Promoting Physical Activity in Children, the Role of Physiotherapists

Action Number: 1609
EU Platform for Action on Diet, Physical Activity and Health

European Region of the World Confederation for Physiotherapy
Charlotte Chruzander
The European Region of the WCPT is a non-profit, non-governmental organisation that represents the physiotherapy profession at European Level. The Organisation has a membership of 39 Physiotherapy Associations, one from each of the European countries, including all the EU Member States, EEA countries and all the EU applicant countries, representing over 500,000 physiotherapists in Europe.
Purpose and aim of presentation of the presentation
The scope and practice of physiotherapists in promoting physical activity in children

• The European Region of the World Confederation for Physiotherapy (ER-WCPT) aims with this action/commitment to contribute to the efforts of the European Commission and Member States to prevent and combat overweight and obesity in the young by promoting physical activity in children.

It also aims to:
• Promote and engender the notion of physical activity as an ESSENTIAL part of a healthy lifestyle in children, which can contribute to reducing morbidity and mortality of diseases related to lifestyle in the short and longer term;
• Inform about disease prevention and health promotion focusing on the priority group of children and schools;
• Make the healthy option available to schools.
The document provides information and resources for Physiotherapists and all health professionals, stakeholders, Member States, including local authorities, to assist and support them in advocating and influencing the EU as well as national governments and government departments with regard to a physical and healthy lifestyle in children.

Besides the recommendations on physical activity and how it affects across the life span starting from children, the document also includes information on:

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<td>Database of National and Member States guidelines on physical activity/exercise, health promotion strategies, actions and campaigns for children. (Including ER-WCPT Member Organisation actions to promote and disseminate physical activity/exercise benefits for children</td>
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<td>EU policy documents, WHO and EU co-funded projects (DG RTD; Chafea) or other.</td>
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Scope and Practice of Physiotherapists

- Health promotion and disease prevention, secondary prevention, rehabilitation and habilitation

- Community settings, including care centres, individual homes and field setting; in primary care and in hospital

- New challenges
  - other arenas and collaborations
New challenges

Children with chronic diseases

For example:

- Neurological conditions
- Respiratory conditions
- Congenital heart defects
- Rheumatic diseases
- Diabetes
- Overweight and obesity
The Expertise of Physiotherapists

“As experts in movement and exercise, and with a thorough knowledge of functional anatomy and pathology and its effects on all systems, physiotherapists have specific competence and expertise to promote, guide, prescribe and manage physical activity, especially in children and young people with chronic health conditions”.
Resources for action within the document & online

- Database of National and Member States guidelines on physical activity/exercise, health promotion strategies, actions and campaigns for children. (Including ER-WCPT Member Organisation actions to promote and disseminate physical activity/exercise benefits for children)

- EU policy documents,
- WHO and EU co-funded projects (DG RTD; Chafea) and other

Country factsheets on health-enhancing physical activity published

The European Commission supported and closely cooperated with the World Health Organization in the preparation and issuing of these country-specific overviews on the state of and trends in health-enhancing physical activity.
Thank you!