

## **Physical activity in non-communicable disease prevention in Vietnam: from evidence base to policy implementation**

A SIDA-funded Partner Driven Collaboration Project

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**Aim:** to *make existing scientific evidence on Physical activity (PA) interventions* for non-communicable diseases (NCDs) *available for practical use* in the Vietnamese society and health care system. This is done by capacity-building and knowledge exchange in 1. an education and training program for health care practitioners and 2. an evaluation process investigating the effects on practitioner learning and usage as well as patient adherence to structured PA interventions.

**Background:** The prevalence of NCDs in Vietnam is rapidly growing, similarly to what is happening in most middle-income countries in the world. This increase is largely related to rapid changes in life style. The increased chronic disease burden puts a large toll on GDP growth and the economical situation for families, of which many risk poverty. NCDs can, cost-effectively, be prevented and treated with improved life style, e.g. increased PA.

There is sufficient evidence from other countries to show strong positive effects of PA for NCDs prevention and treatment. In controlled settings, patient compliance is 50-65 %, well comparable to most pharmaceutical treatments. There is no official education in Vietnam on PA for prevention or treatment of NCDs and there are very few studies on PA in NCDs prevention in Vietnam. Increased PA in connection with daily transportation (walking, cycling) in daily life contributes to reduce carbon dioxide emissions and other waste products and thus the environment as a whole.

### **Project Plan & Time table**

	2010	2011				2012			
	<i>Dec</i>	<i>Q1</i>	<i>Q2</i>	<i>Q3</i>	<i>Q4</i>	<i>Q1</i>	<i>Q2</i>	<i>Q3</i>	<i>Q4</i>
(1) Workshop on "Promoting Physical Activities in NCDs prevention"	X								
(2) Study visit to Sweden		X							
(3) Selective translation of PAPT D from English to Vietnamese		X							
(4) Develop curriculum and training material			x						
(5) Training of trainers (TOT courses ) in Sweden			x				x		
(6) Training courses for patients and health care providers in Vietnam				X	x	X	x		
(7) Regular meetings	x	X	x	X	x	X	x	x	x
(8) Mass media			x	X		X			
(9) Campaign								x	
(10) Evaluate effectiveness after training for patients and health care providers								x	
(11) International Conference will be organised in 2012							x		
(12) National Guidelines on PA for NCDs Prevention approved							x		
(13) Policy documents developed and approved at the National Level							x	x	x
(14) Results will be published in National and International Journals							x	x	x