

EUSKO JAURLARITZA



GOBIERNO VASCO

MUGIMENTS

Basque Country

GIZARTE AKTIBOAGOA SORTZEKO PROIEKTUA

GIZARTE AKTIBOAGO BAT SORTZEKO PROIEKTUA

PROYECTO PARA CREAR UNA SOCIEDAD MÁS ACTIVA



MUGIMENT 
BarqueCountry

SOCIEDAD MÁS ACTIVA y MENOS SEDENTARIA



AUMENTAR la
ACTIVIDAD FÍSICA



REDUCIR el
SEDENTARISMO

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2013-2020 OSASUN PLANA

ZAHARTZE AKTIBOARI BURUZKO 2015-2020 EUSKAL ESTRATEGIA

MUNDUKO OSASUN ERAKUNDEAREN ESTRATEGIA ETA TXOSTENAK

JARDUERA FISIKOARI BURUZKO
EUROPAR KONTSEILUKO 2013KO AZAROAREN 26KO GOMENDIOA

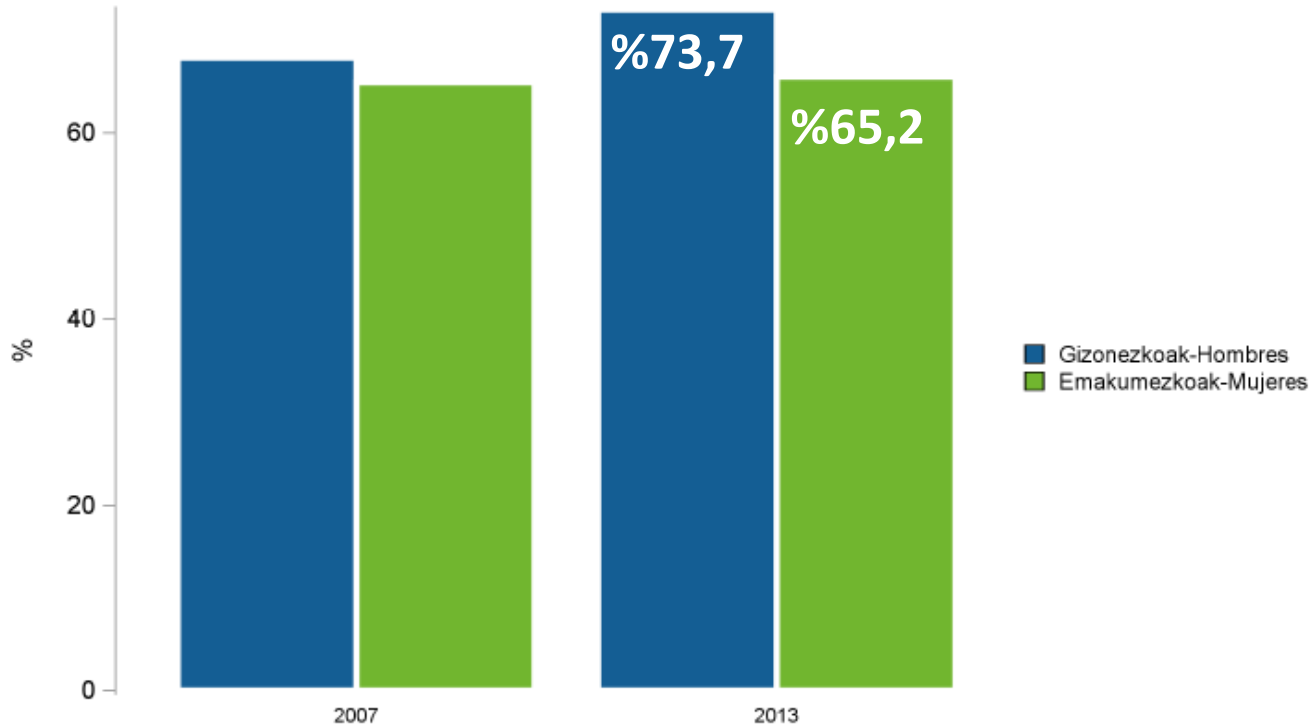


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Jarduera fisikoaren bilakaera, 2002-2013 Evolución de la actividad física, 2002-2013

Aktiboak diren biztanleen prebalentzia*
Prevalencia de población activa*

%69,4



*Adinaren arabera estandarizatua / Estandarizada por edad

PERSONA INACTIVA



PERSONA SEDENTARIA

Physical activity benefits for adults and older adults

- BENEFITS HEALTH
- IMPROVES SLEEP
- MAINTAINS HEALTHY WEIGHT
- MANAGES STRESS
- IMPROVES QUALITY OF LIFE

REDUCES YOUR CHANCE OF

Type II Diabetes	-40%
Cardiovascular Disease	-35%
Falls, Depression and Dementia	-30%
Joint and Back Pain	-25%
Cancers (Colon and Breast)	-20%

What should you do?

For a healthy heart and mind

To keep your muscles, bones and joints strong

To reduce your chance of falls

Be Active

Sit Less

Build Strength

Improve Balance

VIGOROUS

MODERATE



RUN



WALK



SPORT



CYCLE



STAIRS



SWIM



TV



SOFA



COMPUTER



GYM



YOGA



CARRY BAGS



DANCE



TAI CHI



BOWLS

MINUTES PER WEEK

75 OR 150

VIGOROUS INTENSITY

(BREATHING FAST
DIFFICULTY TALKING)

MODERATE INTENSITY

(INCREASED BREATHING
ABLE TO TALK)

OR A COMBINATION OF BOTH

BREAK UP SITTING TIME



2 DAYS PER WEEK

Something is better than nothing.

Start small and build up gradually:
just 10 minutes at a time provides benefit.

MAKE A START TODAY: it's never too late!

RECOMENDACIONES SOBRE ACTIVIDAD FÍSICA BENEFICIOSA PARA LA SALUD

SE UNA PERSONA ACTIVA

INTENSIDAD VIGOROSA



RUNNING

INTENSIDAD MODERADA



CAMINAR



DEPORTE



BICICLETA



SUBIR ESCALERAS



NADAR

SIENTATE MENOS



VER TV



SOFA



PANTALLAS

MINUTOS POR SEMANA

75 ó 150

INTENSIDAD VIGOROSA
(RESPIRACIÓN RÁPIDA,
DIFICULTAD PARA HABLAR)

INTENSIDAD MODERADA
(INCREMENTO DE LA RESPIRACIÓN,
CAPAZ DE HABLAR)

O COMBINACIÓN DE AMBAS

REDUCE EL TIEMPO QUE PERMANECES SENTADO/A

SOLO 10 MINUTOS DE ACTIVIDAD CONTINUADA PROPORCIONA BENEFICIOS ¡ALGO ES MEJOR QUE NADA!

UK CHIEF MEDICAL OFFICERS' GUIDELINES 2011. START ACTIVE, STAY ACTIVE: <http://bit.ly/startactive>

FUTURO

DEPORTE

EJERCICIO FÍSICO

**ACTIVIDAD FÍSICA
ESTILO DE VIDA ACTIVO**

PASADO

DEPORTE

EJERCICIO FÍSICO

**ACTIVIDAD FÍSICA
ESTILO DE VIDA
ACTIVO**

% ABONADOS/AS A ENTIDADES DEPORTIVAS

35%

ENCUESTA HÁBITOS DEPORTIVOS EN EUSKADI 2009

28,1% (39,4% CAPV)

ENCUESTA HÁBITOS DEPORTIVOS EN ESPAÑA 2015

INICIATIVA CON VISIÓN INTERSECTORIAL

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TALDE KOORDINATZAILEA

Gazteria eta Kirolak

Osasun Publikoa eta Adikzioak

Osakidetza

Gizarte Politikak

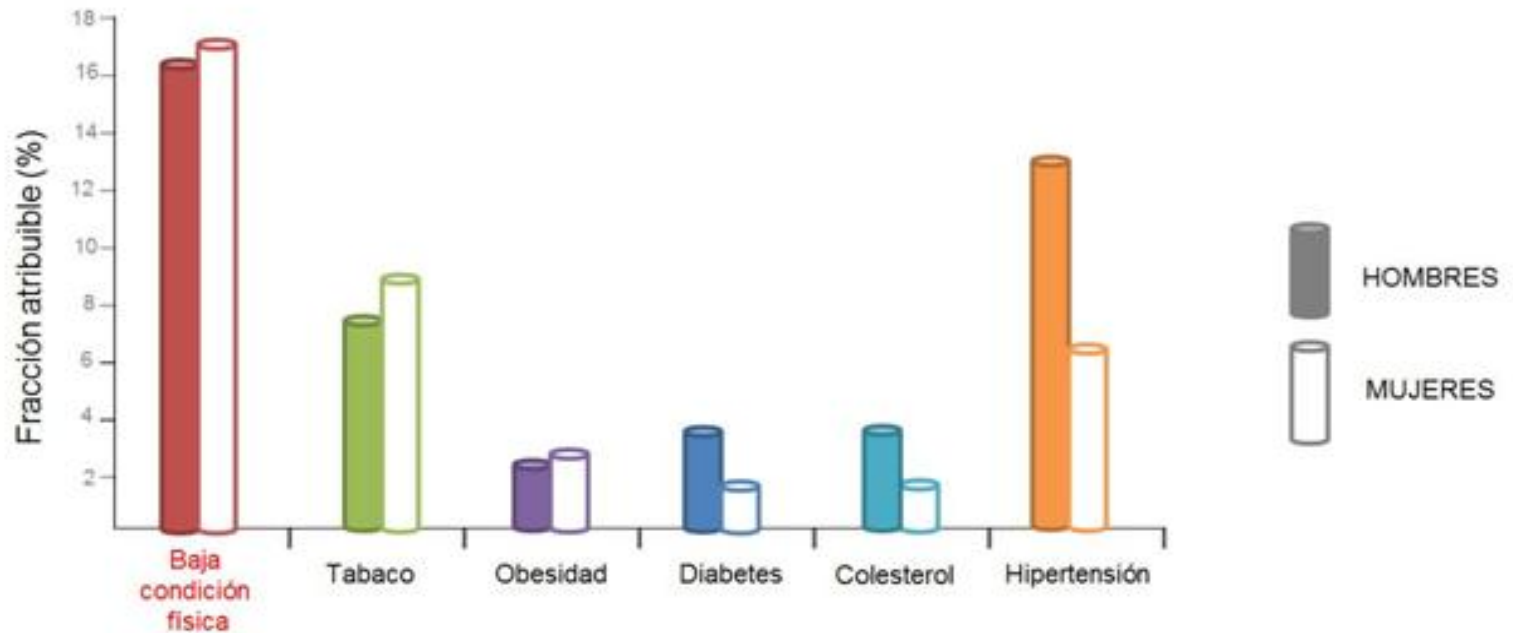


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¿QUÉ FACTOR MATA MÁS GENTE EN EL "PRIMER" MUNDO?

Blair SN. Physical inactivity: the biggest public health problem of the 21st century. Br J Sports Med. 2009 Jan;43(1):1-2



Sitting Time and Mortality from A Cardiovascular Disease, and C

PETER T. KATZMARZYK¹, TIMOTHY S. CHURCH¹, CORA I. OMERU, CANADA

American Journal of Epidemiology
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use only.

Original Contribution
Physical Activity and
Selection?

KATZMARZYK P. T., T. S. CHURCH, C. OMERU
Cardiovascular Disease and Cancer: Med Sci & fully explained and may improve a different perspective and mortality in a representative sample of U.S. men, women, and children of the same, half of the time, a, smoking status, and alcohol consumption was conducted at the for the assessment of mortality stress. Results: There were during higher levels of sitting time from all causes (relative risk = 1.06, 95% CI: 1.22, 1.47, 1.56; P for trend <0.0001) but not with smoking status and body mass index. Age-adjusted all-cause mortality, from all causes and CVD, independent of leisure time physical activity, and a healthy weight, physicians should encourage a dose, SEDENTARY BEHAVIOR, COOPER

Is physical activity or physical fitness more important in achieving health benefits?

STEVEN N. BLAIR,¹ The Cooper Institute

Percutaneous Coronary Angioplasty Compared With Exercise Training in Patients With Stenotic Coronary Artery Disease: A Randomized Trial

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1099-1134, E-mail
Submitted for publication
Accepted for publication
DOI: 10.1370/jrnl.2007.119.11

Background: Percutaneous coronary intervention (PCI) and exercise training are both used to improve coronary artery disease. We compared the effects of PCI and exercise training on clinical outcomes in patients with stenotic coronary artery disease. **Methods:** In a randomized trial, 100 patients with stenotic coronary artery disease were assigned to PCI or exercise training. The primary end point was the time to the first major adverse cardiac event (MACE), defined as death, myocardial infarction, or stroke. Secondary end points included the time to the first MACE, the time to the first MACE, and the time to the first MACE. **Results:** The time to the first MACE was significantly longer in the exercise training group than in the PCI group (P = 0.02). The time to the first MACE was significantly longer in the exercise training group than in the PCI group (P = 0.02). The time to the first MACE was significantly longer in the exercise training group than in the PCI group (P = 0.02). **Conclusions:** Exercise training may be a viable alternative to PCI for the treatment of stenotic coronary artery disease.

Keywords: Percutaneous coronary intervention, exercise training, coronary artery disease, major adverse cardiac event, randomized trial.

The Diabetes Prevention Program (DPP): Description of lifestyle intervention

The purpose of the present article is to provide a detailed description of the highly successful lifestyle intervention used in the Diabetes Prevention Program (DPP). The intervention was designed to reduce the incidence of diabetes in individuals at high risk for developing the disease. The intervention was based on the Diabetes Prevention Program (DPP) lifestyle intervention, which was designed to reduce the incidence of diabetes in individuals at high risk for developing the disease. The intervention was based on the Diabetes Prevention Program (DPP) lifestyle intervention, which was designed to reduce the incidence of diabetes in individuals at high risk for developing the disease.

RATIONALE FOR DPP LIFESTYLE INTERVENTION
The DPP lifestyle intervention was designed to reduce the incidence of diabetes in individuals at high risk for developing the disease. The intervention was based on the Diabetes Prevention Program (DPP) lifestyle intervention, which was designed to reduce the incidence of diabetes in individuals at high risk for developing the disease. The intervention was based on the Diabetes Prevention Program (DPP) lifestyle intervention, which was designed to reduce the incidence of diabetes in individuals at high risk for developing the disease.

Respiratory Fitness in Men and Women

Robert H. Pagan, PhD, Herold W. Kohl III, PhD, D-PhL, Larry W. Gibbons, MD, MPH

Background: Respiratory fitness is an important determinant of cardiovascular health. We examined the relationship between respiratory fitness and cardiovascular health in men and women. **Methods:** In a cross-sectional study, we measured respiratory fitness and cardiovascular health in men and women. **Results:** Respiratory fitness was significantly associated with cardiovascular health in men and women. **Conclusions:** Respiratory fitness is an important determinant of cardiovascular health in men and women.

Keywords: Respiratory fitness, cardiovascular health, men, women, cross-sectional study.

Keywords: Respiratory fitness, cardiovascular health, men, women, cross-sectional study.

Response of blood lipids to exercise training alone or combined with dietary intervention

The purpose of the present study was to examine the response of blood lipids to exercise training alone or combined with dietary intervention. The study was conducted in individuals who were overweight and had elevated blood lipids. The results showed that exercise training alone led to improvements in blood lipids, and the combination of exercise training and dietary intervention led to even greater improvements.

Exercise characteristics of the blood pressure re dynamic physical trail

Robert H. Pagan, PhD, Herold W. Kohl III, PhD, D-PhL, Larry W. Gibbons, MD, MPH

Background: Exercise characteristics are important determinants of blood pressure. We examined the relationship between exercise characteristics and blood pressure. **Methods:** In a cross-sectional study, we measured exercise characteristics and blood pressure. **Results:** Exercise characteristics were significantly associated with blood pressure. **Conclusions:** Exercise characteristics are important determinants of blood pressure.

Keywords: Exercise characteristics, blood pressure, cross-sectional study.

PREVENTING CHRONIC DISEASE

PUBLIC HEALTH RESEARCH

Health Care Cost With Physical Inactivity and C

Anderson MS, Brian C. Martinson, PhD, A. Whitford, PhD, Lawrence J. Fine, MD, MSc

Background: Physical inactivity is a major risk factor for chronic disease. We examined the relationship between physical inactivity and health care costs. **Methods:** In a cross-sectional study, we measured physical inactivity and health care costs. **Results:** Physical inactivity was significantly associated with health care costs. **Conclusions:** Physical inactivity is a major risk factor for chronic disease.

Physical Activity and Cancer Prevention: From Observational to Intervention Research?

Christina M. Frithwell, PhD, David C.ella, PhD, Lawrence J. Fine, MD, MSc

Background: Physical activity is an important determinant of cancer risk. We examined the relationship between physical activity and cancer risk. **Methods:** In a cross-sectional study, we measured physical activity and cancer risk. **Results:** Physical activity was significantly associated with cancer risk. **Conclusions:** Physical activity is an important determinant of cancer risk.

Abstracted from www.jama.com at Indiana University School of Medicine on January 29, 2008. Vol. 297, No. 5



MUGIMONT

Baroque Country

COSTE SANITARIO EN EUSKADI (2015)

1.549€ POR PERSONA

LAS PERSONAS ACTIVAS TIENEN UN COSTE 27 % INFERIOR.
457 € DE DIFERENCIA ENTRE UNA A PERSONA ACTIVA Y OTRA INACTIVA*

**Anderson LH, Martinson BC, Crain AL, Pronk NP, Whitebird RR, O'Connor PJ, Fine LJ. Health care charges associated with physical inactivity, overweight, and obesity. Prev. Chronic Dis. 2005 Oct;2(4):A09.*

Hay menos riesgo en la actividad que en la inactividad continuada. Sería mucho más aconsejable hacernos una revisión detallada en el caso de que tengamos la intención de llevar una vida sedentaria para saber si nuestra salud es suficientemente buena para aguantar la inactividad.

Per Olof Astrand (1970)

The background is a vibrant, abstract composition of paint splatters and brushstrokes. The colors are diverse, including bright yellow, green, orange, red, blue, and purple, set against a light, almost white background. The splatters are of various sizes and orientations, creating a sense of dynamic movement and energy. A semi-transparent horizontal band is overlaid across the middle of the image, serving as a backdrop for the text.

MUGIMET
Basque Country



ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGISARE

Crear redes locales para
la coordinación de
acciones y estrategias

Comunidad

ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGIBILI

Fomentar la actividad de
caminar

Población
general

mugibili

mugitzeko aukerak
ideas para moverse



ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGIEGUN

Facilitar la participación
ciudadana en eventos
deportivos

Población
general

ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGIKASI

Incrementar el tiempo de
AF y evitar el
sedentarismo en los
centros escolares

Población
infantil

ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGIERAGIN

Implicar a profesionales sanitarios y del deporte como agentes promotores de AF

Profesionales del ámbito sanitario y deportivo

ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGILAN

Facilitar la práctica de AF
y prevenir el
sedentarismo en el
entorno laboral

Centros de
trabajo

ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGITOKI

Crear un centro de referencia y recopilación, actualización y generación de conocimiento sobre la AFBS

Profesionales, agentes locales y expertos

ESTRATEGIA

OBJETIVO

POBLACIÓN

MUGIBETI

Impulsar la práctica de AF entre la población de mayores atendiendo a sus necesidades

Población mayor



MUGIMEN
MUGIBETI

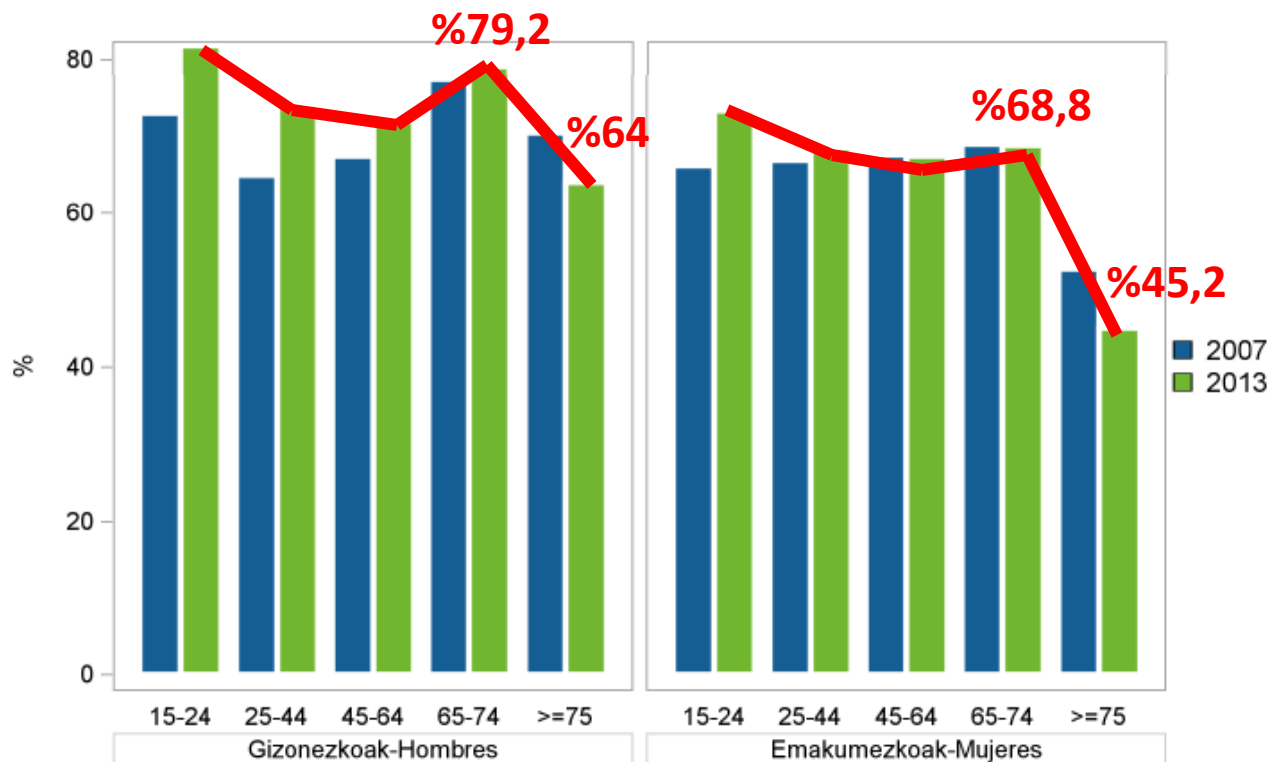
ELUSKO JAURLARITZA  GOBIERNO VASCO

Jarduera fisikoaren bilakaera adinaren arabera, 2002-2013

Evolución la actividad física según la edad, 2002-2013

Aktiboak diren biztanleen prebalentzia

Prevalencia de población activa



65-74 **%73,6**

>=75 **%52,3**



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Basque Country

PROPUESTAS DE ACCIÓN

- 1- ESTUDIAR LOS FACTORES INDIVIDUALES Y AMBIENTALES QUE INCIDEN EN EL NIVEL DE SEDENTARISMO DE LA POBLACIÓN MAYOR CONSIDERANDO LA HETEROGENEIDAD DEL COLECTIVO.
- 2- ANIMAR A LAS PERSONAS MAYORES A PARTICIPAR, EN FUNCIÓN DE SU CAPACIDAD FUNCIONAL, EN LAS ACTIVIDADES Y RECURSOS COMUNITARIOS DE LA ACTIVIDAD FÍSICA DIRIGIDOS A LA POBLACIÓN GENERAL, POTENCIANDO ADEMÁS INICIATIVAS DE PARTICIPACIÓN INTERGENERACIONAL.

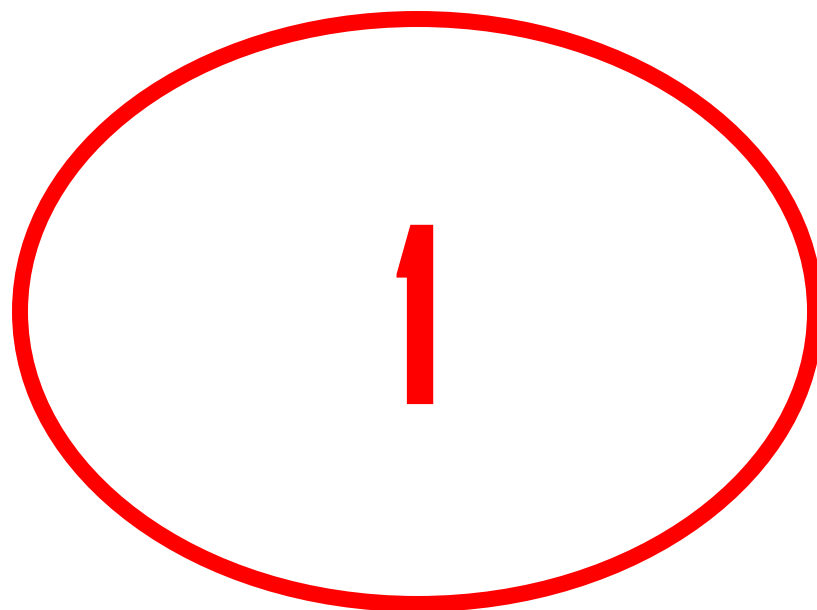
PROPUESTA DE ACCIONES

- 3- IMPULSAR MEJORAS Y ADAPTACIONES EN EL ENTORNO FÍSICO Y SOCIAL QUE FACILITEN LA PRÁCTICA DE ACTIVIDAD FÍSICA EN PERSONAS CON DIFICULTADES DE MOVILIDAD.
- 4- REALIZAR CAMPAÑAS DE SENSIBILIZACIÓN Y DE INFORMACIÓN A LA POBLACIÓN MAYOR.
- 5- ELABORAR UN PROTOCOLO DE ACTUACIÓN ESPECÍFICO PARA LA PRESCRIPCIÓN DE ACTIVIDAD FÍSICA Y LA DERIVACIÓN AL ORIENTADOR DESDE LOS SERVICIOS ASISTENCIALES DEL MUNICIPIO.

PROPUESTA DE ACCIONES

- 6- INFORMAR Y FORMAR AL PERSONAL SANITARIO O ENCARGADO DEL CUIDADO DE MAYORES EN CÓMO TRABAJAR LA FUERZA Y LA IMPORTANCIA DE SU MEJORA SOBRE TODO EN EL TREN INFERIOR EN EL CASO DE PERSONAS MAYORES DEPENDIENTES.
- 7- FOMENTAR EL USO Y EL DESARROLLO DE PRUEBAS DE EVALUACIÓN DE LA CONDICIÓN FÍSICA EN MAYORES.
- 8- TODAS AQUELLAS QUE EL MUNICIPIO ESTIME OPORTUNAS PARTIENDO DE SU REALIDAD Y ATENDIENDO A SUS CARÁCTERÍSTICAS.

CLAVES



VISIÓN INTERSECTORIAL



2

CONCEBIR LA ACTIVIDAD FÍSICA MÁS ALLÁ DEL DEPORTE

3

**SEGUIR LAS RECOMENDACIONES
ESTABLECIDAS EN AFBS**

4

ACTUAR A NIVEL LOCAL

5

LIDERAZGO

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ESKERRIK ASKO!

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