



ORIGINAL ARTICLE

‘‘Minorca borina’t (move yourself)’’: Description of a program to promote physical activity and exercise for improving health in the island of Minorca



Fernando Salom Portella^{a,b,*}, Virgina Dorado Sintes^a, Miguel A. Milla Fernández^b, Bernat Anglada Ferrer^a

^a *Gabinete de Medicina Deportiva, Consell Insular de Menorca, Maó, Spain*

^b *Departamento de Deportes, Consell Insular de Menorca, Maó, Spain*

Received 11 May 2017; accepted 26 July 2017

Available online 11 November 2017

KEYWORDS

Physical activity;
Exercise prescription;
Health promotion

Abstract The objective of the present study is to describe the characteristics of the ‘‘*Minorca borina’t*’’ (‘‘Minorca move yourself’’) program, which was designed to promote physical activity and exercise to improve the population’s health. The program led by the Department of Sports Medicine of Minorca Insular Council was divided into four levels of performance, which include the following areas: educational (interventions directed at schools and primary education classrooms); community (actions encompassing different sectors of society, including the development of urban healthy walking routes and interventions related to sustained mobility); prescription of physical exercise (cooperation with Primary Care Centres for prescribing physical exercise to subjects with cardiovascular risk factors); and scientific-academic (continuing education activities for healthcare personnel). Intensifying and promoting these interdependent strategies is expected to result in global benefits to population health.

© 2017 FC Barcelona. Published by Elsevier España, S.L.U. All rights reserved.

PALABRAS CLAVE

Actividad física;
Prescripción de ejercicio;
Promoción de la salud

«*Menorca borina’t* (muévete)»: descripción de un programa de promoción de actividad y ejercicio físico para mejorar la salud en la isla de Menorca

Resumen El presente estudio tiene como objetivo describir las características del programa «*Menorca borina’t*» («Menorca muévete») diseñado para promocionar la actividad física y el ejercicio físico a fin de mejorar la salud de la población. El programa liderado desde el

* Corresponding author.

E-mail address: gabinet-medesport@cime.es (F.S. Portella).

Gabinete de Medicina Deportiva del Consell Insular de Menorca, se estructura en 4 niveles de actuación que abarcan las siguientes áreas: educativa (intervenciones dirigidas a las escuelas y aulas de educación primaria); comunitaria (acciones que abarcan diferentes sectores de la sociedad, destacando la creación de una red de rutas urbanas saludables e intervenciones relacionadas con la movilidad sostenible); prescripción de ejercicio físico (colaboración con atención primaria para prescribir ejercicio físico en sujetos con factores de riesgo cardiovascular), y científico-académica (labor de formación continuada para profesionales sanitarios). El fomento y la dinamización de estas estrategias interdependientes es de esperar que redunden en un beneficio a escala global en la salud de la población.

© 2017 FC Barcelona. Publicado por Elsevier España, S.L.U. Todos los derechos reservados.

Introduction

A sedentary lifestyle and the lack of regular physical exercise are widely recognised to be a pressing health problem worldwide. This is not solely due to its involvement as a risk factor in cardiovascular morbimortality, but also because it adds to the healthcare and economic burden involved in managing the main chronic non-infectious diseases. The devastating effects of the worldwide sedentary lifestyle pandemic have given rise to an increasing demand for effective strategies to increase the levels of physical activity and exercise in the population.

The World Health Organisation (WHO) has estimated that physical inactivity causes a total of 1.9 million deaths worldwide, and that 47% of global mortality can be attributed to only 20 risk factors. Of these, a sedentary lifestyle stands in seventh place.¹ The European Union Eurobarometer 412 survey² was carried out in 2013 with the participation of 27,919 citizens of the 28 member countries. It found that 59% of citizens never or rarely practice sport or some type of physical activity, while 13% do not even walk at least 10 min per day and 69% remain seated during from 2.5 to 8.5 h a day. On the other hand, physical activity falls markedly with age, so that in the age group over 55 years old 70% of the men and 71% of the women never or rarely do sport. Lack of time was the reason for inactivity given the most often (42%), followed by lack of interest (20%) or suffering a disease (13%). The results of this survey were very similar to those obtained in a previous survey in 2009.

As a consequence of these alarming reports, which urge the need for measures that promote and facilitate physical exercise, a wide range of local, regional and national government bodies, the majority of which are in first world countries, have developed plans and models to stimulate and promote physical activity among their populations.³⁻¹⁶ In Spain the Consejo Superior de Deportes created the A + D Plan to guarantee that the entire Spanish population has universal access to high quality sports facilities, to combat the widespread sedentary lifestyle and obesity, as well as to promote active healthy lifestyle habits.¹⁷ This plan covers the period from 2010 to 2020 and intends to reach all citizens through actions that involve and affect everyone in

general as well as specific programs for certain groups. Likewise, regulatory, planning and executive powers are held by the corresponding sectors in the Autonomous Communities. The National Plan for Promoting Physical Activity (PNPAF) in Catalonia,¹⁷⁻¹⁹ the Basque Plan for Physical Activity in Euskadi²⁰ or the ACTIVA Community Program for the prescription of physical exercise in the Region of Murcia²¹ are examples of the development and implementation of these initiatives.

Data on the physical activity of the population in the Balearic Islands were gathered in the ISIB07 survey that was promoted by the regional government.²² This survey was conducted face-to-face in interviewees' homes, in a population stratified according to census units and representative sizes of population of the four islands, with a total of 2233 interviews. The following results stand out in connection with physical activity: 54.4% of the population do not do a desirable amount of physical exercise, and the reason for this given the most frequently is lack of time. 24.8% of the population over the age of 15 years old stated that they are seated during their main activity, and 41.7% spend most of the day standing without walking long distances. Young people and those over the age of 65 years old are the one who spend the majority of the day sitting. Respecting physical activity in their free time, 57.2% of the population stated that they do perform some type of physical activity in their free time, although this percentage falls with age. In the segment of the population aged from 5 to 15 years old, 11.3% do no physical activities in their free time and 89.7% watch television every day (three quarters of them for 1 h or longer). The response to this evidence was to develop and implement a sport policy model as a priority line of action of the Sports Medicine Office of the Sports Department of the Consell Insular, Minorca. This work therefore aims to describe the general characteristics of a program to promote physical activity for health, in a highly particular context like the Island of Minorca. It also contains a general description of each area affected by the implementation of the said model. The name, '*Menorca borina't* (move yourself)', was chosen as a clear and expressive means of getting attention and communicating the purpose of the program (Fig. 1).

Download English Version:

<https://daneshyari.com/en/article/8607939>

Download Persian Version:

<https://daneshyari.com/article/8607939>

[Daneshyari.com](https://daneshyari.com)