



# Promotion of healthy habits through a participatory action research process whose main element is physical activity

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# Introduction

## REVIEW PAPER

### **Health promotion as multi-professional and multi-disciplinary work**

**Anastasios Tzenalis, RN, Msc, PhD(c).**



“Health promoters have long recognized the **potential role of working together** despite the barriers that can arise. The logic is indisputable: if health is more than the absence or treatment of disease, then its promotion and maintenance **lie beyond the remit of any one professional group or sector**”.

# Introduction

There is a global problem today with respect to practicing physical activity (PA), especially in populations with underprivileged socio-economic, cultural and educational levels.

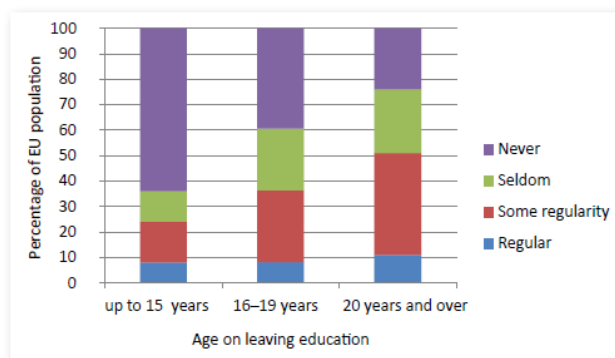
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## PHYSICAL ACTIVITY PROMOTION IN SOCIALLY DISADVANTAGED GROUPS: PRINCIPLES FOR ACTION



Policy summary

Fig. 1. Frequency of physical activity by years of education



Source: Eurobarometer, 2010.

- Education
- Income
- Employment
- Etc.
- Gender
- Ethnicity
- Religion

# Introduction

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# “Pio se mueve”



# “Pio keeps moving”

## Aim of the study

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“To promote a shift towards a healthier lifestyle and habits in a group of low socio-economic status women through **physical activity**”.

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# Intervention program

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**1<sup>st</sup> year:  
2016-2017**

**Participatory  
research-action  
process**

**2<sup>nd</sup> year:  
2017-2018**

**Doctor**

**Teachers**

**Social worker**

**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

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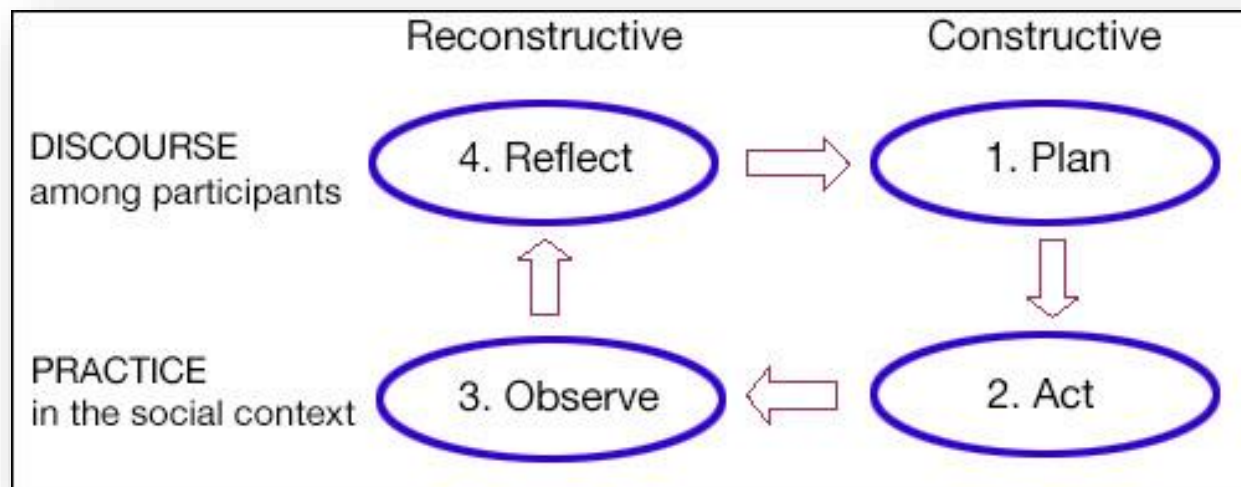
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**Specific meetings**

**Three discussion groups per year**

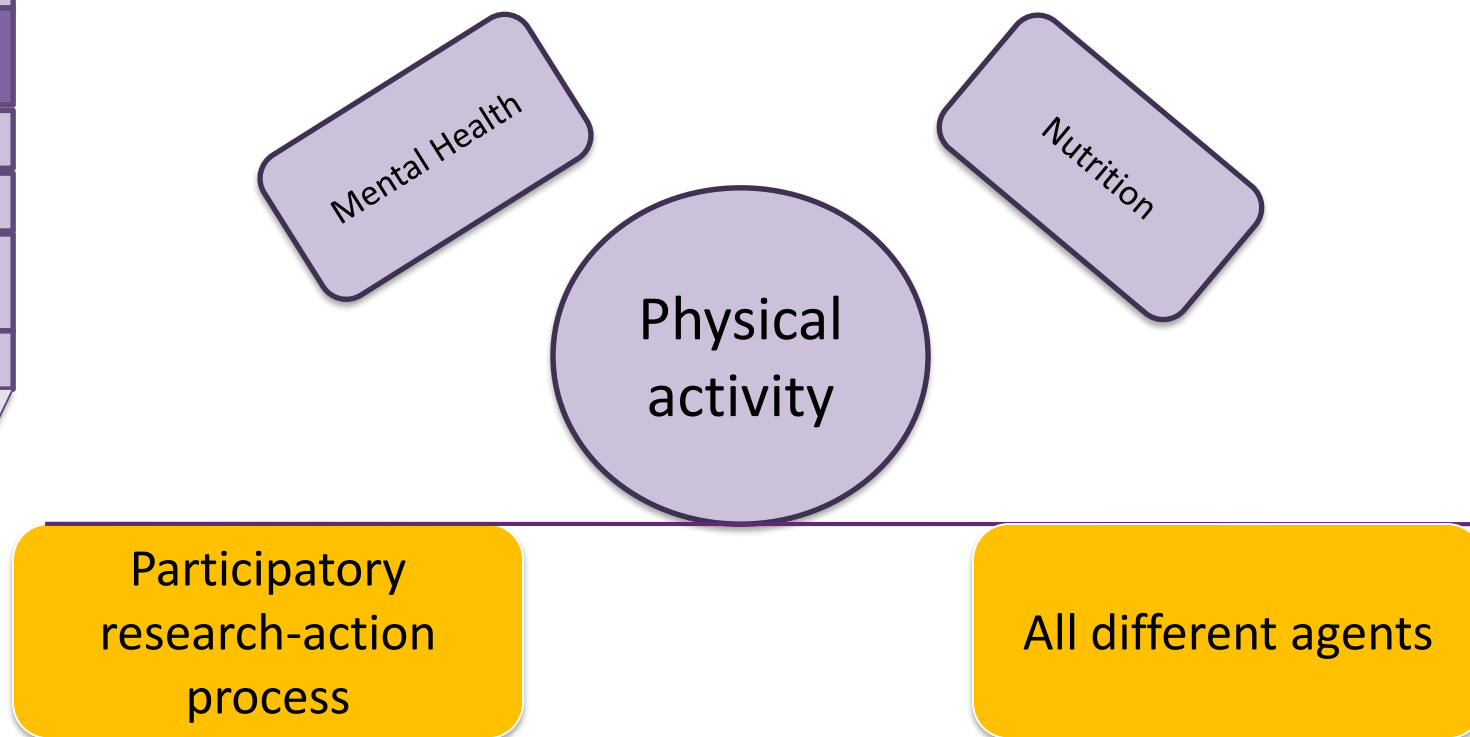
**Common meetings**



# 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).

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# Intervention program

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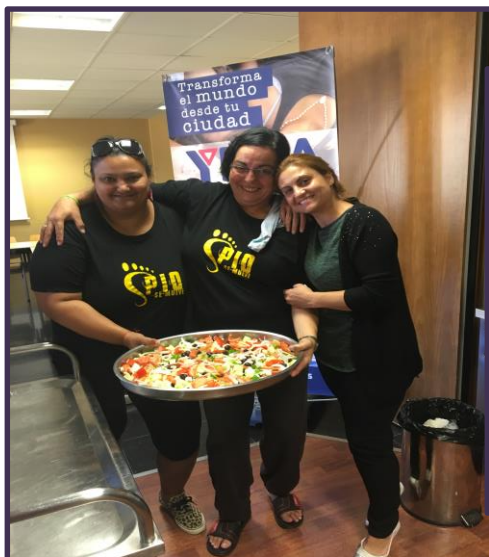
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Kitchen  
workshop

Nutrition  
chats

Active  
healthy  
shopping

# Intervention program

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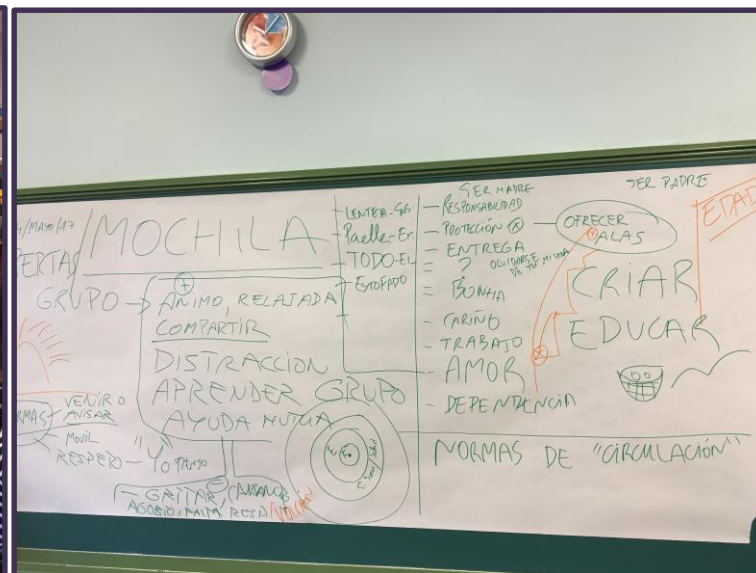
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Mental health chats

Affective parental chats

- 1. Weekly physical activities



- 2. Familiar physical activities



- 3. Awareness/educative chats



- 4. Social media and “marketing”

Para que practiques...

1



Posición: De rodillas, espalda recta y brazos estirados hacia delante.

Realización: Flexiona los brazos hacia atrás, llevando el pecho ligeramente hacia delante

Repeticiones: 10-15

Physical  
activity  
program

# Method of research

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## PARTICIPANTS

13 adult gypsy women

Aged 26 to 56

## Quantitative techniques

Accelerometry

Personal interviews



## Qualitative techniques

Personal interviews

Discussion groups

Logbook

## Preliminary results

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“Positive effects are shown throughout the programme such as the high level of commitment and participation in the programme activities”



*“I have never seen such implication of this population in my twenty-five years of career. I cannot believe it” (Social worker)*

# Quantitative analysis

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## Global week

|           | Moderate activity |               | Vigorous activity |                 |
|-----------|-------------------|---------------|-------------------|-----------------|
|           | M(SD)             | Z             | M(SD)             | d               |
| Pre-test  | 61.58(25.16)      | -.68<br>p=.50 | .40(.46)          | -2.67<br>p=.008 |
| Post-test | 56.30(12.16)      |               | 4.17(3.14)        |                 |

**Effect size=-.63**

Effect size=-.63

Weekdays

|           | Moderate activity |       | Vigorous activity |        |
|-----------|-------------------|-------|-------------------|--------|
|           | M(SD)             | Z     | M(SD)             | d      |
| Pre-test  | 71.05(29.77)      | -1.54 | .46(.55)          | -2.52  |
| Post-test | 58.28 (14.48)     | p=.12 | 4.00(3.01)        | p=.012 |

Intervention weekdays

|           | Moderate activity |       | Vigorous activity |        |
|-----------|-------------------|-------|-------------------|--------|
|           | M(SD)             | Z     | M(SD)             | d      |
| Pre-test  | 56.22(15.69)      | -.68  | .07(.20)          | -2.52  |
| Post-test | 51.23(22.70)      | p=.49 | 4.41(3.86)        | p=.012 |

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# Intervention program

**Effect size=-.63**

## Weekend days

|           | Moderate activity |               | Vigorous activity |                 |
|-----------|-------------------|---------------|-------------------|-----------------|
|           | M(SD)             | Z             | M(SD)             | d               |
| Pre-test  | 34.29(22.14)      | -.98<br>p=.33 | .23(.45)          | -2.52<br>p=.012 |
| Post-test | 55.17(28.18)      |               | 4.71(4.02)        |                 |

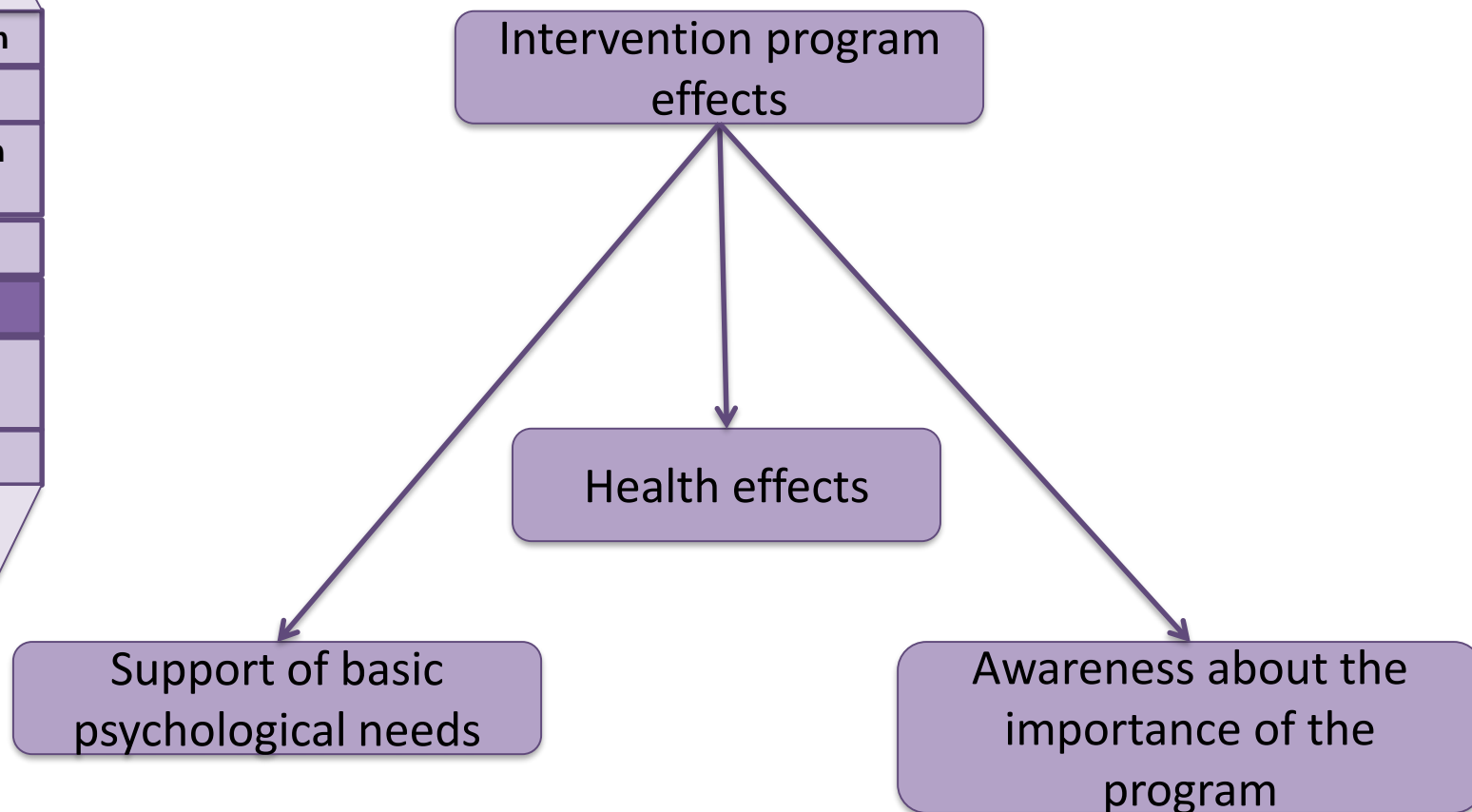
## Non- Intervention weekdays

|           | Moderate activity |                | Vigorous activity |                 |
|-----------|-------------------|----------------|-------------------|-----------------|
|           | M(SD)             | Z              | M(SD)             | d               |
| Pre-test  | 65.95 (33.94)     | -.560<br>p=.58 | .51(.67)          | -2.37<br>p=.018 |
| Post-test | 66.29(20.50)      |                | 3.86(2.69)        |                 |

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# Qualitative analysis

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## QA: Health effects

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•*“I have reduced my stress a lot, I already don't take pills either, I only take one for my nerves, up to seven that I took before”.*

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•*“So I feel like going out, walking, before I was a couch potato on the sofa without moving from the sofa”.*

## QA: Support of Basic Psychological needs

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**Perception of competence:**

*“Before it was more tough. And now, even if I get tired, I know that I am able to face up to that fatigue”.*

## Main conclusion

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Positive effects are shown throughout the programme such as **higher levels of vigorous activity, greater consciousness about the importance of PA and apparently higher levels of empowerment** in the global population of study.

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“It’s 18 years since I  
went out for dinner  
with friends last time”

Relatedness

Competence

Participation

Empowerment

...



“The application of a healthy habit modification programme in this type of population requires a slower activity pace. It is essential to involve the study participants in the design process”

**Interreg**  
POCTEFA



UNIÓN EUROPEA  
UNION EUROPÉENNE

# “Promotion of healthy habits through a participatory action research process whose main element is physical activity”



Socios de 

Proyecto cofinanciado por el FEDER

