



Body Practices and Physical Activities in Primary Health Care Working Group of Brazilian Society of Physical Activity and Health

Grupo de Trabalho em Práticas Corporais e Atividades Físicas na APS da SBAFS: criação, atividades e perspectivas

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ABSTRACT

The Brazilian Society of Physical Activity and Health (BSPA) is essential in developing and disseminating scientific knowledge and promoting articulation between researchers, students, stakeholders, and health service professionals in national and international scenarios. Developing and maintaining Working Groups (WG) on different physical activity and health topics has been encouraged in recent years. In 2021, the Body Practices and Physical Activities in Primary Health Care (BPPA-PHC) WG was established, which seeks to develop actions to strengthen the thematic area through meetings and debates with professionals, stakeholders, and academics, in addition to research development. Thus, the paper aims to describe the actions related to the creation, trajectory, and perspectives of the BPPA-PHC.

Keywords: Brazil; Health; Primary Health Care.

RESUMO

A Sociedade Brasileira de Atividade Física e Saúde (SBAFS) exerce papel importante no desenvolvimento e na disseminação do conhecimento científico, além de promover a articulação entre pesquisadores, estudantes, gestores e profissionais dos serviços de saúde nos cenários nacional e internacional. Nos últimos anos, estimulou-se a elaboração e a manutenção de Grupos de Trabalhos (GT) em diferentes temáticas na área de atividade física e saúde. Em 2021, foi instituído o GT em Práticas Corporais e Atividades Físicas na Atenção Primária à Saúde (PCAF-APS), o qual busca desenvolver ações para fortalecer a área temática, por meio da realização de encontros e debates com profissionais, gestores e acadêmicos, além do desenvolvimento de pesquisas. Desse modo, o objetivo deste manuscrito é descrever as ações relacionadas à criação, trajetória e perspectivas do GT PCAF-APS.

Palavras-chave: Atenção Primária à Saúde; Brasil; Saúde.

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To begin...

The Brazilian Society of Physical Activity and Health (BSPA) has conducted continuous efforts to disseminate theoretical-practical scientific knowledge to the general population, including researchers, stakeholders, health professionals, students, and people interested in physical activity and health, reinforcing its commitment to promoting strategic actions in its area of activity. Among these, it highlights holding courses and events at a regional and national level, publishing books and papers in the Brazilian Journal of Physical Activity and Health (BJPAH), and fostering interdisciplinary and multi-professional partnerships with managers and entities public¹.

The Working Groups (WG) were created in 2018-2019 by the proximity of people interested in different topics. Given the positive experiences, subsequent administrations prioritized the opening of new WGs, paying close attention to issues related to their composition, such as gender equity, representation of participants from different moments and degrees of training, as well as segments of professional activity (e.g.: students, professionals, stakeholders, and researchers) and the involvement of representatives from different regions of the country. Even with representation of the Southeast and South regions of the country in productions^{2,3} and events related to the area, it is worth highlighting the attentive look of BJPAH on the equity agenda, advocating, in addition to the regional issue, the diversity of people in its activities and its management team.

The initial efforts of WGs activities were conducted by the groups “Public Policies,” “Environment and Physical Activity,” “Physical Activity in the School Environment,” “Physical Activity and COVID-19,” and “Body Practices and Physical Activities in Primary Health Care” (BPPA-PHC). The BPPA-PHC WG will be the focus of this paper, and its aims, trajectories, and perspectives will be presented. The importance is established based on historical milestones of national scope that strengthen the presence of BPPA-PHC, which will be highlighted below.

In 2006, the “National Health Promotion Policy” (NHPP)⁴ was published, highlighting the BPPA among the specific actions to be prioritized. In 2008, the “Family Health Support Center”⁵ was established, encouraging the increase in the presence of Physical Education professionals in multidisciplinary “Family Health” teams in municipalities, being an essential actor in promoting BPPA. In 2011, the creation of the

“Health Academy Program”⁶ stood out, which was established based on previous municipal experiences and can serve to create and strengthen links with the “Basic Health Unit” and promote self-care through guided physical activities, as well as other topics related to health promotion^{7,8}.

Some of these milestones underwent reformulations, and new necessary actions were conducted, among which we can highlight the review of the NHPP⁹ in 2014, with a subsequent consolidation¹⁰ in 2017; the publication of the “Physical Activity Guide for the Brazilian Population”¹¹; the creation of the “Incentive for Physical Activity”¹² in 2022, which implemented funding actions for hiring Physical Education professionals, purchasing materials and qualifying environments related to physical activity; and the creation of a new federal financial incentive for implementation, costing and performance for multidisciplinary team modalities in PHC¹³.

Regarding the name given to the BPPA-PHC WG, despite one of the most significant national publications, the “Physical Activity Guide for the Brazilian Population”¹¹, using the term physical activity in an expanded way, going beyond body movements and energy expenditure above the level of rest, including the promotion of social and environmental interactions, this WG chose to use the term/concept BPPA. More than a terminological and conceptual issue, this option is based on the possibilities of intercession and not of splitting between the different concepts presented in the literature and the understanding that the same BPPA can prevent and contribute to the treatment of some special conditions of health, it can also be that experienced without concern about energy expenditure, frequency, duration, intensity, or efficiency of the motor task. In other words, human movement related to health allows people to express themselves bodily; meanings are attributed to them, and muscular contractions are required to put energy expenditure above resting levels. It is also a component and expression of culture, occurs in specific spaces and contexts, can promote bonds, is influenced by various conditions, interests, and emotions, and can be carried out as games, dances, and sports, among others¹⁴⁻¹⁹.

It is worth emphasizing that the WGs are places for meeting, discussing, and exchanging experiences between people interested in BSPAH themes. Therefore, the public call occurred in May 2021 and was disseminated on BSPAH social networks and by emailing

members. In this way, it was possible to bring together people motivated to be part of the BPPA-PHC WG and, in a complementary way, identify other potential participants, mainly based on their known approach to the topic, making additional invitations.

The BPPA-PHC WG began activities in July of that year, and meetings were held during the second half of this year to discuss ideas and develop the work plan. The WG proposal was presented to BSPAH two weeks before the Brazilian Congress of Physical Activity and Health (BCPAH), held in November 2021, online and organized by the Federal University of Amazonas. With the approval of the proposal by the BSPAH Board, the BPPA-PHC WG was created and officially presented during the BCPAH, beginning its activities in February 2022.

Until May 2023, the BPPA-PHC WG comprised 12 members residing in Brazil, five females and seven males. The WG presents representation from all regions of the country, with members from the Northeast, Central-West, and North regions (one in each region) and a predominance of members from the South (four) and Southeast (five) regions. All have degrees in Physical Education (bachelor's or licentiate's degree), with the five MScs or PhDs:

- Three MScs (two are PhD students);
- One specialist (multi-professional health residency) and MSc;
- One specialist (multidisciplinary health residency);
- Two members, one resident and an MSc student, are in the second year of the multidisciplinary residency, and he is in the second year of his MSc studies.

Regarding the professional works of the members:

- Four are professors at Public Universities (two are tutors in the multidisciplinary health residency, while another has already worked; also, one is a tutor in the Education through Work in Health Program, with a project in a Unit Family Health - UFH);
- Three works in the Physical Education area of physical activity and health (one has already worked as a Physical Education professional at PHC);
- One works in health management at the federal level;
- One works in health management at the state level;
- Two are students in a multidisciplinary health residency;
- One is a Ph.D. student in PHC who has participat-

ed in WG in this area.

These characteristics and actions show diversity, but challenges exist, such as bringing together more participants from the Northeast, Central-West, and North regions and undergraduate students and professionals from areas other than Physical Education.

In an organizational sense, WG meetings occur monthly and biweekly, remotely via the Google Meet tool in times of greater demand. The WG's mission guides the discussions to stimulate dialogue between researchers, students, stakeholders, workers, and others interested in the BPPA-PHC. Thus, the collectively agreed objectives stand out (Box 1):

Box 1 – Body Practices and Physical Activities in Primary Health Care Working Group (BPPA-PHC) aims.

Identify demands related to the promotion of BPPA-PHC.
Verify the difficulties and potential of BPPA-PHC promotion.
Stimulate, monitor, and disseminate knowledge to bring health services closer to the BPPA-PHC promotion.
Develop education, training, and interaction/communication actions to establish a dialogue between academics, health services professionals, and others interested.

BPPA-PHC actions

The actions carried out, under development, and the perspectives planned by the members of the BPPA-PHC WG will be presented (Figure 1).

What has already been accomplished?

- In February 2022: start of WG activities. Develop and disseminate the online form to collect information from BSPAH members and the Instagram public interested in the GT theme. This action was relevant to the direction of activities. Responses were received from 80 interested parties (95% Physical Education professionals). Among the information obtained, the perceptions of these professionals stood out based on the new financing model in PHC, "Prevent Brazil"²⁰. There were also reports of municipalities that interrupted the activities of the "Expanded Family Health Centers of Basic Attention" teams and others in which Physical Education professionals were no longer part of the PHC health team. Also, it was observed that the most significant proportion of respondents had not taken subjects related to BPPA-PHC during their academic training.

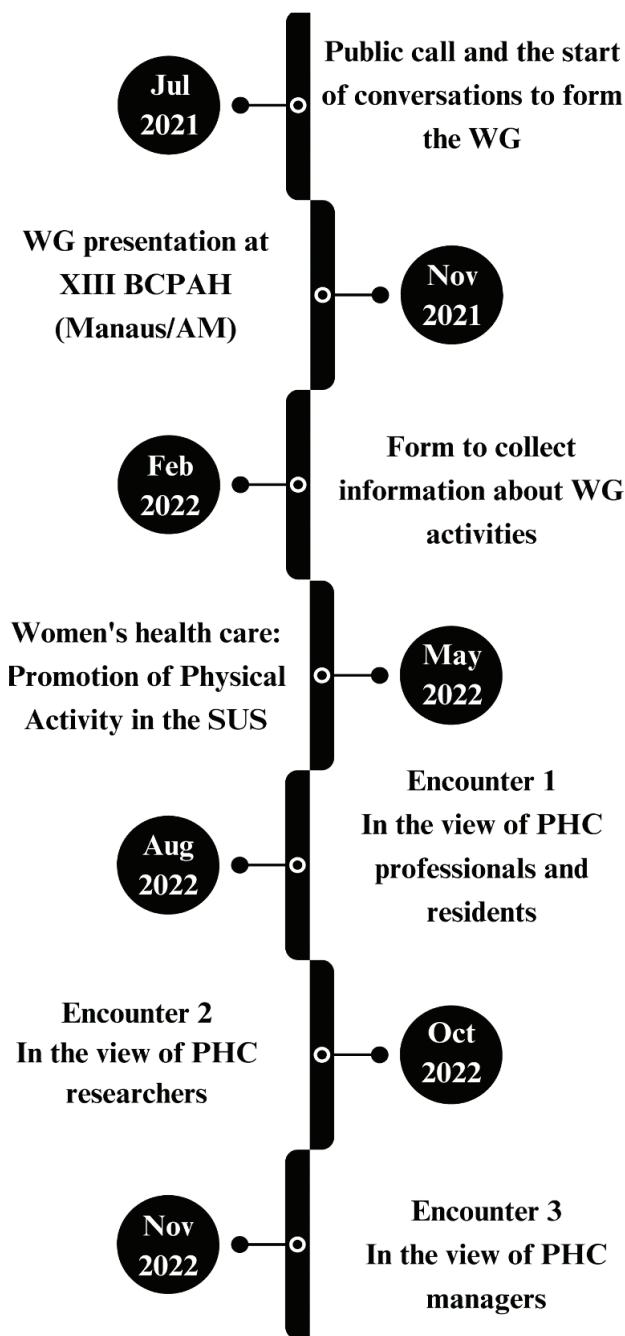


Figure 1 - Timeline of the Body Practices and Physical Activities in Primary Health Care Working Group (WG) since its creation. BCPAH: Brazilian Congress of Physical Activity and Health; SUS: Brazil's Unified Health System.

- In 2022, the WG members participated in scientific events organized by BSPAH and other entities/the WG associations as mini-course teachers, workshops, and speakers, with presentations on the promotion of BPPA in the Public Health context, women's health, strategies for disseminating of the "Physical Activity Guide to the Brazilian Population", public policies, social determinants of health

and other topics related to BPPA-PHC.

- In 2022, the WG organized synchronous remote meetings involving different actors related to physical activity and health (academics, professionals, and stakeholders, among others). The recording of these events is available at the corresponding link on the [BSPAH YouTube](#): (i) "[Women's health care: physical activity in Brazil's Unified Health System \(SUS\)](#)"; (ii) Series of three meetings on BPPA-PHC from the perspective of...": residents and former residents of [Multidisciplinary Health Residency Programs](#); researchers; stakeholders.

What is being accomplished?

The BPPA-PHC WG team was divided into three subgroups to work on research questions and develop products that could contribute to generating knowledge. It is noteworthy that the discussions and progress of the subgroups are shared in monthly meetings with the entire group:

- Subgroup 1: How many places are available for Physical Education in Multiprofessional Health Residency Programs? How many of these are related to the WG theme? How are vacancies distributed across Brazilian territory?
- Subgroup 2: Do the Postgraduate Programs in Physical Education have subjects related to PHC, SUS, or similar content? What is the geographic distribution?
- Subgroup 3: How often are Physical Education professionals who completed the Multiprofessional Health Residency Program included in the SUS? Among those who are working in the SUS, what is their perception of the influence of the Multiprofessional Health Residency Program on their performance?
- Coordination with other scientific entities, such as the "Brazilian College of Sports Sciences" and the "Brazilian Public Health Association" to defend and strengthen the agenda for promoting BPPA-PHC at the government level.
- In 2023, a public call was made using BSPAH contact networks ([Instagram profile](#), email, and [web page](#)) to identify studies, research groups, or groups that promoted actions related to the BPPA-PHC. Afterward, an invitation was made to participate in a future event organized by the WG.

What do you propose for the future?

- The above event will enable exposure and interaction between groups to publicize their actions and share

experiences with BSPAH members and the general population. Furthermore, these meetings are expected to be a space for articulation between groups to facilitate the entry of new members and a space for listening and debate. These meetings will be recorded and available on the [BSPAH YouTube page](#).

- Research work in the subgroups will continue to be ongoing, based on research questions related to the current context of the BPPA-PHC and the demands presented at our events, as well as the participation of our members in debates and scientific events.
- New event possibilities will be rethought to promote continuous debate and updates for members and people who follow BSPAH.

Finally...

Since the beginning, the BPPA-PHC WG has worked to create a solid foundation that allows it to be supported in the face of the actions to be developed. Thus, the aim was to monitor and contribute to production, which has increased exponentially in recent years. Furthermore, this WG is attentive to monitoring and sharing the impacts of promoting BPPA-PHC in the last cycle of the federal government (2019-2022) and the current government's actions (2023-2026).

The renewal of members is desirable and common to WGs of scientific entities. Therefore, it is noteworthy that the WG and BSPAH are open to new members interested in this articulation to join forces and defend the agenda of health promotion through the BPPA, with particular attention to the involvement of professionals from other training centers, understanding the importance of their role in the debate and advice on BPPA-PHC at the SUS.

The WG BPPA actions demonstrate efforts to integrate academic, political, and procedural knowledge of health services. It is worth highlighting the beginning of the long road to strengthening PHC and greater possibilities of access to BPPA in the SUS. These efforts are expected to increase theoretical-practical knowledge about scientific and political production related to BPPA for stakeholders, health professionals, and the general population.

Conflict of interest

The authors declare no conflict of interest.

Authors' contributions

Trapé AA, Guimarães JAC, Oliveira JCS, Bonolo A, Lemos EC,

Andrella JL, Ferreira JC, Sposito LAC, Alves LG, Loch MR, Guerra PH, Fermino RC participated in the conceptualization of the article. Trapé AA developed the methodological procedures, data analysis, and research. Loch MR, Guerra PH, and Fermino RC performed the supervision. Oliveira JCS designed the data presentation. Trapé AA, Guimarães JAC and Fermino RC wrote the original manuscript and Oliveira JCS, Bonolo A, Lemos EC, Andrella JL, Ferreira JC, Sposito LAC, Alves LG, Loch MR and Guerra PH revised and edited the writing. Trapé AA and Fermino RC worked on the final version, which was approved by all authors.

Declaration regarding the use of artificial intelligence tools in the article writing process

The manuscript did not use artificial intelligence tools for its preparation.

Availability of research data and other materials

The data of this study is available on demand from referees.

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