



The Costa Rican Networks of Physical Activity for Health

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COSTA RICA

Red Costarricense de Actividad Física y Salud









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Y SALUD



INTRODUCTION



1- high levels of sedentary populations

2- inadequate nutrition

3- increase in the use of tobacco and other drugs

...risk agents in the development of non transmissible diseases. ...main causes of mortality

(Claramount, 05)

...detriment of social peace

(Coleman, 03)



The practice of physical activities in all fields...

Contributes in:

- The reduction of non transmissible diseases
- The reduction of the use of drugs
- Decreasing of social violence
- Keep watching over a healthier population
- Social peace ...

(Salazar, 03)



Answers



1990´ s preventive programs were developed .

-2000: – RAFA was created



2002: The ICODER joins the Health Sector.
National Politics include a chapter specifically about physical activity, sports and recreation.

2004: World´ s Strategy of physical activity, dieting and health, was included in some programs



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2005: RECAFIS

It's a national and cantonal organization, that promotes healthier life styles on Costa Rican people, through the practice of physical activity

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Institutional commitment

- Ministry of Health
- Ministry of Education
- Ministry of Labor and Social Security
- CR Institute of Sports and Recreation
- Department of Social Insurance
- Costa Rican University
- Distance University
- International University for the Tropics
- National University
- Nacional Institute of Learning
- Institute of Alcoholism and Drug Dependence-Costa Rican
- Institute of Research in Nutrition and Health
- Panamerican Organization of Health
- Young Persons Council Office
- Occupational Health Council Office
- Institute of Water and Sewer



Strategic National Plan

Based on scientific studies, is structured the Plan:

- background
- strategic objectives
- identifying and prioritizing problems to solve
- propose solutions
- identify those responsible for achieving them
- to allocate resources to carry out
- establish the form and schedule to measure progress



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Advocacy



-Encourage alliances (Environment, Tourism)

-P. activ. into the National Health Agenda



Training



- Monitor training above
- System training for Human Resource

CHALLENGES



PROGRAMS

CHALLENGES

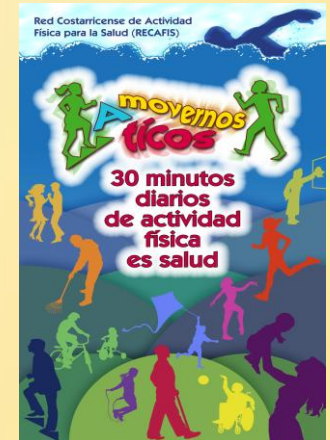
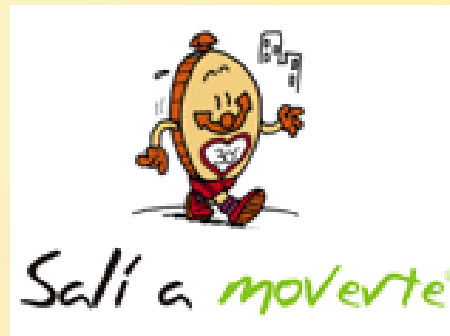


Strategic in schools and workplaces

Transverse axis in MEP

Accessibility in programs and places

Marketing, communication and publicity



- To share country and international experiences
- Link to web pages of participating institutions with RECAFIS

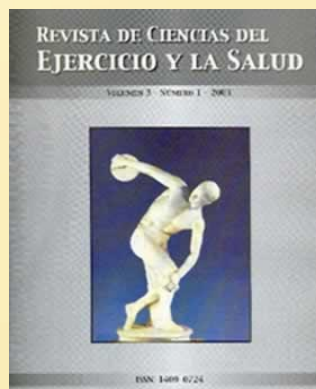
CHALLENGES



CHALLENGES

Research:

- a) levels of physical activity
- b) studies in sedentary
- c) Incorporate the theme in national polls.





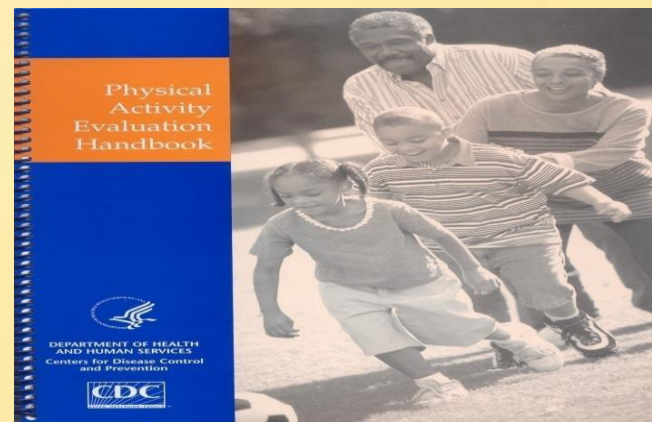
EVALUATION

a) the external analysis

b) the internal analysis

c) the mission, values, and achievement of objectives

d) the strategies





We send a big hug from Costa Rica



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