



Policies and Infrastructures for Physical Activity and Sport Good Practice in Europe

International Conference | November 8th - 9th, 2010 | Frankfurt / Main



Implementation and health effects of a whole community intervention - „3000 steps more per day“ in a rural German village -

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**Deutsche
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German Sport University Cologne



Background

Purpose

Methods

Results

Conclusion

- German national mass media campaign to promote physical activity by a community based approach
- Community interventions are likely to influence physical activity behaviour by reaching the entire population
(King 1994)
- Several pedometer-based interventions have been accomplished through a community based approach
(Baker et al. 2008; de Cocker et al. 2007; Brown et al. 2006; Craig et al. 2006)
- Interventions focused on urban settings
- Physical inactivity is common in rural areas and displays special challenge for physical activity promotion



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1. To implement "3000 steps more per day" in a rural community
2. To create an effective infrastructure in the community to accomplish the intervention
3. To determine effects on physical activity level, social well-being in the community as well as quality of life aspects



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[Bildquelle: <http://www.vv-berghausen.de>]



Population: 1.237 inhabitants

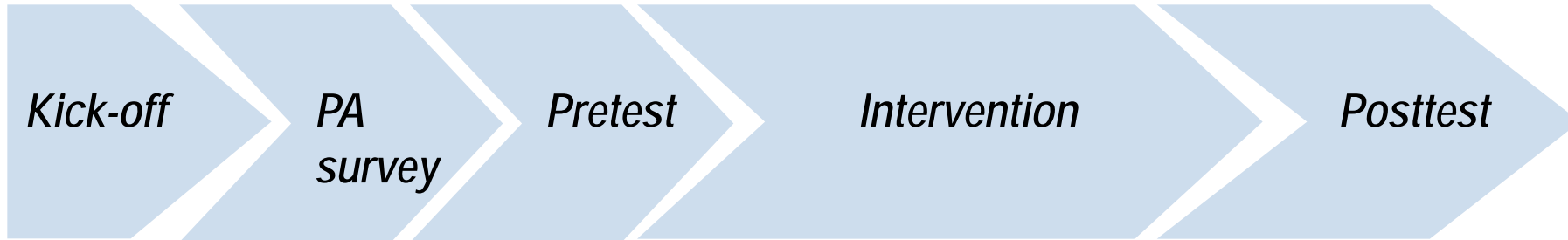


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Distance to Cologne: 50km

[Bildquelle: <http://maps.google.de>]



Physical activity
Baseline
(7 days)

Anthropometrics
Blood profile
Fitness
Quality of Life
Community aspects

15 weeks
3000 steps more per day

Optional intervention program:
203 offers (singular & regular)

Anthropometrics
Blood profile
Fitness
Quality of Life
Community aspects

Every 4 weeks:
Pedometer Evaluation

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Bildquelle: www.omron-medizintechnik.de



- Pedometer Omron HJ-720IT-E
(HOLBROOK et al. 2009 → range of error < 3%, variation coefficient < 2,1%)
- Analysis of total steps and aerobic steps (> 10 minutes)
- Analysis through Omron Health Management Software



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VERSCHÖNERUNGSVEREIN
BERGHAUSEN gegr. 1903





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Regular program (n=180)

- To walk the dog (regularly: 1 x per week)
- Morning walk (regularly : 1 x per week)
- Active walking (regularly : 1 x per week)
- Fit & active for seniors (regularly : 1 x per week)
- Footballtennis (regularly : 1 x per week)
- Nordic Walking (regularly : 1 x per week)
- 3000 steps around the golf course (regularly : 1 x per week)
- Gymnastic (regularly : 1 x per week)
- Taekwondo (regular: 1 x per week)



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Special program (n=23)

- Different guided walking tours esp. on weekends
- Different theme nights on health topics
- Historical village tour
- Geocaching
- Walking and collecting garbage
- Soccer tournament
- Carnival procession
- Every 4 weeks: Evaluation of pedometer data with coffee & cake



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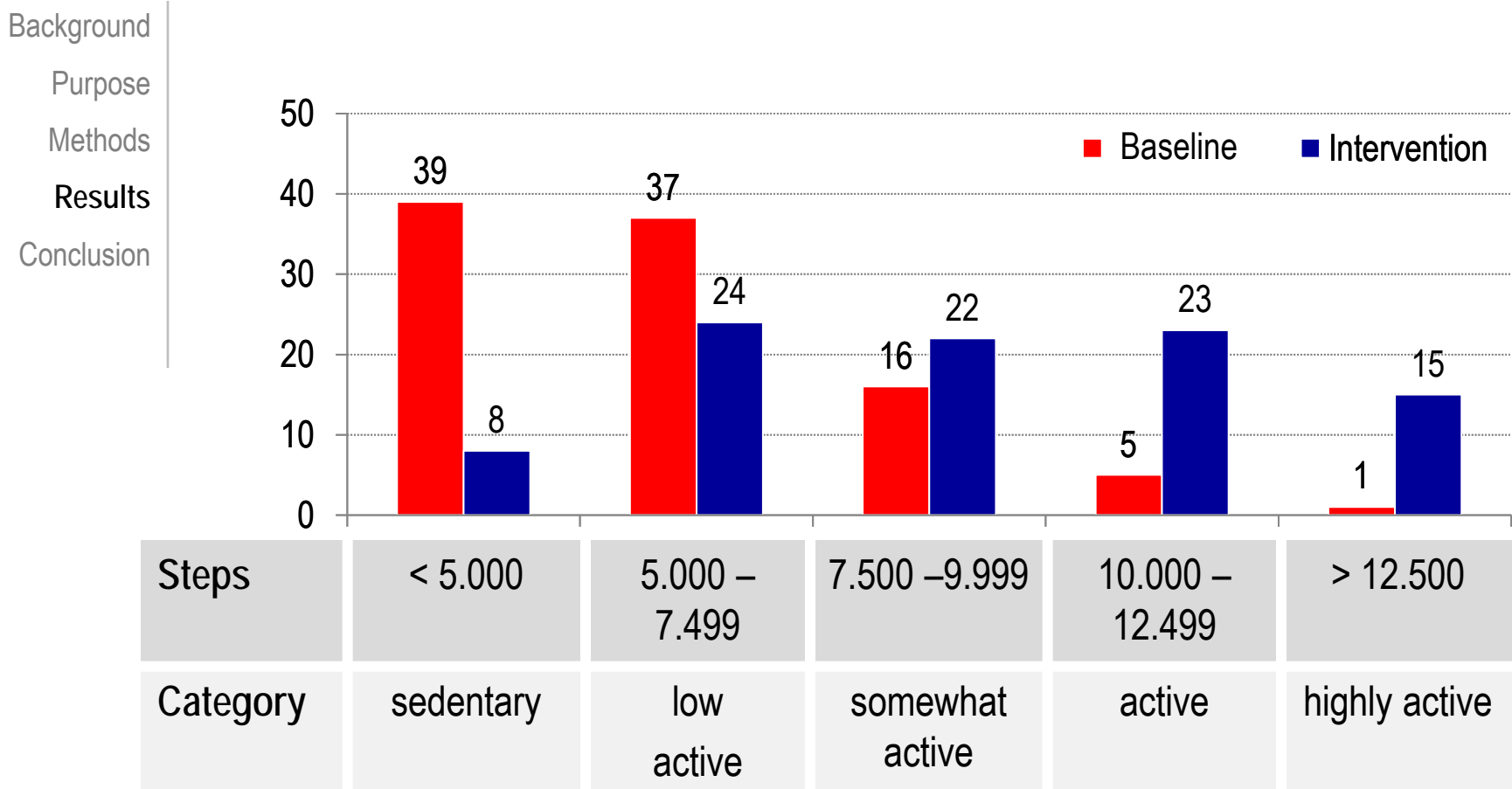
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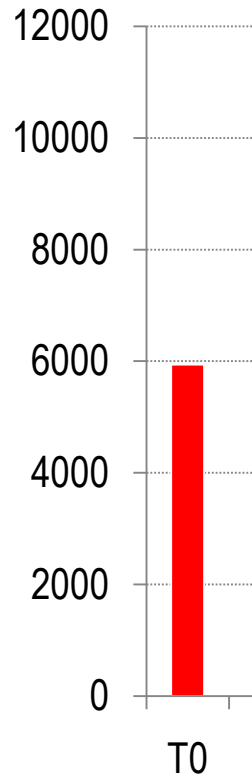
- 122 inhabitants (♂: 38 / ♀ : 74) started with the intervention (9.9% of whole population)
- The physical activity data of 93 inhabitants were recorded over the whole intervention
- 78 inhabitants participated in all pre- and post examination
- Age: 49.6 ± 16.2 years



TUDOR-LOCKE & BASSETT 2004

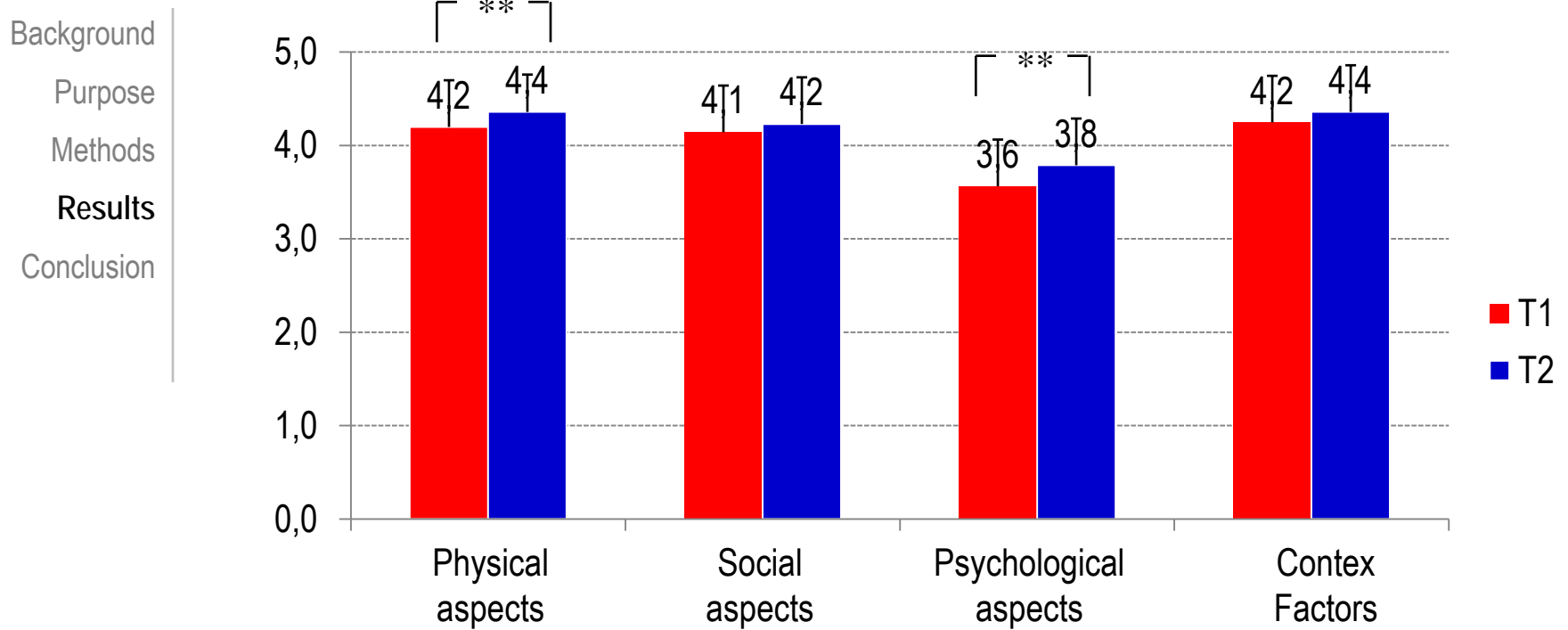


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Baseline: 5939 ± 2336 steps per day

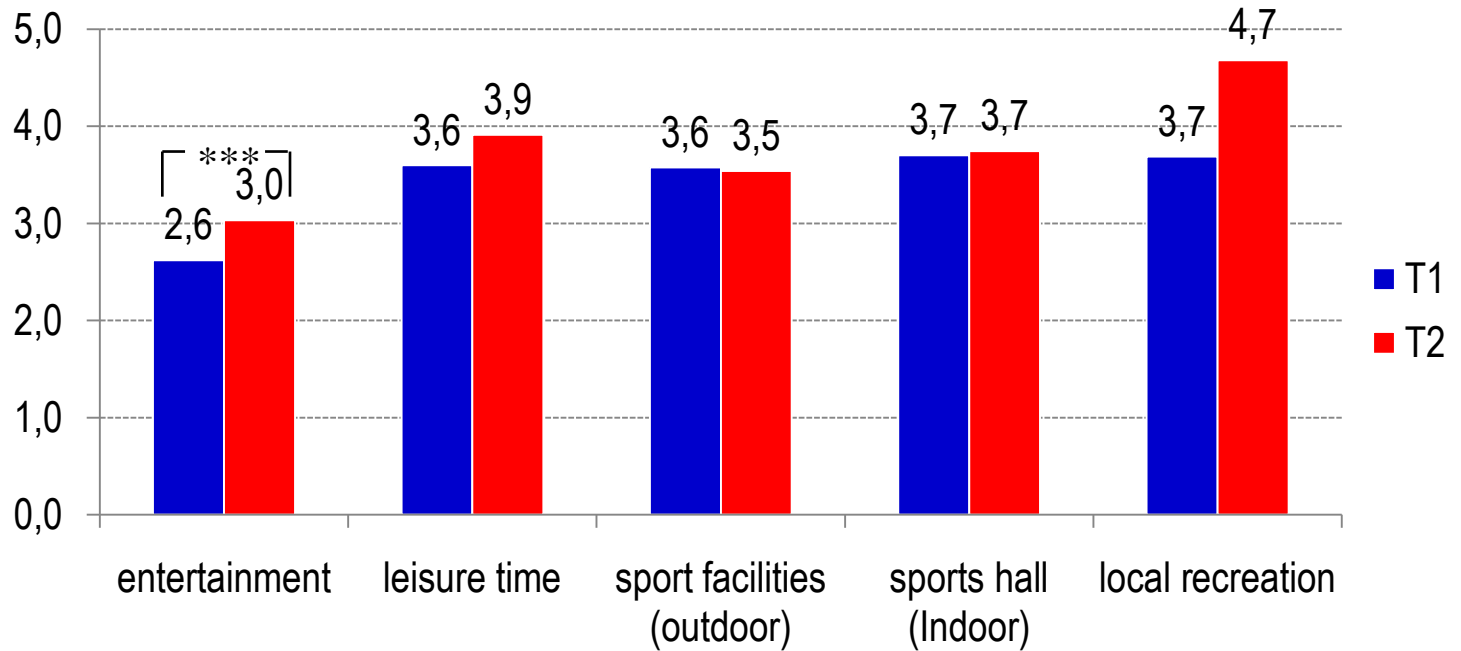
Intervention: 9251 ± 3267 steps per day



The personal quality of life enhanced in physical and psychological aspects during intervention



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Satisfaction with local entertainment increases significantly



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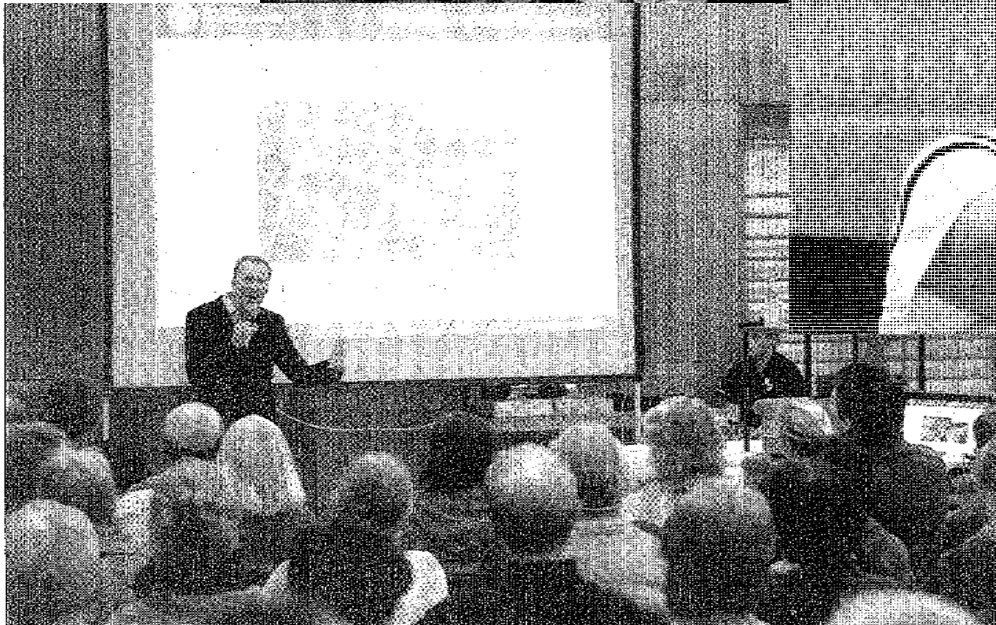
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- Different stakeholders (sports clubs, social clubs etc.) engaged in the intervention
- Whole community intervention resulted in strong social community action
- Optional program combined physical activity with sports, culture, community work
- Quality of Life and residential satisfaction in the community enhanced significantly



Thank you!