provides the specific prescription form and complete the decree with guidance to the physician regarding professionals who can take in charge the patients with non-severe limitations**
- ✓ **Describes the conditions of intervention of these professionals based on a reference of skills established according to the degree of severity of the functional limitations of the patients recognized in long-term affection (severe limitations, moderate, minimal, without limitations)**

Implementation of the measure and next steps

- ✓ A large number of consultation meetings organized during 2016 and early 2017 in order to obtain a consensus
- ✓ Apart from the representatives of administrations, public bodies, patient associations, the professionals took part in this work - health professionals : physiotherapists, occupational therapists, psychomotor therapists ; sport professionals : teachers in adapted physical activity, sports educators (coach) and volunteers of the sports federations
- ✓ March 2018 - Guidelines of prescription of an adapted physical activity for the patients suffering from a chronic pathology are also the subject of a work of the High Authority of Health (HAS) in order to help the physicians

Promotion of physical activity and sport throughout the life cycle

✓ French National Strategy for Health 2018-2022

Actions for promoting regular physical activity :

- Encouraging the practice of a physical activity at all the ages of life, notably thanks to the development of the offer of practice, to arrangements of the public space
- Promoting the time spent in nature spaces and the development of active mobility, including walking and cycling
- Actions against sedentary behavior in daily life (home, work, school ...)
- *Accompany the deployment of adapted physical activity prescribed in the treatment of certain pathologies*