

Universidade de São Paulo
 Faculdade de Saúde Pública
 Departamento de Prática de Saúde Pública

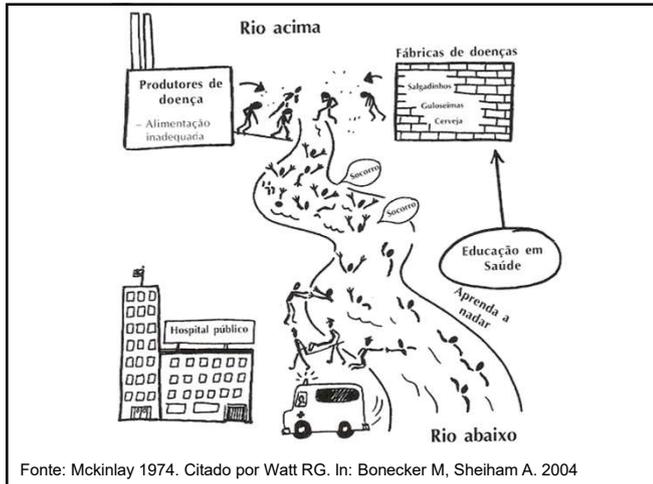
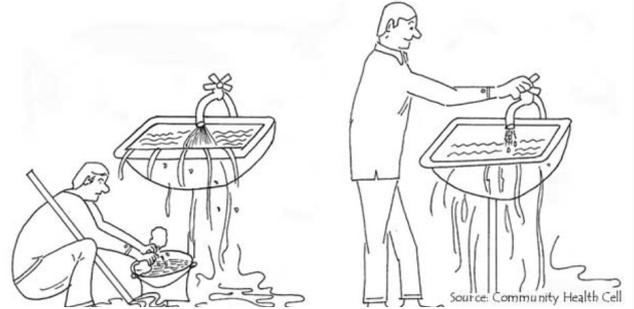
Disciplina HSP 153

Fundamentos de Saúde Pública em Educação Física e Esporte

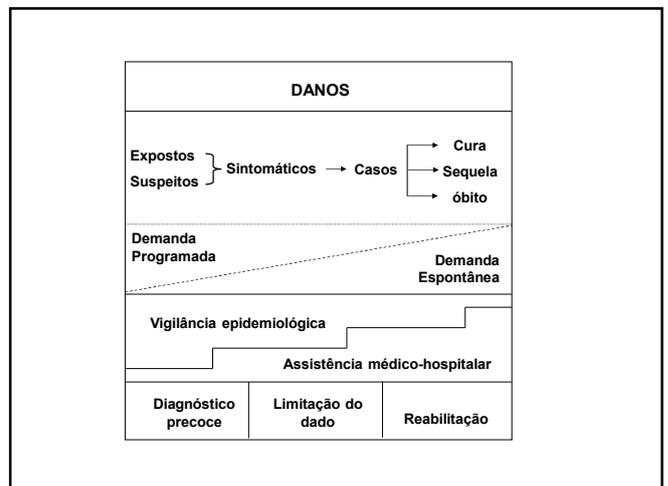
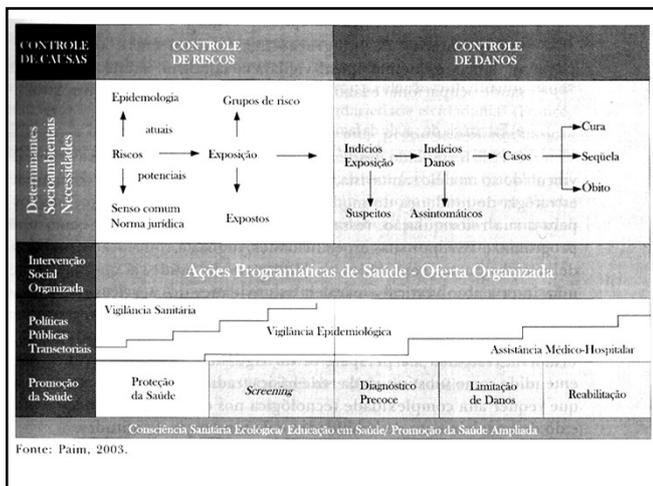
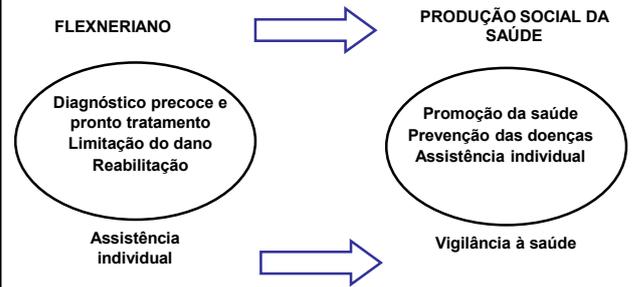
AULA: Modelos de atenção

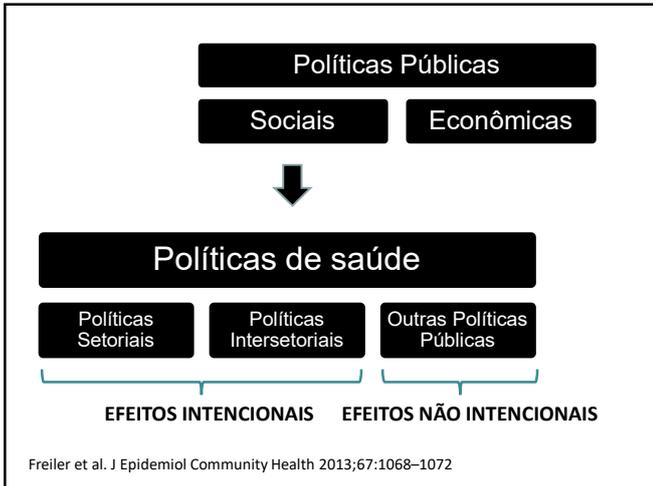
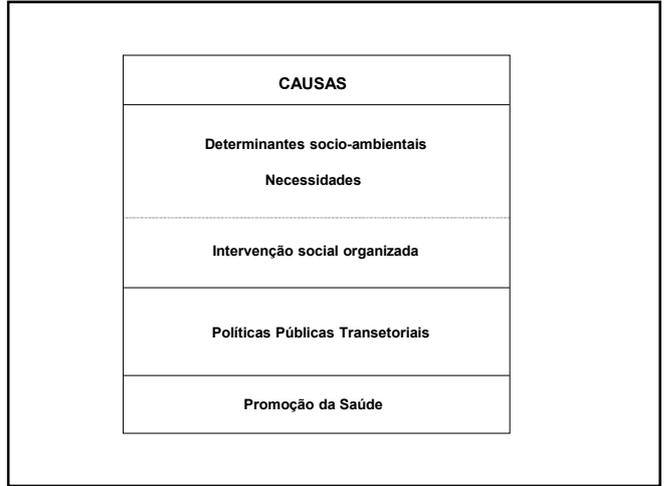
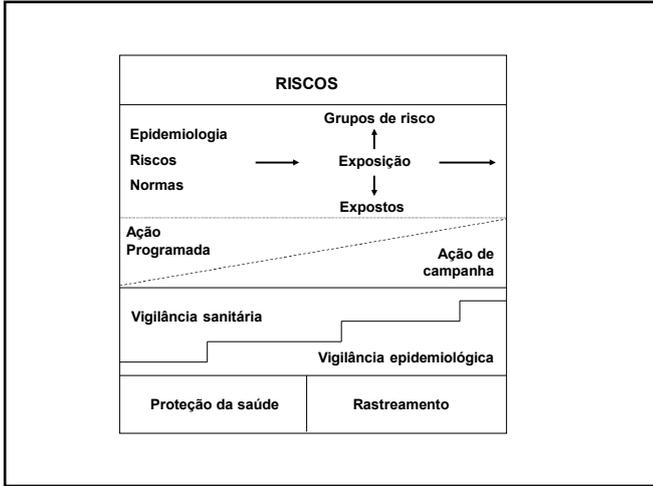
Docentes: Cleide Lavieri Martins e Paulo Frazão

Que tipo de educador físico, a população precisa?



Movimento das práticas de saúde

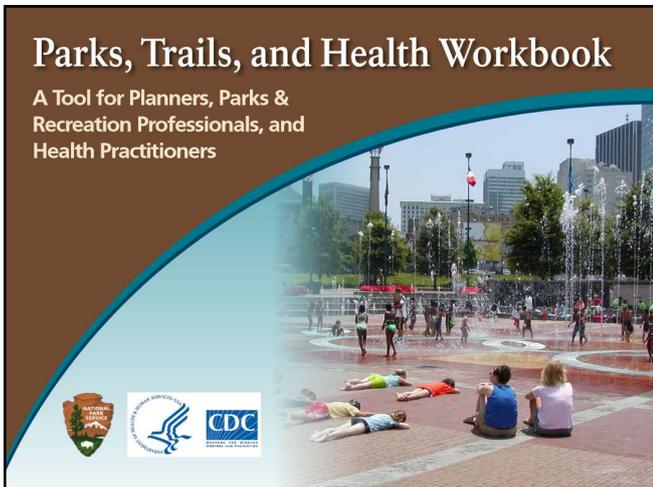




<http://www.cidadessaudaveis.org.br/herramientas/>

- ✓ Mobilidade e Transporte
- ✓ Comunidade
- ✓ Escola
- ✓ Serviços de saúde
- ✓ Locais de Moradia
- ✓ Locais de Trabalho
- ✓ Envelhecimento
- ✓ Municípios saudáveis

https://www.cdc.gov/cancer/dccp/prevention/policies_practices/physical_activity/strategies.htm



Promoting Active Transportation: An Opportunity for Public Health




Case Study Success Stories

The Role of Public Health in Informing Long-Range Transportation Planning in the Southern California Region

Whether you are working as a public health practitioner in a small town or in the largest metropolitan area of the country, your involvement in transportation planning can be transformative to the process of active transportation planning and funding, as demonstrated by three select case study success stories.

The Role of Public Health in Informing Long-Range Transportation Planning in the Southern California Region

In southern California, long-range transportation planning affects the lives of millions of people. The Southern California Association of Governments (SCAG) serves as the MPO for the six-county region in southern California. Encompassing more than 18 million people, 300 cities and six counties, SCAG produces a 25-year long-range transportation plan (LRTP) every five years. Its funding levels that top \$500 billion.

In this region, 21 percent of all trips are made by people walking and bicycling and 21 percent of all roadway fatalities involve bicyclists and pedestrians. Obesity rates for residents within the SCAG region have climbed to an early 26 percent, with adult obesity rates for some racial and ethnic groups in Los Angeles County reporting rates of nearly 36 percent. However, funding levels for walking and bicycling barely equaled a fraction of a percent in the last Regional Transportation Plan.

As SCAG began its public review process in mid-2011, it quickly became clear to community leaders in public health and with Safe Routes to School that SCAG had progressed its initial funding recommendation to increase active transportation funding from 6.6 percent in 2008 to 1.3 percent before developing a comprehensive methodology to understand the need and calculate the cost for building walkable and bikeable connections throughout the southern California region. SCAG had looked only at a limited number of plans and datasets. For example, in Los Angeles County — a nearly complete set of data — 800 feet of their city have pedestrian plans that had been approved from October 2001 to October 2011.

Due to their involvement with the Safe Routes to School National Partnership's network in the Southern California region, the Los Angeles County Department of Public Health (LACDPH) became involved in the SCAG LRTP project and determined that it could assist SCAG's planning process by providing a realistic cost for building walkable and bikeable connections in the SCAG region.

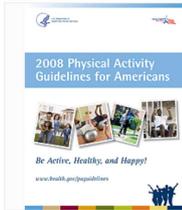
Physical Activity Guidelines for Americans

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All materials are **free to download, print, and share.**

The PAG provide science-based guidance to help Americans ages 6 and older maintain or improve their health through regular physical activity. [Download the 2008 PAG \[PDF - 8.49 MB\]](#) or click through each chapter below to view the Guidelines.

- [Letter from the Secretary](#)
- [Acknowledgements](#)



Estratégias

- Individualizantes
- Informação e comunicação
- Comportamentais
- Ambientais

- Formulação do problema
- Qual é a natureza do problema?
- Qual é a magnitude do problema (incluindo subpopulações)?
- Quais são as consequências do problema de saúde?
- O que causa o problema?
- Quais mudanças ou tendências estão ocorrendo?
- Qual o contexto conflitivo?
- Potenciais aliados e potenciais adversários na resolução
- Quais as evidências sobre as estratégias mais efetivas?
- Em que contexto, elas funcionaram bem ?

