



## **REGIONAL GUIDELINES FOR THE LOCAL HEALTH AGENCIES ON THE PROMOTION OF ADAPTED PHYSICAL ACTIVITY (AFA) IN SUBJECTS WITH NON-TRANSMISSIBLE CHRONIC DISEASES ESTABLISHED**

**DGR 194/2018**

### **Abstract**

The Regional Prevention Plan (PRP) for the years 2014-2018 implements the principles and guidelines of the 2014-18 National Prevention Plan, born of the Agreement of November 13, 2014 between the State, Regions and Autonomous Provinces at the regional level. The Plan places populations and individuals at the center of the actions and proposes interventions that accompany the citizen in all stages of life, in places of life and work with the aim to reach the highest level of health achievable through a system of actions of health promotion and prevention.

The Regional Prevention Plan 2014-2018 recognizes the usefulness of physical activity and exercise, in the general population and groups at risk, such as preventive and therapeutic tool available to health care to counter the onset and evolution of non-transmissible chronic diseases (NTCD) that are positively affected by physical exercise, properly promoted and administered, and by adherence to an active lifestyle. program B - action B.5 of the 2014-2018 PRP provides for activities aimed to identifying and taking charge of subjects at risk of NTCD in order to reduce the predictable and avoidable burden of morbidity, mortality and further disability in these subjects, also through the promotion and dissemination of physical activity.

Adapted Physical Activity (AFA) is characterized by being a structured, regular and constant practice, in which parameters such as: "frequency, intensity, time and type (FITT parameters)" are evaluated, programmed, established and measured.

The AFA can be practiced both by people with special educational and social needs, and by individuals with NTCD in clinical and instrumental stability. The AFA programs must be carried out under the supervision of specifically trained professionals, or independently with periodic reminders of motivational reinforcement, only following evaluation and determination of self-monitoring capabilities.

The Physical Activity promotion should be systematically integrated into the Diagnostic-Therapeutic-Assistive Paths, given that the AFA determines benefits in primary prevention and, combined with pharmacological therapies, in the prevention of NTDC complications in the post-rehabilitation phases. Even in less severe conditions the benefits of AFA on symptoms, progression and quality of life are relevant.

### **Objective**

The objective of the document is to define univocal ways of managing and implementing health promotion interventions in the regional territory and improving the degree of "system empowerment", that is the ability of the health system to develop its skills in a structured manner. In particular, it is defined the interventions that foresee programs of AFA through operators able to work in multi-disciplinary teams, identifying some principles to respect:



- the presence of medical certification indicating the absence of absolute contraindications and, in the presence of pathologies, their stabilization;
- the definition, by the professional, of an intervention protocol-program compatible with the subject's psychophysical state.

The document outlines the framework of the "AFA territorial health network" which, coordinated by a multi-actor and multidisciplinary regional group, is entrusted to the Local Health Agencies in the context of health promotion activities, according to the principles and organization provided for in the "Guideline for education and health promotion activities in the Local Health Agencies of the Campania Region "(DGR n.501 / 2017).

The document specifies the implementation methods of the territorial network for the AFA, describing:

- Requirements and procedures for joining the Network
- The structures and professionals of the Adapted Physical Activity
- The inclusion criteria in the Adapted Physical Activity Programs
- The costs of the AFA programs