

# Search Results for: Physical Activity for Global Health,PDF

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'Physical activity in non-communicable disease prevention in Vietnam: from evidence base to policy implementation' is a joint 3-year project, started on 1 January 2011 between Sweden's Karolinska Institutet and YFA (Yrkesföreningar för Fysisk Aktivitet) and the Hanoi Medical University (HMU), with some participation by WHO and the Vietnamese Ministry of Health. The project is financed by Sida and is now (25 September 2013) in its final phase, as it is due to end in December 2013. More information is available on the project's Swedish website "Physical Activity for Global Health" see [www.pa4gh.org](http://www.pa4gh.org)

The aim of the project was to transfer knowledge and scientific evidence on how physical activities may be used in the prevention and treatment of diseases, and to be of practical use in Vietnam's health services and in society. There has never before been a major intervention on physical activity in Vietnam, and there are no structured training courses on the subject for health professionals. The Chairperson of YFA, Carl Johan Sundberg, is the Swedish project manager, which also involves YFA Executive members Mai-Lis Hellenius and Agneta Ståhle. More information is available on [www.YFA.se](http://www.YFA.se)

The project was arranged in several steps, with two corner-stones: a training component, comprising courses for health care professionals in Vietnam and in Sweden, and the translation of FYSS into Vietnamese. As the designation of the project implies, the aim was also to influence the development of national guidelines for physical activity in the prevention of non-communicable diseases; hence the cooperation with the Ministry of Health.

After almost three years the project has achieved the following results:

1. Thirteen key persons in the Vietnamese health service have been trained in the concept of 'physical activity on prescription' (in Swedish 'fysisk aktivitet på recept' – FaR), in Sweden and have acted as trainers at FaR courses in Vietnam.
2. A total of 251 persons, primarily health care professionals, have taken part in a two-day course on the theme of "FaR in Vietnam". Swedish and Vietnamese tutors led the courses.

3. The book, FYSS, has been translated into Vietnamese and is sold through HMU and can be downloaded free of charge as a PDF document from the official project website in Vietnam.
4. An international conference on physical activity and non-communicable diseases, aimed principally at decision-makers, was organised in Hanoi in November 2012.
5. A start has been made on developing national guidelines for physical activity in prevention of non-communicable diseases. Meetings have been held with the Ministries of Health and of Sports; a workshop was organised for decision-makers in November 2012, in connection with the international conference, to discuss the introduction of national guidelines.
6. A PR company in Hanoi has been involved in the project to broadcast information to the public about physical activity, through newspaper articles, TV programmes and the internet. An extensive three-month media campaign was launched in November 2012 on the theme of **'Move for health and happiness'**, aimed at the general public, health care professionals and decision-makers. A total of 67 newspaper articles were published during the project period; four news items and two talk shows were shown on television. The project manager Carl Johan Sundberg was interviewed on one of the talk shows and the part project manager Tran Thi Thanh Huong, on the other.

### ***The Future***

It is hoped that the present cooperation will build the foundations for continued work on research/education on physical activity in Vietnam. Collaboration in research has recently been initiated between Sweden and Vietnam and the aim is for cooperation within various projects to carry on in the future. From a Swedish perspective the project has allowed us the opportunity to broadcast our experiences globally, and what we have learnt from the implementation of FaR in Vietnam will be useful in this context. A structured evaluation process of the training outcomes as well as the practical experiences gained through the project will produce a solid base for initiating similar cooperation projects with other countries. There are many opportunities for FYSS – Physical Activity in the Prevention and Treatment of Disease – to conquer the world.

Kind regards

YFA – Yrkesföreningar för Fysisk Aktivitet

For more information see: [www.YFA.se](http://www.YFA.se)

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