

Good practices in HEPA



NAME OF THE ACTIVITY

Cooperative Concept Health Sport

LEADING ORGANISATION

SRH University of Applied Health Sciences

COUNTRY

 Germany

HEPA-RELATED TOPIC

HEPA for NCD prevention, HEPA for mental health and wellbeing, socially disadvantaged groups' access to HEPA

TYPE OF ACTIVITY

Development of cooperative networks, training programmes, education

TARGET GROUP

Physicians in private practice, health insurance companies, selected providers of health sport programmes, sports clubs, fitness studios

OBJECTIVES

The programme aims to reach individuals with a sedentary lifestyle, and associated risk factors and diseases, and build their long-term commitment to adopting an active lifestyle. It strives to create supportive settings for health sport activities through the formation of cooperative networks between institutions of the health system and the sport system. Overall, this is hoped to be a cost-effective approach, resulting in savings on treatment costs.

ACTIVITIES

Development of cooperative networks between physicians, health insurance companies and providers of health sport programmes, especially sports clubs and fitness studios. Implementation of evidence-based health sport programmes for adults with a sedentary lifestyle and associated risk factors and diseases. Implementation of accompanying measures to support a sustainable change in behaviour.

RESULTS / EVALUATION

The institutionalisation of the cooperative concept of health sport (over a period of seven years) and health and behavioural effects of the health sport programmes were examined by two studies. The results show that the cooperative concept of health sport can be implemented in practice and that the health sport programmes have numerous positive health and behavioural effects. Furthermore, socially disadvantaged groups can also be reached through this concept.

TIPS & TRICKS

Increased participation is best achieved when Hubs deliver on all 4 areas of the framework: provision of a pathway, well-trained people, strong organisations and quality facilities.

RESOURCES

www.nomos-elibrary.de

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