



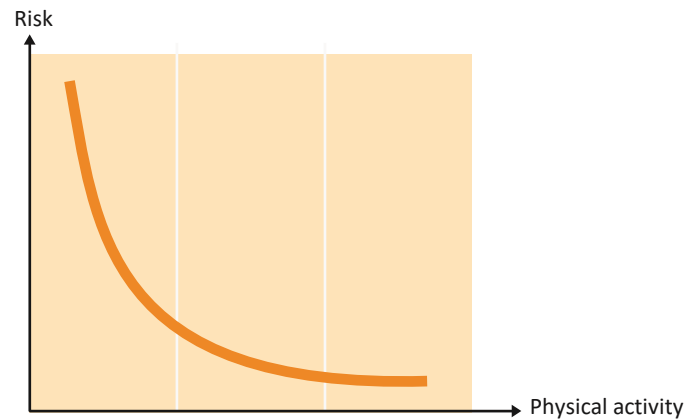
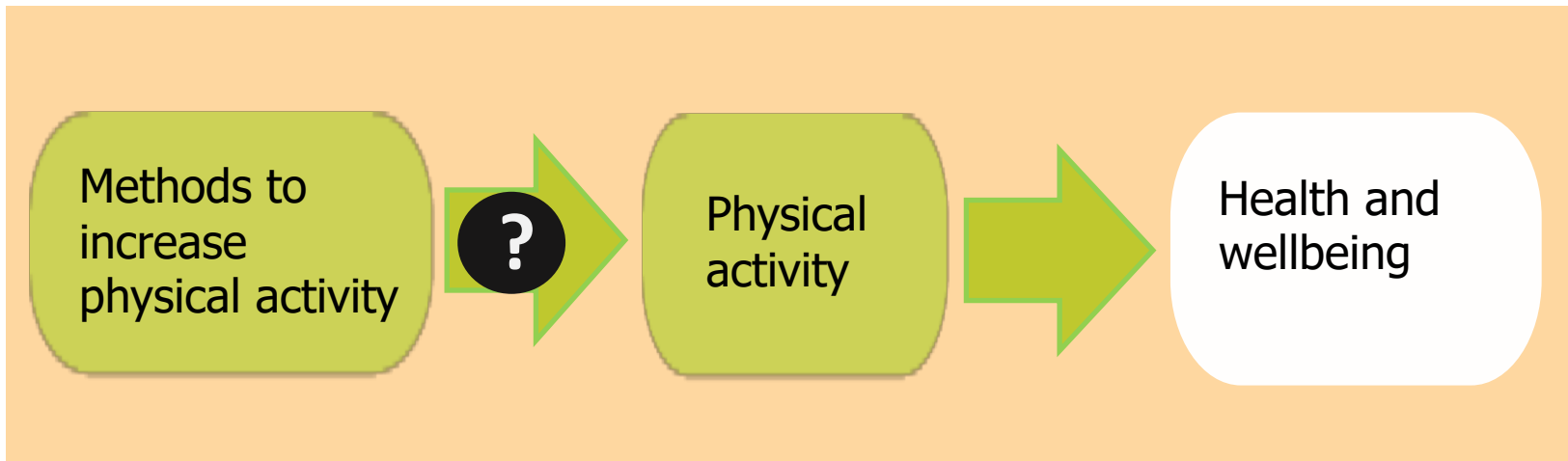
Folkhälsomyndigheten

Transfer of best practices – Physical activity on prescription

Marita Friberg



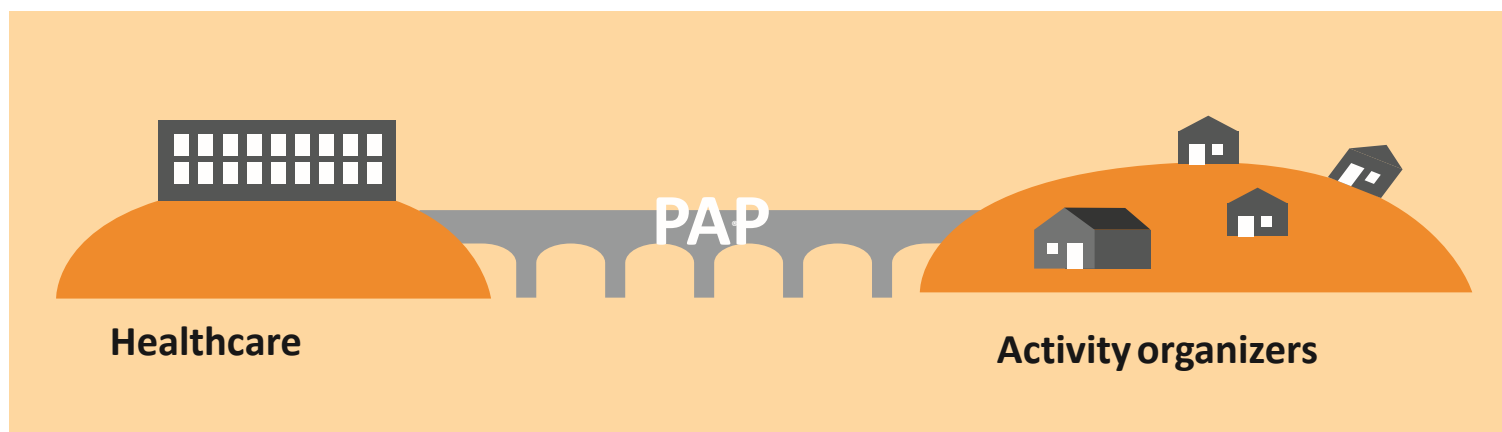
Physical activity and health










Physical activity on prescription (PAP)



Supporting environment



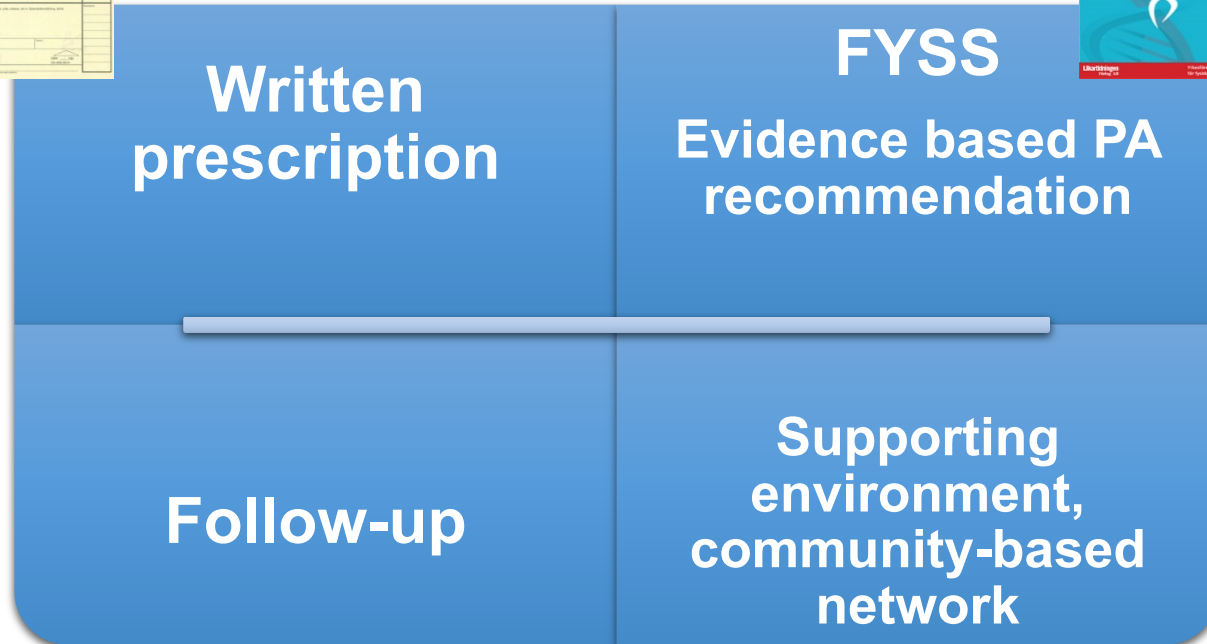
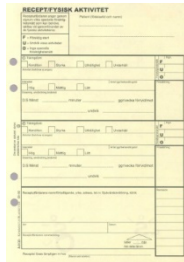
Physical Activity in the Prevention and Treatment of Disease - FYSS

Diagnos	Rekommendation 	Rekommendation 	Kontraindikationer/risker 	Tänk på att/behov av medicinsk kontroll 
Kranskärslssjukdom Indikationer	 +  ≥ 90 minuter/vecka, uppdelat på 3-5 tillfällen ● Läs mer »	Antal övningar: 8-10 Antal repetitioner: 10-15 ⓘ Antal set: 1-3 ⓘ Antal gånger per vecka: 2-3  Välj både aerob och muskelstärkande rekommendation ● Läs mer »	Den fysiska aktiviteten bör alltid utformas individuellt också med hänsyn tagen till eventuell samtidig hjärt-kärlsjukdom eller en hög risk... Läs mer »	Personer med konstaterad kranskärslssjukdom bör genomgå en bedömning av kondition och muskelfunktion av fysioterapeut med kunskaper inom hjär... Läs mer »



Asthma
 Cancer
 Chronic obstructive pulmonary disease
 Coronary artery disease
 Dementia
 Depression
 Diabetes mellitus, type 1 diabetes
 Diabetes mellitus, type 2 diabetes
 Heart failure (chronic)
 Hypertension
 Kidney disease (chronic)
 Lipid disorders
 Metabolic syndrome
 Osteoarthritis
 Osteoporosis
 Overweight and obesity
 Peripheral artery disease
 Reumatoid Arthritis
 Stroke

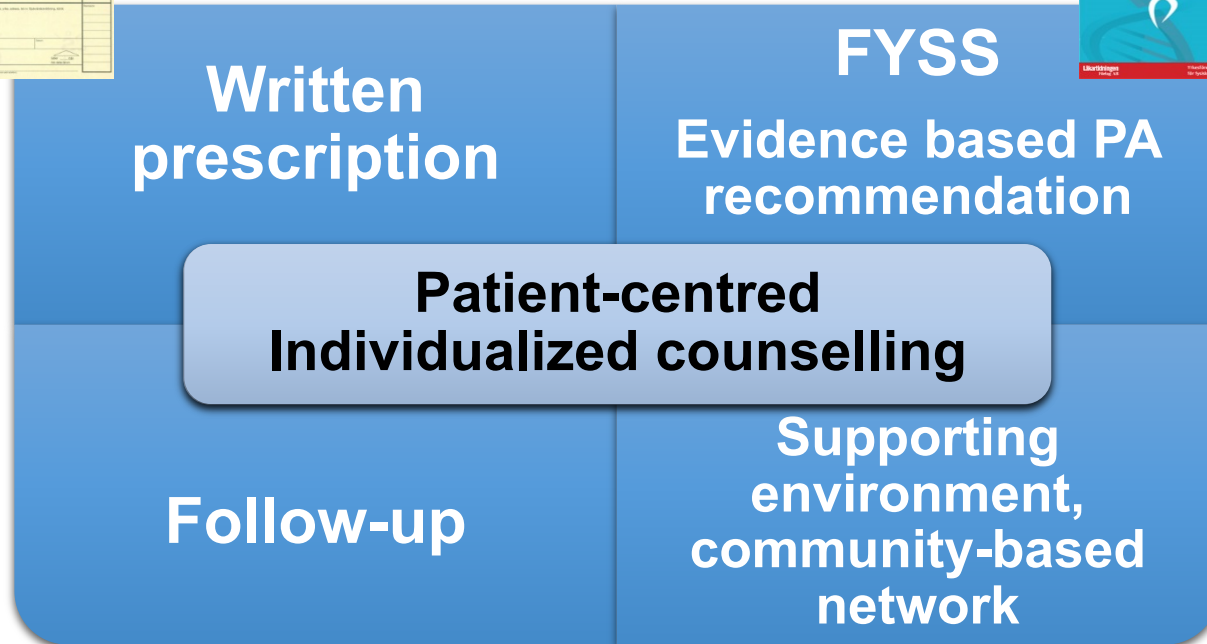
Key features of the Swedish model



Key features of the Swedish model

RECEPTFYSISK AKTIVITET

Form with checkboxes and text fields, likely a prescription or activity log.



Actions to transfer the Swedish model

- Feasibility assessment/study and legal check
- Workshops with stakeholders, concept training
- Adaption and translation of materials
- Needs assessment/ train educators and professionals
- Study visits, twinning
- Indicators for evaluation

Sweden
Belgium
Denmark
Germany
Italy
Lithuania
Malta
Portugal
Romania
Spain

EUPAP – An European Physical Activity on Prescription model

- Publication of the call, 30 May
- Submission of application, 13 September
- 3-year project starting in 2019
- Co-funding 1 350 000 Euro





Folkhälsomyndigheten



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