

## **PRESS RELEASE**

### **TRAINING ON “PRESCRIPTION OF PHYSICAL ACTIVITIES FOR PREVENTION AND TREATMENT OF NON-COMMUNICABLE DISEASES”**

*Phu Tho, November 07&08, 2011 at Phu Tho Conference Center, 936 Hung Vuong, Thanh Mieu, Viet Tri.*

*Ha Noi, November 09-11, 2011 at Building A1, Hanoi Medical University and Vietnam Sport Hospital.*

From 07 – 11 November 2011, the first training in Vietnam on “Prescription of physical activities (PA) for prevention and treatment of non-communicable diseases (NCDs)” will be organized in Phu Tho province and Hanoi city by Hanoi Medical University and Karolinska Institutet (Sweden). The facilitators are specialists from Karolinska Institutet and Hanoi (who already participated in 02 training courses on the above content in Sweden). This is one of the activities in the project “Physical activity in non-communicable disease prevention in Vietnam”. The training objective is to provide PA knowledge and train on PA prescriptions for Hanoi doctors, in order to expand this program in Vietnam as well as introduce the effectiveness of this method to the entire community.

The training course will focus on definition of PA, PA prescription and the linkage between PA and health; provide scientific evidences of effectiveness from PA and PA prescriptions in treatment of NCDs; provide PA models, PA prescriptions, practical data on NCDs and death from NCDs in Vietnam and recommendations for Vietnamese elderly and children. Moreover, specialists from Karolinska Institutet will share lessons learnt from practical PA prescriptions in Sweden. Especially, in Phu Tho province, the specialists will facilitate some physical activities to use at home for preventing and decreasing symptoms of some current NCDs such as blood pressure, heart disease, diabetes, obesity and mental disorder...

During training in Hanoi, the specialists will visit Vietnam Sport Hospital and discuss with Hanoi doctors on network development for PA prescription in Vietnam in order to develop the foundation for PA prescription implementation and expand the program in Vietnam in the future.

WHO reports indicate that NCDs are burdens on socio-economic development in low- and middle income countries. In Vietnam the number of people with NCDs is increasing rapidly, which leads to the decreasing of labour resources and enormous expenditure for individual, family and whole society.

Physical activities are body movements that require one to use more energy than usual to improve one's health and prevent and treat diseases. PA prescription is a treatment method for NCDs without medicine. Each patient will be prescribed a series of individualized PA for an individual or a group. PAP was first applied in Switzerland and then used in all provinces in Sweden in 2009.

The project "Physical activity in non-communicable disease prevention" is funded by SIDA and implemented by Hanoi Medical University and Karolinska Institutet (Sweden) and the Sports Medicine section of the Swedish Society of Medicine. It started in December 2010 and lasts for 3 years to provide scientific evidences on effects of PA on NCD prevention and treatment, to train doctors and health care practitioners on application of PAP in Vietnam. Main activities of the project include: development of training program and training for doctors and health care practitioners on PAP; and evaluation of initial results from doctors and health care practitioners training as well as patient adherence to structured PA interventions.