

# Development of a physical literacy intervention delivered in medical centres

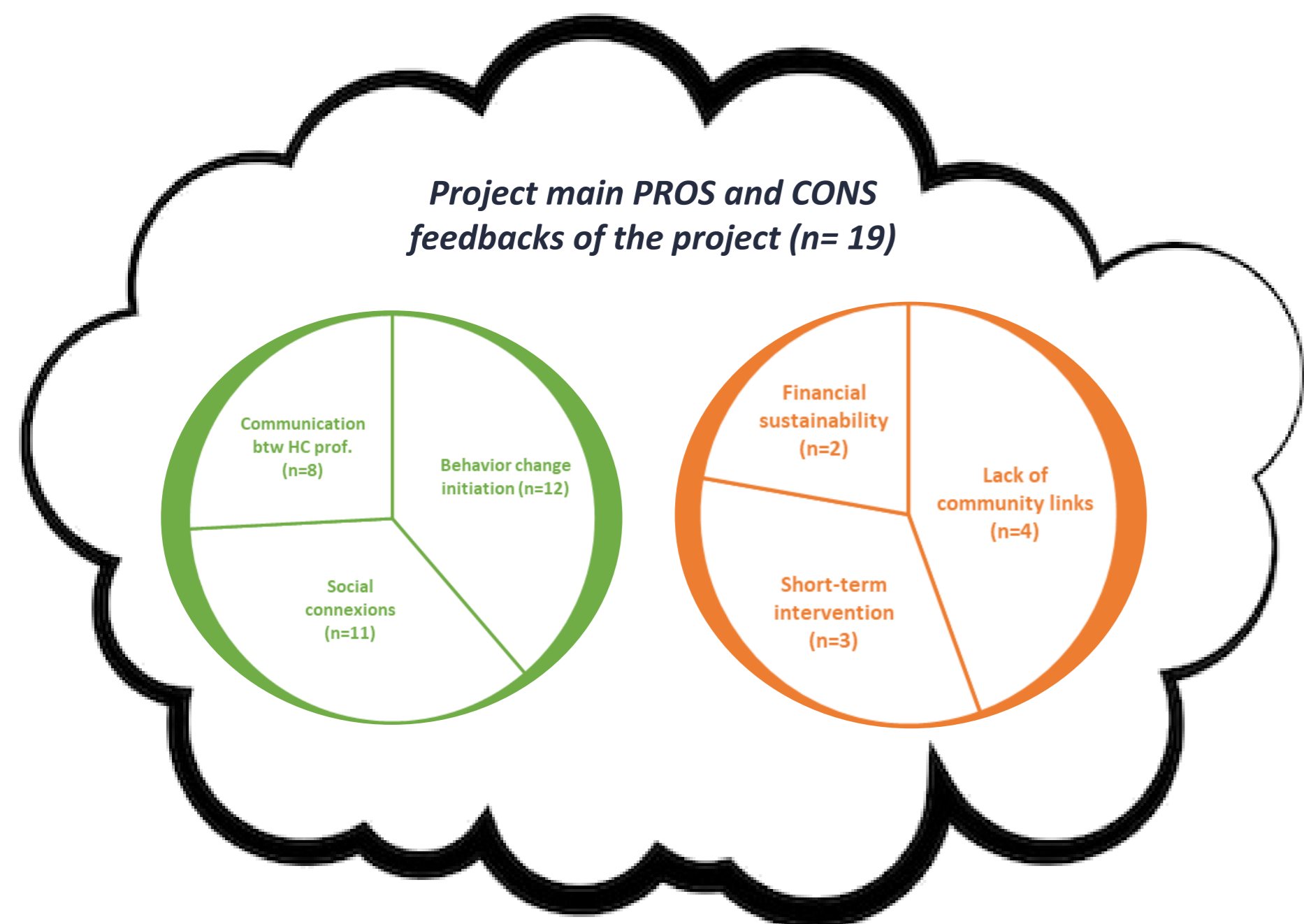
Alexandre Mouton & Jean-Pierre Weerts

University of Liege, Research Unit for a life-Course perspective on Health and Education (RUCHE), Belgium

## Key points

- ✓ Bridging healthcare and autonomous physical activity is challenging and do not yet support enough sustainable engagement in physical activity (PA) <sup>1</sup>
- ✓ First studies highlight a relationship between physical literacy (PL) and improved health outcomes, but evidence is missing in specific populations <sup>2</sup>
- ✓ Introduction of PL-oriented interventions in medical centres could overcome existing barriers experienced to promote PA in people with chronic disease <sup>3</sup>

1 min



"Dedicated Whatsapp groups were created, it is nice!" (physio. 4)

"My flexibility and balance have improved, the GP congratulated me!" (P10)

"Communication with GPs remains challenging" (health manager 1)

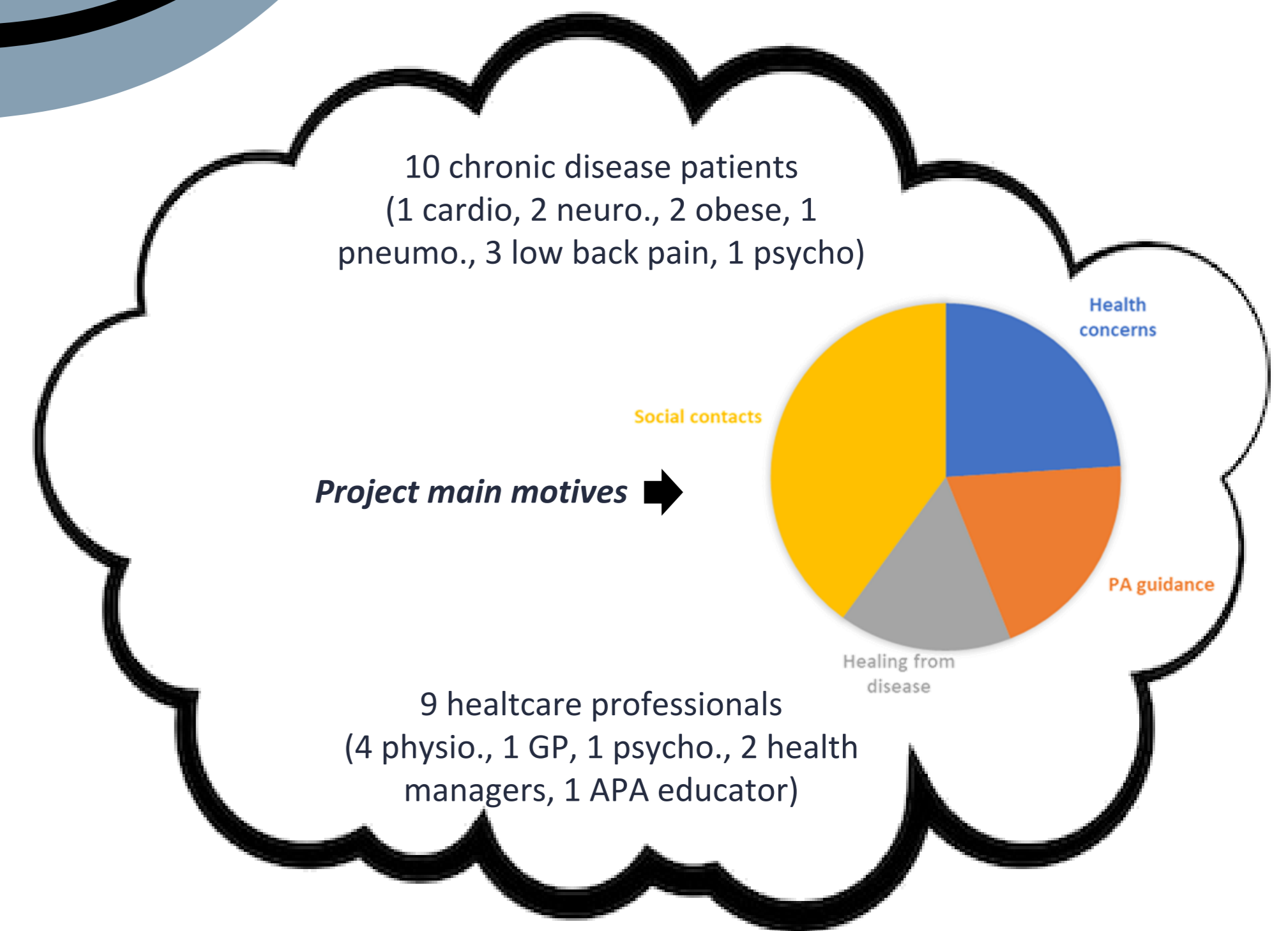
"If I had to pay for it, I wouldn't be so enthusiastic about it" (P9)



Follow-up interviews by phone



Physical literacy for a life-long participation in physical activity

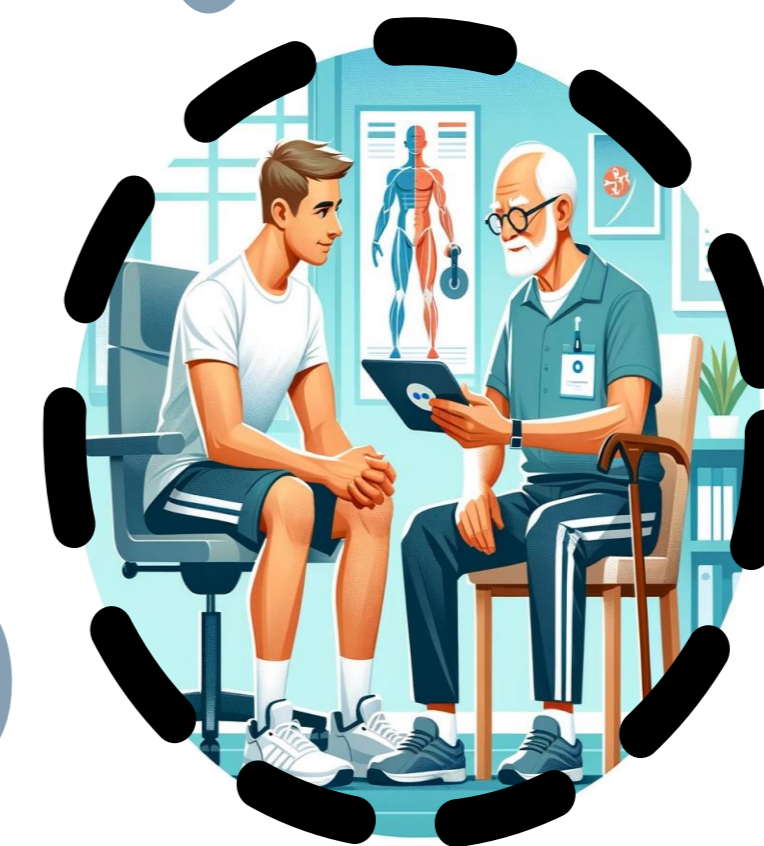
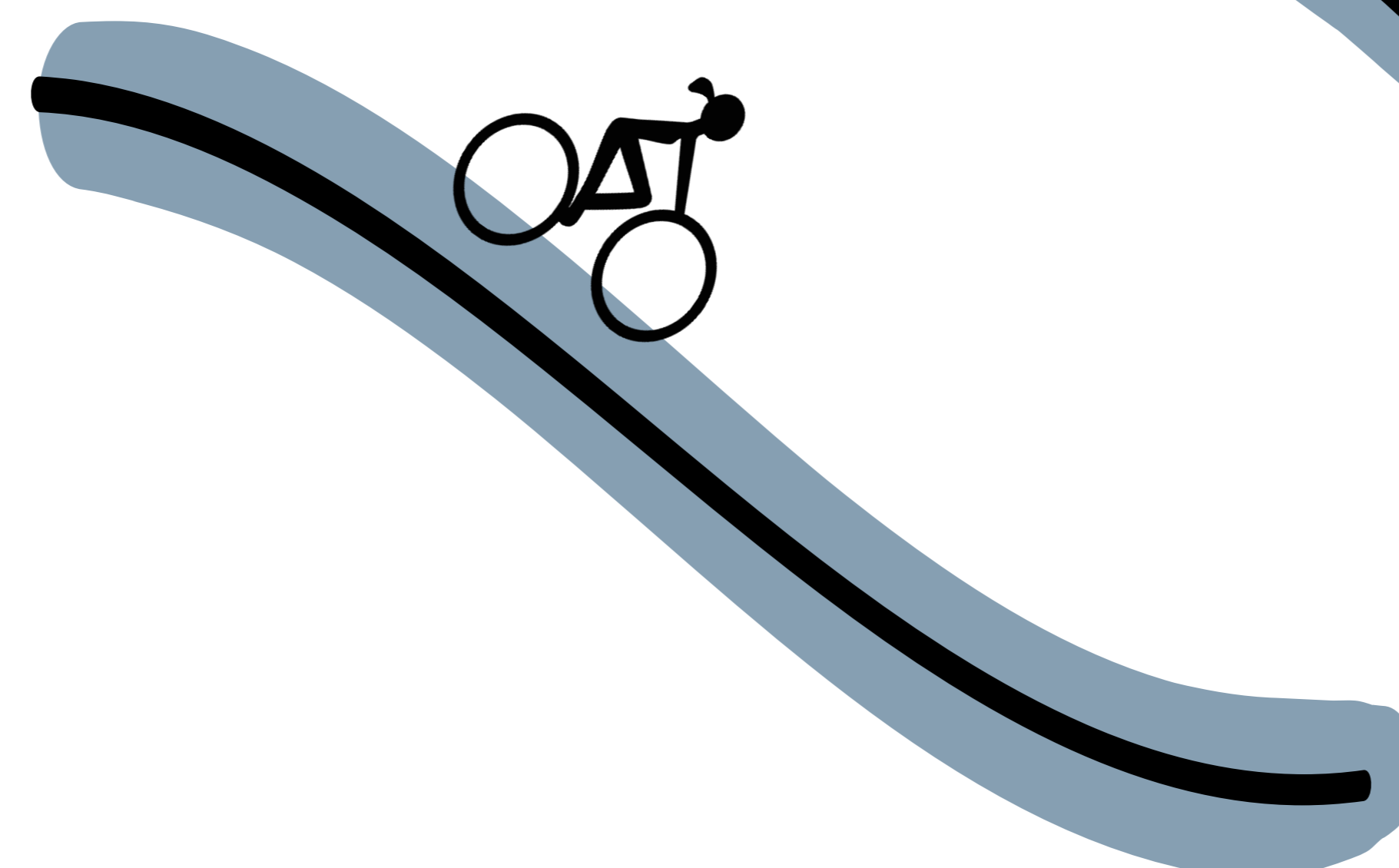
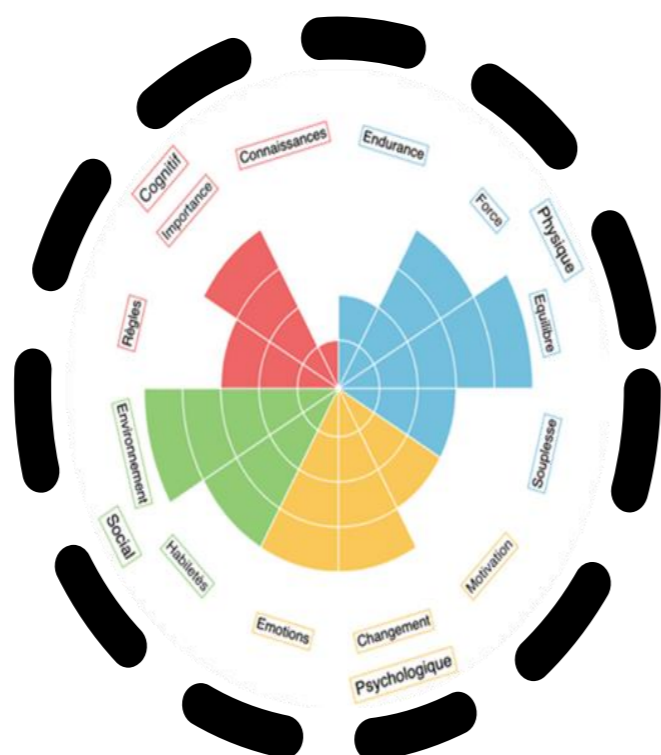


"My physio. referred me to the project" (P5)

"Stay active is good for my health" (P1)

"If someone can help and guide me, why not!" (P2)

Co-construction of a physical literacy assessment & counselling tool



Pilot experimentation of the PL-intervention in chronic disease patients (n= 192)\*

"Developing approaches that broaden the focus to include everything that makes a human being [...] is undoubtedly more relevant" (psycho.)

"It could bring a "complementary work" with other health professionals who work here. The physical educator will share his skills with the team and patients" (physio. 3)

Recruitment of 3 medical centres in the Province of Liège (Belgium)

