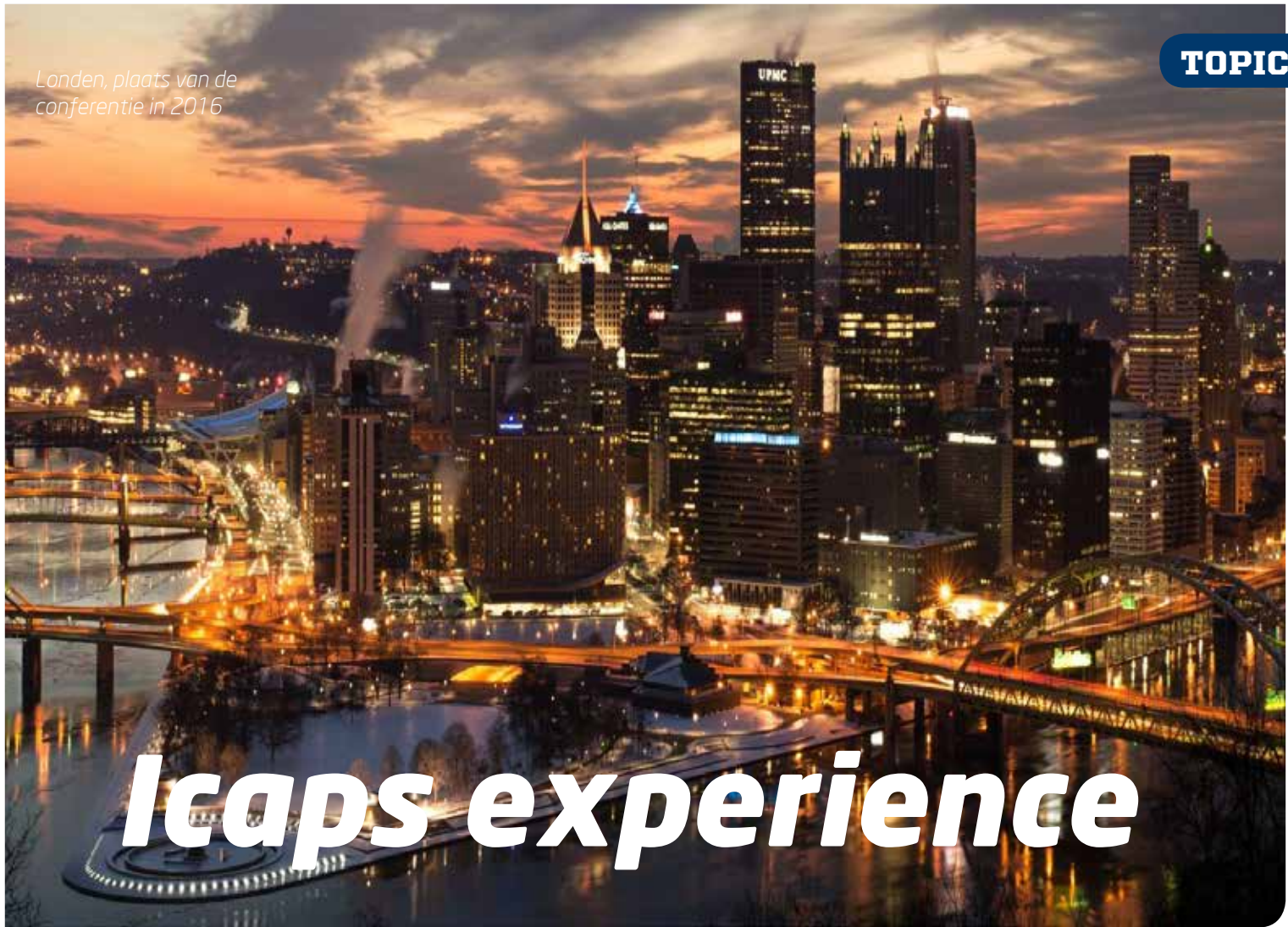


Londen, plaats van de conferentie in 2016



Icaps experience

kernwoorden

Physical education, physical activity, Icaps

Noten

¹Simon C., Schweitzer B., Oujaa M., Wagner A., Arveiler D., Tribi E., Copin N., Blanc S., Platat C. Successful overweight prevention in adolescents by increasing physical activity: a 4-year randomized controlled intervention. *Int J Obes (Lond)*. 2008 Oct;32(10):1489-98.

²The French Ministry of Education, Ministry of Sports, Directorate General of Health, [National Centre for local government services] (CNFPT), [School of Advanced Studies in Public Health] (ENSP), Prof. Chantal Simon, the urban community of Strasbourg, [Elected officials, public health and regions association] (ESPT), [French Network of WHO Healthy Cities] (RFVSOMS), Association nationale des élus du sport [National Association of Sports officials] (ANDES), Agence pour l'éducation par le sport [Agency for Education through Sport] (APELS), [National League against Cancer], [Fitness and Nutrition Challenge Association], [the primary education sports union] (USEP), [the City Health Workshop] (ASV), [the National Union of School Sport], [French Mutuality, mutual insurance company], [Mutual company for National Education (MGEN), the Rhone Alps skills centre.

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From a proven intervention to a cross sectorial implementation: Promoting physical activity in children and young people based on the Icaps experience.

TEKST FLORENCE ROSTAN

In an objective to reinforce the implementation of physical activity initiatives in France, from 2009 to 2015 Santé publique France, the French national public health agency uses a strategy of action that has proven effective: ICAPS¹ (Intervention centered on adolescents' physical activity and sedentary behavior). ICAPS focuses on three areas of the socio-ecologic approach: the child or adolescent, their social support and their physical and organizational environment.

The intervention is performed on the different time periods of children and young people whose school time, which requires an inter-sectoral cooperation. Anchoring the project to the school environment was very important in terms of reducing health inequalities. The challenge for Santé publique France was to create a partnership strategy for all relevant

stakeholders around the same goal coordinated by a national multi-partnership steering committee chaired by Santé publique France².

A multi-level strategy

A multi-level strategy was developed to act on various determinants that influence the implementation of actions. In view of transferability, several initiatives have been developed such as institutional and community collaboration on this project and the implementation of fifteen pilot projects in fourteen regions in France supported both methodologically and financially by Santé publique France. The important role of local government in implementation of regional policies was acknowledged, and partnerships and networking with local governments, local associations and agencies have been promoted through local steering committees. More than 5700 young people declared having reached the target of one additional hour of physical activity practice per week. To extend the range of the strategy and develop the skills of a variety of professionals in the education, health, sport and social fields, an innovative approach was chosen. A Mooc (free online courses for the diversity of professionals involved) was developed by Santé publique France. It gathered 2700 participants through two sessions. ■