



# 10<sup>th</sup> International Course on Physical Activity and Public Health



*move for health*

## 2<sup>nd</sup> Course of the CARMEN School in Guatemala

(Antigua, Guatemala, 13–16 November 2007)



Ministry of Public Health and Social Assistance (MSPAS)  
Universidad del Valle of Guatemala  
Pan American Health Organization / World Health Organization (PAHO/WHO)  
Institute of Nutrition of Central America and Panama (INCAP)  
Centers for Disease Control and Prevention (CDC)  
International Union for Health Promotion and Education (IUHPE)  
Centro de Estudos do Laboratório de Aptidão Física de São Caetano do Sul (CELAFISCS)

### Agenda

Tuesday, 13 November 2007

Time	Topic	Presenter
8:00-9:00	Registration and Distribution of Materials	
9:00- 9:30	Opening	Dr. Joaquín Molina, PAHO/WHO Guatemala; Dr. Hernán Delgado, PAHO/INCAP; Alfredo Privado, Ministry of Health; Ministry of Culture & Sports; Lic. Alvaro Arzú, Mayor of Guatemala City
9:30- 10:00	Introduction: The Context of Physical Activity and Framework for a Physical Activity Policy	Michael Pratt, CDC
10:00-10:30	Coffee Break	
10:35-11:10	Regional Strategy for the Prevention and Control of Chronic Diseases, Including Diet, Physical Activity, and Health	Branka Legetic, PAHO/WHO-Washington
11:10-11: 50	Health Benefits of Physical Activity: Epidemiological and Clinical Evidence	Victor Matsudo, CELAFISCS
11:50-12:50	Discussion	

Time	Topic	Presenter
13:00-14:30	Lunch	
14:30-15:30	Current Public Health Recommendations for Physical Activity	Michael Pratt/Greg Heath, CDC
15:30-17:00	Working Groups  <i>Unit 1: Overview of the Case of Physical Activity and How to Get Stakeholders to Commit (Step 1)</i>	<i>Facilitators:</i> Andrea Torres Lucia Castellanos Maggie Fischer Amando Chavarria Lorena López Walter Soto Manuel Ramírez Sandra Sánchez
17:00-17:30	Physical Activity	
19:00-21:00	Welcome Cocktail	

### Wednesday, 14 November 2007

Time	Topic	Presenter
7:00- 7:30	Physical Activity	
8:30-9:25	Changes in Behavior at the Individual and Population Levels	Maggie Fischer, PAHO/INCAP
9:30- 9:55	Evidence-Based Strategies for Promoting Physical Activity: The US Guide with Community Recommendations for Physical Activity and Physical Activity Guidelines for Developing Countries	Greg Heath, CDC
10:00-10:30	Specific Intervention Strategies by Place and Population Group: Schools	Victor Matsudo, CELAFISCS
10:30-11:00	Coffee Break	
11:00-11:40	Specific Intervention Strategies by Place and Population Group: Community and Workplaces	Sandra Matsudo, CELAFISCS
11:40-12:10	Program to Focus on the Workforce at the Ministry of Culture & Sports	Mynor Cabrera, Ministry of Culture & Sports
12:10-12:50	Evaluation Principles of Physical Activity Programs: Case Study	Michael Pratt, CDC
12:50-13:00	Questions & Discussion	
13:00-14:30	Lunch	
14:30-15:00	<i>Healthy Diet &amp; Physical Activity</i> Project among Schoolchildren	Manuel Ramírez, PAHO/INCAP
15:00- 15:20	Physical Activity for Life	Gerardo Aguirre, DIGEF
15:20-16:00	Local Experiences in Promoting Physical Activity: The <i>Steps &amp; Pedals</i> Program, the Villa Nueva Physical Activity Program	Guatemala City, City Hall
16:00-16:15	Poster Presentation on Local Experiences	
16:15-16:30	Coffee Break	

Time	Topic	Presenter
16:35- 18:00	Working Groups  <i>Unit 2: Principles for Planning and Evaluating Physical Activity Interventions: Developing a Logical Model (Step 2)</i>	<i>Facilitators:</i> Andrea Torres Lucia Castellanos Lorena López Walter Soto Manuel Ramírez Amando Chavarria Maggie Fischer Sandra Sánchez
18:00-18:30	Physical Activity	

### Thursday, 15 November 2007

Hora	Tema	Expositor(a)
7:00-7:30	Physical Activity	
8:30- 9:15	The Context of Physical Activity at National Level and the Magnitude of Chronic Diseases in Guatemala: National Data	Virginia Moscoso/ Judith Cruz, Ministry of Health & Social Assistance
9:15-9:45	Evaluation of Physical Activity	Greg Heath, CDC
9:50-10:20	Surveillance of Physical Activity: IPAQ, GPAQ, <i>Pasometros</i>	Manuel Ramírez, INCAP
10:20-10:30	Questions & Discussion	
10:30-10:50	Coffee Break	
10:50-11:20	Urban Planning & Public Transport: Its Influence on the Quality of Life of the Population and Its Level of Physical Activity	Rodolfo Azpurú, Guatemala City, City Hall
11:20-11:50	Response of the Population to a Program to Promote Physical Activity: Lessons Learned from the <i>Muévete CUM</i> ("Get Moving CUM") Program at USAC	Amando Chavarria, CC Médicas USAC
11:50-13:10	Working Groups  <i>Unit 3: Focus of the Evaluation: Data-gathering and other final results (Steps 3 and 4)</i>	<i>Facilitators:</i> Andrea Torres Lucia Castellanos Lorena López Walter Soto Manuel Ramírez Maggie Fischer Amando Chavarria Sandra Sánchez
13:15-14:30	Lunch with Topical Specialists	
15:00-17:00	Guided Tour of the City of Antigua, Guatemala (INGUAT, City of Antigua, Guatemala)	

Friday, 16 November 2007

Time	Topic	Presenter
7:00-7:30	<b>Physical Activity</b>	
8:30- 9:30	Physical Activity Networks and Partners	Sandra Matsudo, CELAFICS
9:30-10:30	The Challenge of Implementing Physical Activity Programs at the Community, National, and Global Levels	Victor Matsudo, CELAFICS
10:30-11:00	Coffee Break	
11:00-11:40	Successful Experiences in Latin America in Promoting Physical Activity	Branka Legetic, OPS/OMS
11:40-12:45	Working Groups  <i>Unit 4: Producing and Offering a Public Health Program for Physical Activity</i>	<i>Facilitators:</i> Andrea Torres Lucia Castellanos Lorena López Walter Soto Manuel Ramírez Amando Chavarria Maggie Fischer Sandra Sánchez
12:50-14:00	Lunch	
14:00-15:00	Proposed Presentation for the Formation of the National Physical Activity Network <i>Muévete Guate</i> ("Move it, Guatemala!") Discussion of the Plan of Action for the Formation of the National Network	Comisión Organizadora
15:00-15:20	What do we do next? Conclusions	Instructors
15:20-16:00	Distribution of Certificates and Closure	Teaching Group
16:00-17:00	Cocktail Party to Celebrate End of Course	

