



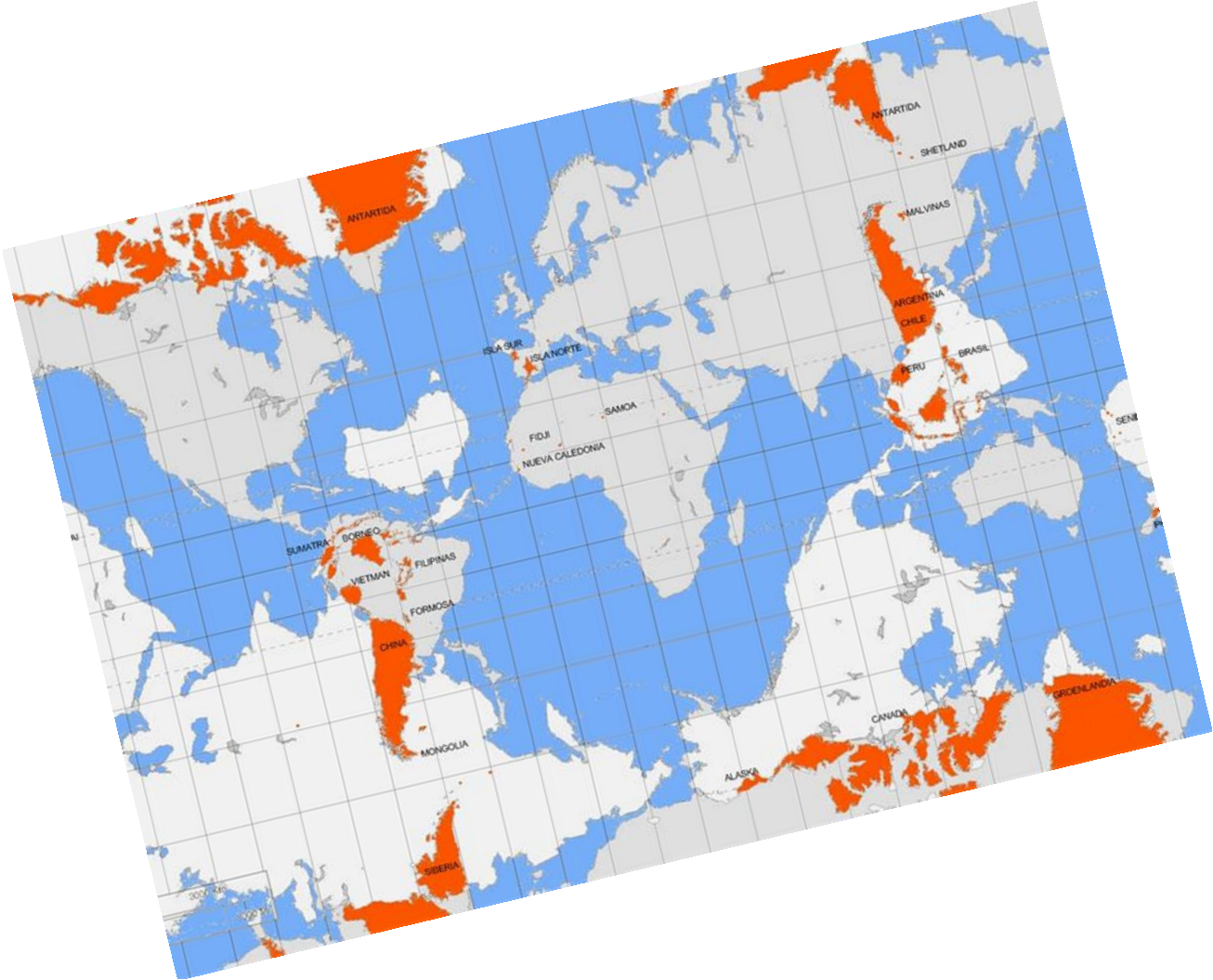
CAPAS-Ciudad/CAPAS-Cité: A transcultural Physical Activity Promotion Centre (Spain/France).

Eduardo Generelo¹, Javier Zaragoza¹, Alberto Aibar¹, Julien Bois² y Lena Lhuisset²

¹University of Zaragoza, Spain, EFYPAF research group (Physical Education and Promotion of Physical Activity).

²Universidad de Pau et des Pays de l'Ardour, Laboratoire Mouvement, Équilibre, Performance et Santé.

From the antipodes of New Zealand





Mapa Satélite



Presentation structure

- **WHAT IS CAPAS-City?**
- **PROJECT PARTNERS AND PARTICIPANTS.**
- **OBJECTIVES AND LINES OF ACTION.**
- **BASIC FUNDAMENTALS OF CAPAS-CITY.**
- **AN EXAMPLE TO UNDERSTAND ITS NATURE.**
- **CONCLUSIONS.**

WHAT IS CAPAS-City?



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Support Centre to promote Physical Activity and Health.



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Support Centre to
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Created thanks to
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POCTEFA



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Center cross-
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Three-year period
2016/2018



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Contribute to
people's quality of life
by fostering physical
activity.



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THE CITY



PARTNERS AND ASSOCIATES

1. HUESCA TOWN HALL COUNCIL (Spain)
2. TARBES TOWN HALL COUNCIL (France)
3. UNIVERSITY OF ZARAGOZA (Spain)
4. UNIVERSITY OF PAU ET DES PAYS DE L'ARDOUR (France)

Associates:

Other administrative structures: Consejería de Educación Cultura y Deporte and Consejería de Sanidad.

Other councils: Jaca and Teruel.

OBJETIVES:

To improve people's **quality of life (cross-border)**.

Economic saving as it favours the reduction of health expenditure.

To foster the practice of physical activity in **the entire population**, placing emphasis on childhood, adolescence, the elderly and underprivileged populations.

To foster coordination and the **establishment of synergies** among the different agents responsible for promoting physical activity.

To favour monitoring, **assessment and control** of health-related variables such as: physical activity, sedentary lifestyle, etc.

ACTION LINES:

School
area

Community
area

Underprivileged
populations



PROJECTS:

“Follow
the track”



“Active
commuting
to school”



“PIO keeps
moving”



“Follow
the track”





Academic institutions are considered ideal places for PA promotion because adolescents spent amounts of time there

Multicomponent intervention

Mentor teacher action (1 hour per week)

School Recess (30 minutes per week)

Interdisciplinary Project (all subjects)

Active commuting (walking or biking)

Family involvement

Institutional and extra-curricular activities

Dissemination of health information & events

“PIO keeps moving”



Intervention program

Doctor

Social worker

Teachers

Participatory
research-action
process

CAPAS-city researchers

Nutritionist



Women of the study

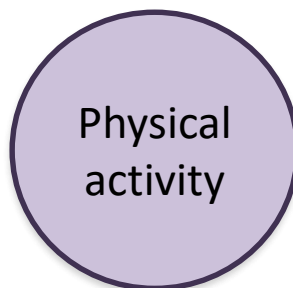
Active contribution to the design and revision of the intervention programme based on their needs and demands.

Intervention program

PA is a key element of the programme when addressing the modification of other healthy habit-related behaviours (González, Bobadilla, Castro, Osorio y Roco, 2013).



Mental Health



Nutrition



Participatory
research-action
process

All different agents

“Active
commuting
to school”



Objective



Increase Active Commuting to scho

2016/2017

2016/2017

2017/2018



Pilot intervention study

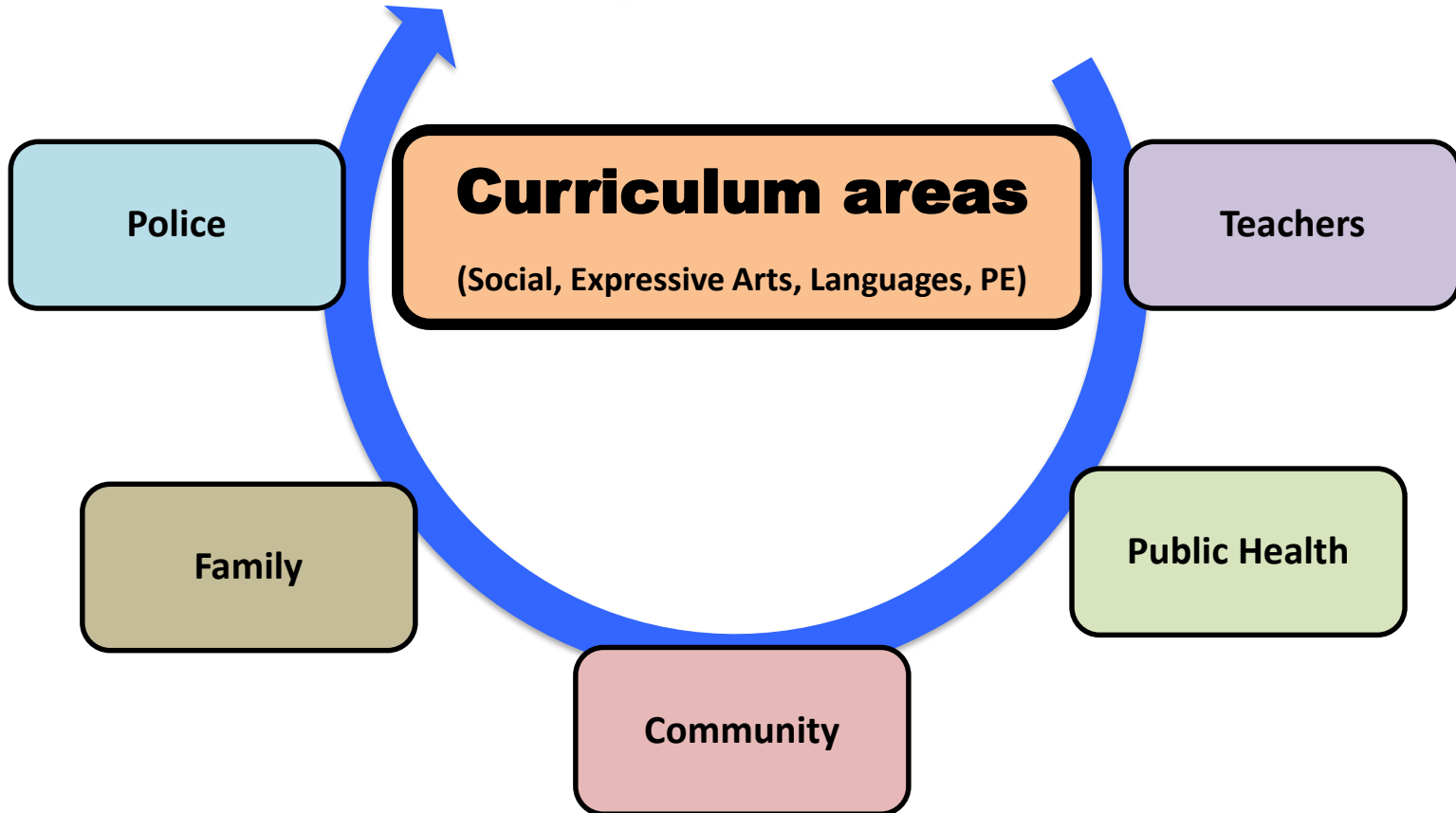


A diagnostic assessment

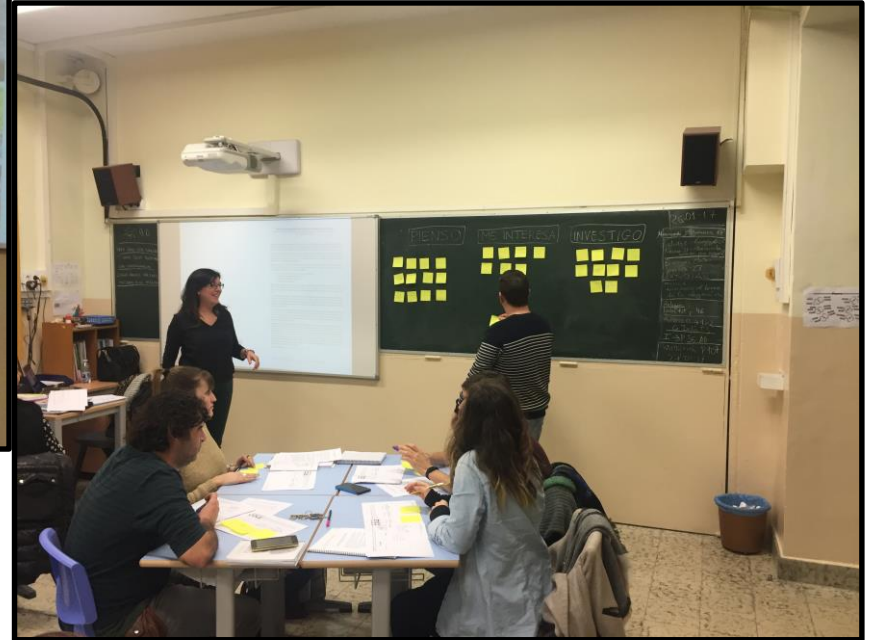
Intervention Phase

Intervention program characteristics

School



All strategies and activities are integrated into Spanish National Curriculum



Intervention program: designed and implemented by the school teachers

What is **CAPAS** ? cité - ciudad

Pyrenees' centre for the attention and promotion physical activity for health. 2015-2016 / 2017-2018.



INNOVATIVE

CROSS-BORDER

**CONTEXTUALISED
SOLUTIONS**

Medical Center for PA and health promotion

**Located in
Tarbes (France)**

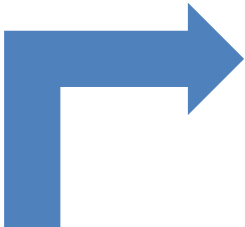


Cross-border coordination

**Committees for
scientific and
technical review**

Collaborating Partners

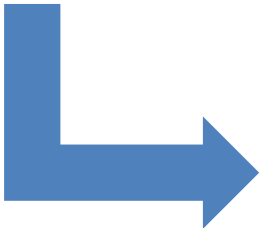
CAPAS-Cité
CAPAS - Ciudad



**Located in
Huesca (Spain)**



Center for the assessment of PA and health promotion programs.



Basic Fundamentals:

ACTIONCOMMUNITY

**PROMOTING ASSET-BASED
HEALTH**

SEVICE LEARNIG

EMPOWERMENT

**PARTICIPATIVE
RESEARCH**

**IN THE SCHOOL AREA,
CURRICULAR AND
EXTRACURRICULAR ACTIVITY
CONNECTION**

PRACTICE-BASED EVIDENCE

**GUARANTEEING SUSTAINABILITY
IN ACTIONS**

**INTEGRATED KNOWLEDGE
TRASLATION**

SOCIAL CRITICAL PERSPECTIVE

AN EXAMPLE TO UNDERSTAND ITS NATURE.

ITV

vtnz



**PRIMARY AND
SECONDARY
SCHOOLS, AND
UNIVERSITY**



**PRIMARY AND
SECONDARY
SCHOOLS, AND
UNIVERSITY**

LOCAL POLICE



**PRIMARY AND
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LOCAL POLICE

**SPECIALISED
BUSINESSES**



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**MUNICIPAL
SPORT
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**PRIMARY
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CENTRES**

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LOCAL POLICE

**SPECIALISED
BUSINESSES**

**SPORT
ASSOCIATIONS**



**LOCAL
INSTITUTIONS**

**PRIMARY
HEALTH
CARE
CENTRES**

**MUNICIPAL
SPORT
SERVICE**

**RESEARCH
GROUPS**

Community area: Fostering active transport



Each context requires a solution

<https://www.facebook.com/capascomunica/>

<http://siguelahuella2.blogspot.com.es/>

<http://efypaf.unizar.es/index.html>

<https://www.facebook.com/efypaf/>



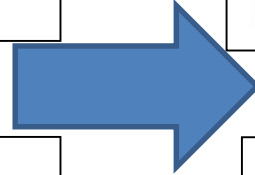








ITV



**A TRADITIONAL
HEALTH
PROMOTION
MODEL**

**AN ALTERNATIVE
MODEL TO
PROMOTE
HEALTH**



Self-esteem,
perceived
competence.
Basic Vocational
Training Students.

Repercussion of the actions in
a school environment from the
perspective of education for
health.

Adapt the situation
to the Primary
School curriculum.



...

MONITORING
ASSESSMENT
CONTROL

“The preparation of asset maps lacking in action and participation means not taking advantage of their transforming capacity and detracting from the promotion of health”.

(Cofiño, Aviñó, Benedé et al., 2016 “Promoción de la Salud basada en activos: ¿Cómo trabajar con esta perspectiva en intervenciones locales?”)

IN THE SCHOOL AREA,
CURRICULAR AND
EXTRACURRICULAR ACTIVITY
CONNECTION

COMMUNITY ACTION

SEVICE LEARNIG

EMPOWERMENT

PARTICIPATIVE RESEARCH

PRACTICE-BASED EVIDENCE

GUARANTEEING SUSTAINABILITY
IN ACTIONS

INTEGRATED KNOWLEDGE
TRANSLATION

PROMOTING ASSET-BASED
HEALTH

SOCIAL CRITICAL PERSPECTIVE



LOCAL POLICE

SPECIALISED BUSINESSES

LOCAL INSTITUTIONS

RESEARCH GROUPS

MUNICIPAL SPORT
SERVICE

PRIMARY HEALTH SERVICE

PRIMARY AND SECONDARY SCHOOLS, AND
UNIVERSITY

SPORTS ASSOCIATIONS

CONCLUSIONS





HUESCA (SPAIN)
SPRING 2019

“Leadership in Physical Activity Promotion: Effective Strategies for Mobilizing Assets”.



El proyecto ha sido cofinanciado al 65% por el Fondo Europeo de Desarrollo Regional (FEDER) a través del Programa Interreg V-A España-Francia (POCTEFA 2014-2020). El objetivo de POCTEFA es reforzar la integración económica y social de la zona fronteriza España-Francia-Andorra. Su ayuda se concentra en el desarrollo de actividades económicas, sociales y medioambientales transfronterizas a través de estrategias conjuntas a favor del desarrollo territorial sostenible.

Socios de  **CAPAS**
cité - ciudad





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