



Co-funded by
the Health Programme
of the European Union

EUPAP – a European Physical Activity on Prescription Model

About the project:

Organisations from ten EU member states are partners in this three-year project for facilitating the transfer and adoption of the Swedish best practice model for physical activity on prescription (EUPAP). The prescription of physical activity (PAP) is a method that can reach and enable different population groups to enhance their physical activity for the prevention and treatment of non-communicable diseases. By implementing country-based PAP-programs in health services more Europeans will benefit from the positive effects of PAP.

Target groups:

Organisations, stakeholders, end-users included in the local implementations.

Target groups for dissemination:

Health care educators and practitioners, patients and the general public.

Five key components of the model:



Outcomes of the project:

- Supporting tools
- Professionals trained in PAP
- Nationally adapted training courses for PAP
- Nationally adapted models of PAP
- European Guideline of physical activity on prescription
- A number of patients in each country will enjoy the benefits of PAP and follow-up.

Partnership:

FOLKHÄLSOMYNDIGHETEN
(the coordinator)

Sweden

DIREÇÃO GERAL DE SAÚDE

Portugal

INSTITUTUL NATIONAL
DE SANATATE PUBLICA

Romania

VIESOJI ISTAIGA CENTRO POLIKLINIKA

Lithuania

INSTITUT NACIONAL D'EDUCACIO
FISICA DE CATALUNYA

Spain

GOETHE-UNIVERSITÄT FRANKFURT

Germany

REGION MIDTJYLLAND

Denmark

VLAAMS INSTITUUT
GEZOND LEVEN VZW

Belgium

AZIENDA UNITA LOCALE SOCIO
SANITARIA N 2 MARCA TREVIGIANA

Italy

MINISTRY FOR HEALTH –
GOVERNMENT OF MALTA

Malta



Folkhälsomyndigheten
PUBLIC HEALTH AGENCY OF SWEDEN



DGS
desde 1899
Direção-Geral da Saúde



Generalitat
de Catalunya



OFFICE OF THE DEPUTY PRIME MINISTER
MINISTRY FOR HEALTH

info@eupap.org
<https://www.eupap.org/>



Co-funded by
the Health Programme
of the European Union