

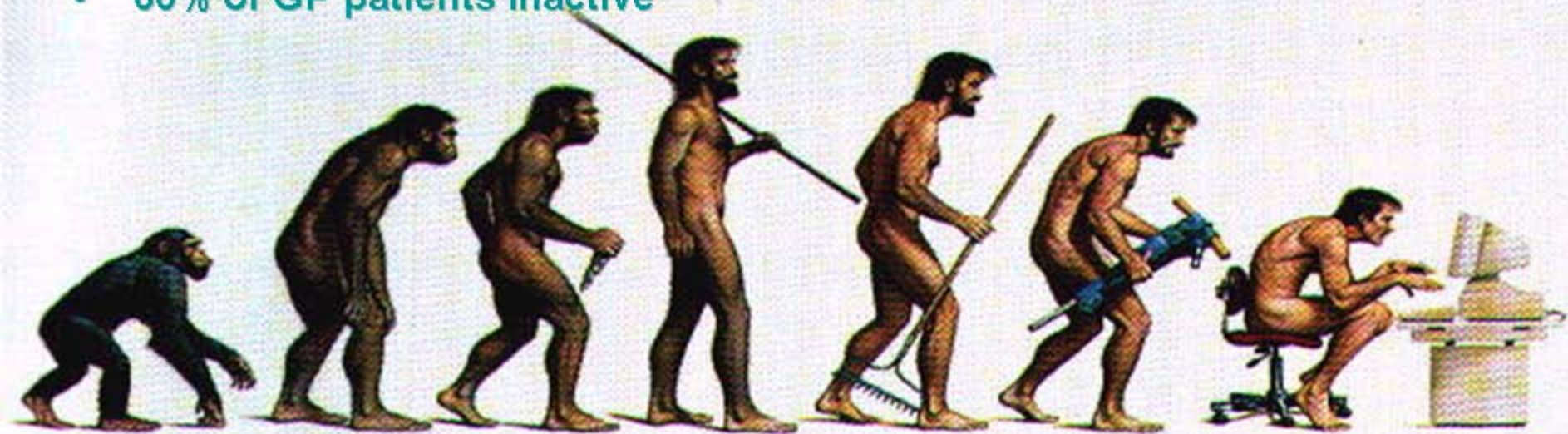
PHYSICAL ACTIVITY PRESCRIPTION USING LIFESCRIPTS



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Inactivity

- Over 7 million Australians aged 18-75 years (54%) did not undertake sufficient physical activity to obtain a health benefit.
- Over 2 million of these (15% of people aged 18-75 years) were sedentary, that is they did no physical activity in their leisure-time.
- 60% of GP patients inactive



THE BENEFITS OF PA

- **Primary disease prevention**
- **Risk factor and symptom management.**
- **QOL and functional capacity across lifestages.**

PA promotion in General Practice

- **35 PA promotion studies & 9 Literature reviews in primary health**
- **‘ 6 of these reviews concluded that brief interventions combined with written material lead to modest increases in physical activity in the short term’ 6 mths.**
- **NZ RCT ↑ in QOL&PA up to 12 months.**
- **4 other longer studies also +ve ↑ in PA.**

Smith B. Promotion of physical activity in primary health care: update of the evidence on interventions. *Journal of Science and Medicine in Sport* 2004;7(1):Supplement 67-73.

Key messages.

NATIONAL PHYSICAL ACTIVITY GUIDELINES FOR AUSTRALIANS

The guidelines refer to the minimum levels of physical activity required for good health. They are not intended for high level fitness or sports training.

Try to carry out all guidelines and for best results combine an active lifestyle with healthy eating.



think of movement as an opportunity, not an inconvenience.



be active every day in as many ways as you can.



put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days.



if you can, also enjoy some regular, vigorous exercise for extra health and fitness.



Active kids are healthy kids.

AUSTRALIAN GOVERNMENT RECOMMENDATIONS FOR 5-17 YEAR OLDS



Active and healthy.

Kids like to be active. Playing physical activity is part of how they learn to move and play. It's also healthy.

Physical activity is important for healthy growth and development. It is also a good way for kids to build friends and learn physical and social skills.

Encouraging kids to be active when they are young also establishes a habit that will stay with them throughout their life.

If you are a parent or carer of a young child, the two points to remember are:

- **Let them lead an active lifestyle.** Get up to several hours of moderate to vigorous physical activity every day.
- **Let them use electronic media for no more than two hours a day.** Using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

Why is physical activity important?

Get out and get active.

AUSTRALIAN GOVERNMENT RECOMMENDATIONS FOR 5-17 YEAR OLDS



What type of activity is recommended?

A combination of moderate and vigorous activities is recommended.

A moderate activity is a low to medium level of activity that is both work, and could include a whole range of activities such as a bike ride or a game of soccer.

Some vigorous activities include: "ball and putt" and include vigorous sports such as football and rugby, as well as activities such as climbing, jumping and running.

Children's play activities are also an important part of their learning to be active. Vigorous play activities include: rough and tumble play, tag, chase, hide and seek, and other games.

Most importantly, kids need the opportunity to play in a safe, open, and accessible environment. This includes access to parks, playgrounds, and other outdoor spaces.

Remember, the amount of activity that is recommended is based on the type of activity that is chosen.

- **Did you know that you're between 10 and 15 years old, you need to be doing at least 60 minutes of moderate to vigorous physical activity every day to keep healthy?**
- **And you also need to spend more than two hours a day using electronic media for no more than two hours a day.** (Limit of active TV is educational)

Walking, stairclimbing, play equipment and lots of other activities are good for you. They give you a chance to spend time with friends and make new ones.

Remember, you're 10 and 15 years old.

Great reasons to be active

Being active is good for you in many ways. It can help you to be happy, healthy, and to be a good friend to others.

Some of the benefits of being active include:

- It's a good way to have fun and to be healthy.
- It's a good way to be a good friend to others.
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How much?

You need to do at least 60 minutes of physical activity every day. But remember, you can build this up throughout the day in a number of activities. And remember, you can also do a range of things to be active.

How hard?

It's not hard! Most physical activity that kids do is moderate to vigorous intensity. There are lots of fun ways to do it.

- **Walking, stairclimbing, play equipment and lots of other activities are good for you.**
- **Remember, you're 10 and 15 years old.**

Vigorous activities include: "ball and putt" and include vigorous sports such as football and rugby, as well as activities such as climbing, jumping and running.

Remember, the amount of activity that is recommended is based on the type of activity that is chosen.



What is the best activity to do?

Any physical activity is good for you. But remember, you need to be active every day for at least 60 minutes. And remember, you can build this up throughout the day in a number of activities. And remember, you can also do a range of things to be active.

Remember, you're 10 and 15 years old. The day and night activities that you do are also important.

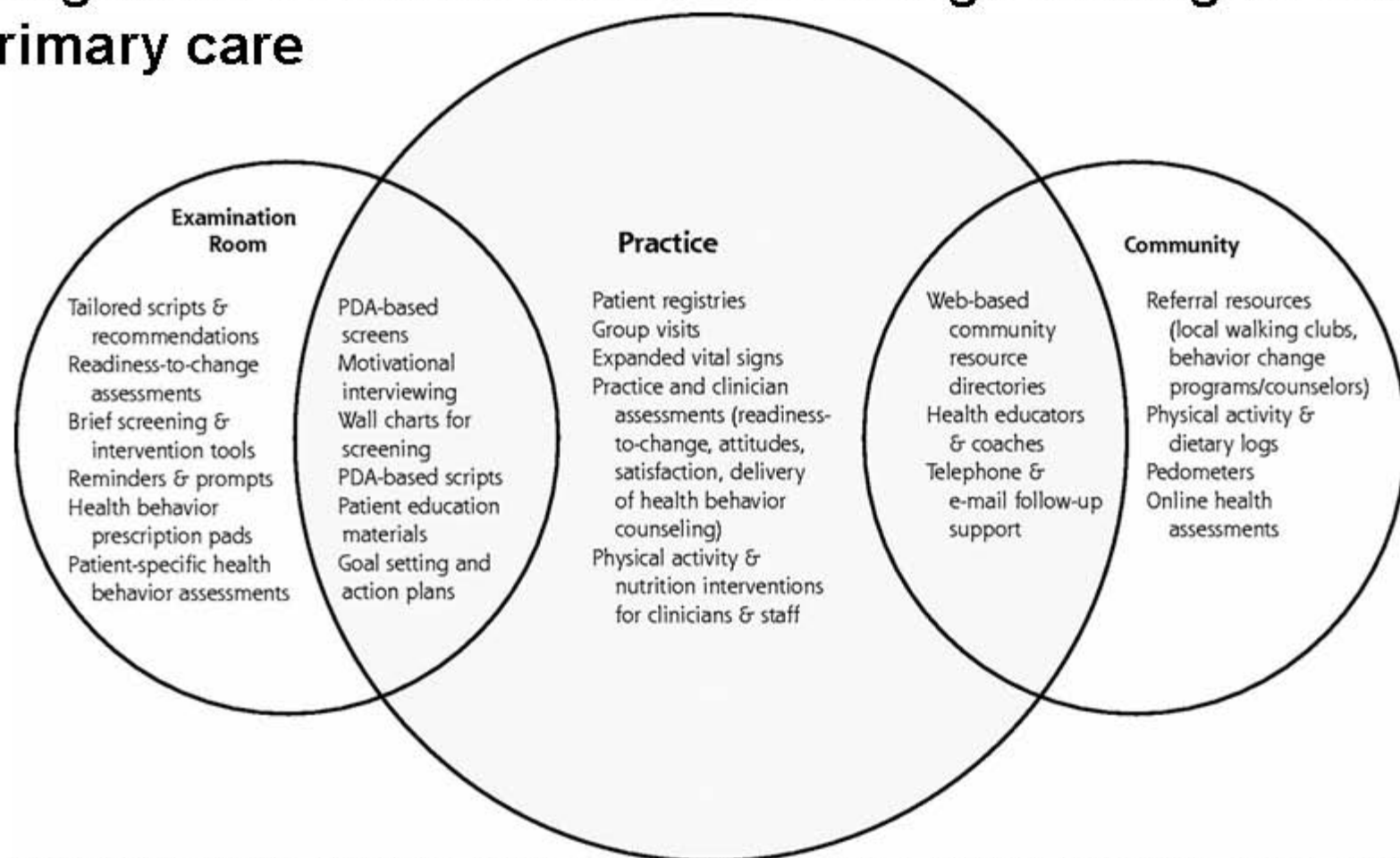
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Intensity options

Opportunistic – detecting or managing lifestyle risk factors as part of routine practice, as the opportunity arises during the consultation (for a related or unrelated presenting complaint). An opportunistic approach is likely to be characterised by brief interventions (lasting perhaps 1 minute) and, occasionally, more intensive interventions of 1–5 minutes (e.g. assessing the patient's readiness to change and using motivational interviewing techniques).

Planned (or structured) – a proactive and comprehensive approach that involves systematically identifying and managing risk factors, which requires organisational structures and systems within the practice, as well as coordination and teamwork. This approach may involve both brief and more intense interventions, depending upon the circumstances, which are integrated with recalls, reminders, special education sessions, follow-up, referral and linkages with other services.

Integration of health behaviour change strategies into primary care



Cifuentes, Maribel, Fernald, Douglas H., Green, Larry A., Niebauer, Linda J., Crabtree, Benjamin F., Stange, Kurt C., Hassmiller, Susan B.

Prescription for Health: Changing Primary Care Practice to Foster Healthy Behaviors

Ann Fam Med 2005 3: S4-11

PHYSICAL ACTIVITY

Physical activity assessment

Information for patients

Your doctor would like to assess how active you are. The aim is to find out how many times per week you normally do moderate-intensity physical activity for 30 minutes, or vigorous physical activity for 20 minutes.

• Three 10-minute sessions (or two 15-minute sessions) count as one 30-minute session.

Please circle **one** option for each question.

1. How many times a week do you usually do 20 minutes or more of vigorous-intensity physical activity that makes you sweat or puff and pant? (e.g. heavy lifting, digging, jogging, aerobics or fast bicycling)

0 1 2 3 4 5 6 7+ Score

2. How many times a week do you usually do 30 minutes or more of walking? (e.g. walking from place to place for exercise or recreation)

0 1 2 3 4 5 6 7+ Score

3. How many times a week do you usually do 30 minutes or more of other moderate-intensity physical activity that increases your heart rate or makes you breathe harder than normal? (e.g. carrying light loads, bicycling at a regular pace or doubles tennis)

0 1 2 3 4 5 6 7+ Score

Total

PHYSICAL ACTIVITY

Total score

The number divided is the score for each question (7+ is counted as a score of 7).

Score	Interpretation
0 – 1	Low physical activity
2 – 4	Nearly there – almost enough for health benefits
> 5	Active – sufficient physical activity for health benefits, as recommended in the National Physical Activity Guidelines (at least 2.5 hours of moderate-intensity activity per week)

Note

Check for contraindications to moderate-intensity exercise: unstable angina, chest discomfort or shortness of breath on low-intensity activity, uncontrolled heart failure, severe aortic disease, uncontrolled hypertension, acute infection or fever, resting tachycardia (> 100 beats per minute), recent complicated acute myocardial infarction (< 2 months), uncontrolled diabetes.

This scoring system provides one quick and simple method for assessing physical activity. Your own knowledge of the patient will also be valuable in assessing physical activity levels and giving advice.

All patients

- Explain health benefits of recommended physical activity levels (even 10-minute bouts accumulated throughout the day can be beneficial)
- Provide written information

Low physical activity

- Assess factors that are preventing the person from doing more activity
- Ask if the patient is interested in increasing physical activity levels. If yes:
 - help the person think of ways of becoming more active that suit his or her lifestyle, preferences and routines
 - help set realistic goals (even 10-minute bouts can be beneficial) and increase incrementally
 - consider writing an individualised prescription for physical activity

Nearly there

- Assess factors that are preventing the person from doing more activity
- Assess the person's willingness to increase activity, and give practical suggestions on how to increase the number or duration of activities

Active

- Encourage the patient to keep up healthy levels of activity



Lifescripts

Advice for Healthy Living



PHYSICAL ACTIVITY

Your prescription for an active lifestyle

Date: _____ Date of birth: _____

Patient's name: _____

Your activity assessment

- ☐ **Low** – your activity level is not high enough to promote health
☐ **Nearly there** – your activity level is not quite high enough to maximise health benefits

Regular activity improves energy and vitality.

For your **health and well-being**, I recommend:

☐ Walking (briskly enough to notice a moderate increase in breathing or pulse) and/or:

- | | |
|--|--|
| ☐ swimming | ☐ strength training |
| ☐ gentle exercise classes | ☐ tennis |
| ☐ dancing | ☐ tai chi |
| ☐ gardening | ☐ other: _____ |

How much

- ☐ 10 minutes
☐ 15–30 minutes
☐ 30 minutes or more
☐ other: _____

How often

- ☐ 1–2 times per week
☐ 3–4 times per week
☐ 5 or more times per week

This activity will be especially beneficial because of your:

- | | |
|--|---------------------------------------|
| ☐ weight concerns | ☐ stress |
| ☐ heart disease | ☐ diabetes |
| ☐ depression/anxiety | ☐ arthritis |
| ☐ high blood pressure | ☐ other: _____ |
| ☐ high cholesterol | |

To assist you to be more active, I also refer you to:

I would like you to return for review in _____ weeks.

Doctor's signature: _____



Lifescrpts

PHYSICAL ACTIVITY

General guidelines

Try to be active every day in as many ways as possible. Put together at least 30 minutes of moderate-intensity physical activity on most days of the week. You can combine short sessions of 10 minutes each (same activity or different activities) to a total of 30 minutes per day.

Low-intensity physical activity: causes no noticeable increase in breathing or heart rate (e.g. slow walking).
Moderate-intensity physical activity: causes slight but noticeable increase in breathing and heart rate, may cause light sweating (e.g. brisk walking).
Vigorous physical activity: causes hard breathing or puffing and peeing (e.g. high-intensity fitness class).

How to get started

- Choose a time of day that suits you and doesn't make you alter your routine much.
- Find an activity that you enjoy.
- Set a goal and work toward it, starting with short-term and realistic goals. Reward yourself when you have reached one of your goals.
- Be prepared to deal with setbacks that interrupt your activities.
- Recruit a friend or join a group activity. Some people find it easier to stay active in a social environment.
- Talk to your GP. Regular follow-up by someone you trust can help you stay active.

Caution

Do not start moderate-intensity physical activity if you have any of these conditions:

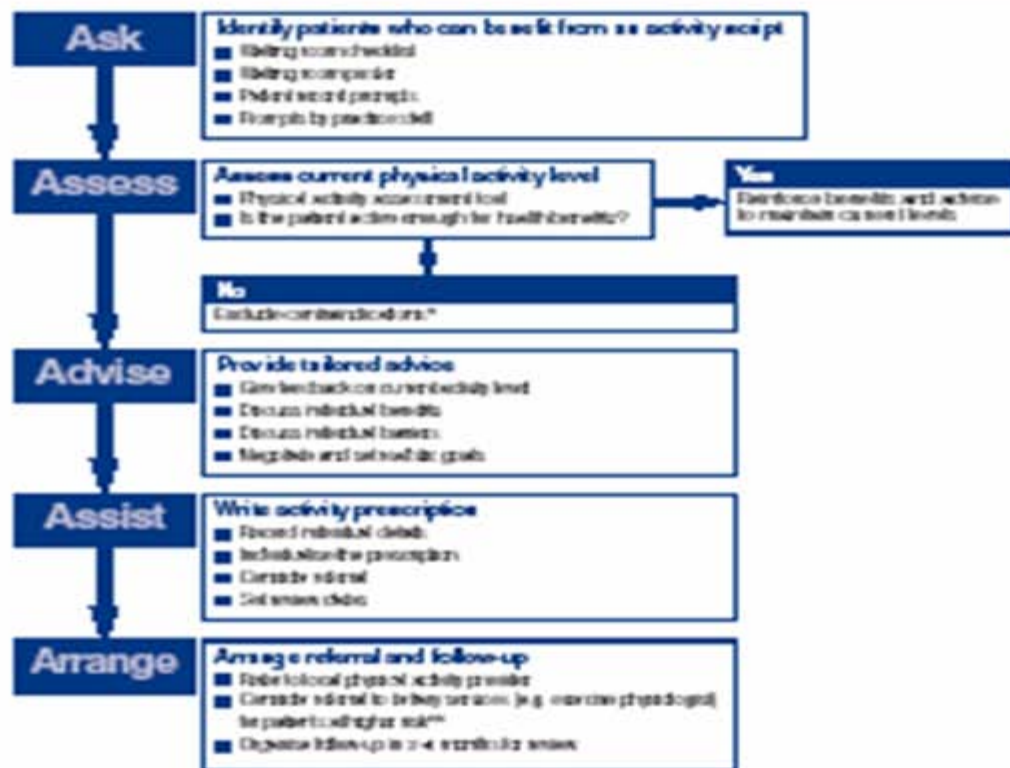
- Unstable angina
- Chest discomfort and shortness of breath when you do low-intensity activity
- Uncontrolled heart failure
- Severe aortic stenosis
- Uncontrolled hypertension
- Infection or fever
- Heart rate more than 100 beats per minute when you are not exercising
- Complicated myocardial infarction (heart attack) within the past 3 months
- Uncontrolled diabetes

Stop the activity if you experience any of these:

- Chest tightness, discomfort or pain
 - Dizziness or light-headedness
 - Difficulty breathing
 - Nausea
 - Leg pain or ache
 - Palpitations (feeling of pounding or racing heart).
- If you have diabetes: stop the activity if you experience shakiness, tingling lips, hunger, weakness or palpitations.



Helping patients become more active



*Contraindications to moderate-to-vigorous physical activity

- Unstable angina
- Chest discomfort or shortness of breath at rest or during activity
- Uncontrolled heart failure
- Unstable aortic aneurysm
- Uncontrolled hypertension
- Unstable diabetes or heart
- Unstable angina (e.g. for 1000m in 10 minutes)
- Recent myocardial infarction (e.g. 2 weeks)
- Uncontrolled diabetes

**People with multiple risk factors, pre-existing disease, long-standing disabilities and the least likely to respond without further support or advice should be referred for supervised activity in safe and positive supervised settings.

Kinects Role

- 1. Ongoing support for Active Script Division activities.**
- 2. Assistance with Active Script Division planning and transition to Lifescripts.**
- 3. General Lifescript support.**

Other Programs

- **Go For Your Life© call centre, forums info packs, website content management**
- **Walk 21/ Local walking action plans**
- **Primary Care Partnerships PA project support**
- **Fitness leader registration**

**For most people, any
additional activity
beyond their current
level will be
*beneficial***

THANKYOU FOR LISTENING