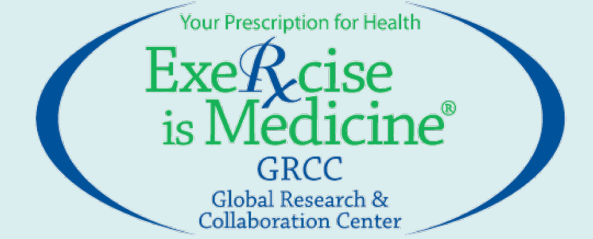


Towards Physical Activity Counseling, Saudi Arabia, Eastern Province

Zahra Alahmed, MBBS, MPH¹, R.L. Felipe Lobelo, MD, PhD, FAHA²

1. Ministry of Health, Saudi Arabia 2. Hubert Department of Global Health, Rollins School of Public Health, Emory University, Atlanta, GA, USA

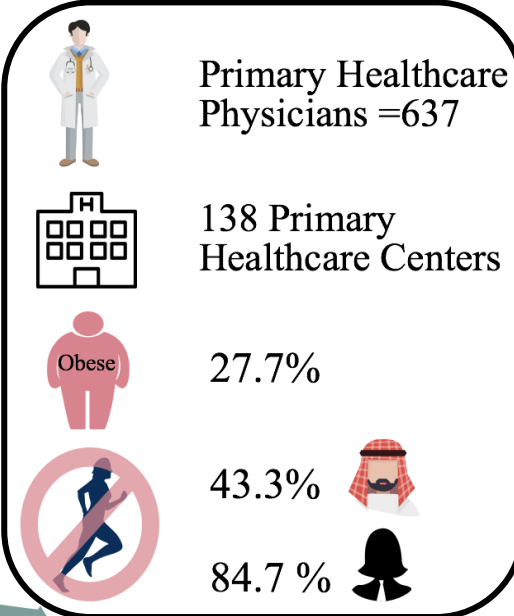


Introduction

Physical Inactivity in Saudi Arabia (SA)

Population attributable fraction for chronic diseases mortality associated with physical inactivity is 18.4% in SA

58.5% of Saudis are Physically Inactive



Estimated direct health-care costs attributable to physical inactivity is \$869,019 in SA

Objective

Assess PHC physicians' attitudes and counseling practices related to physical activity (PA) in Eastern Province, SA

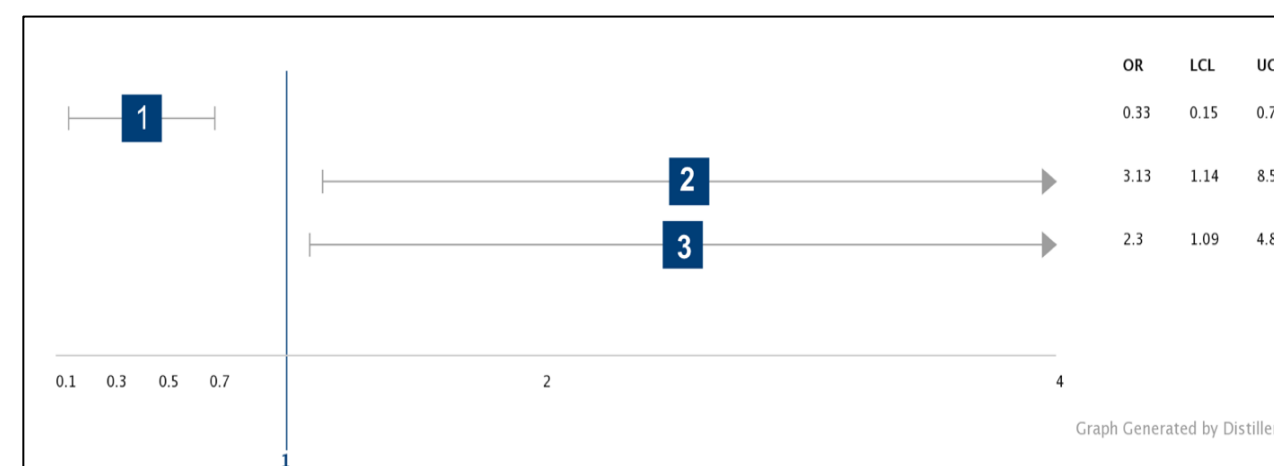
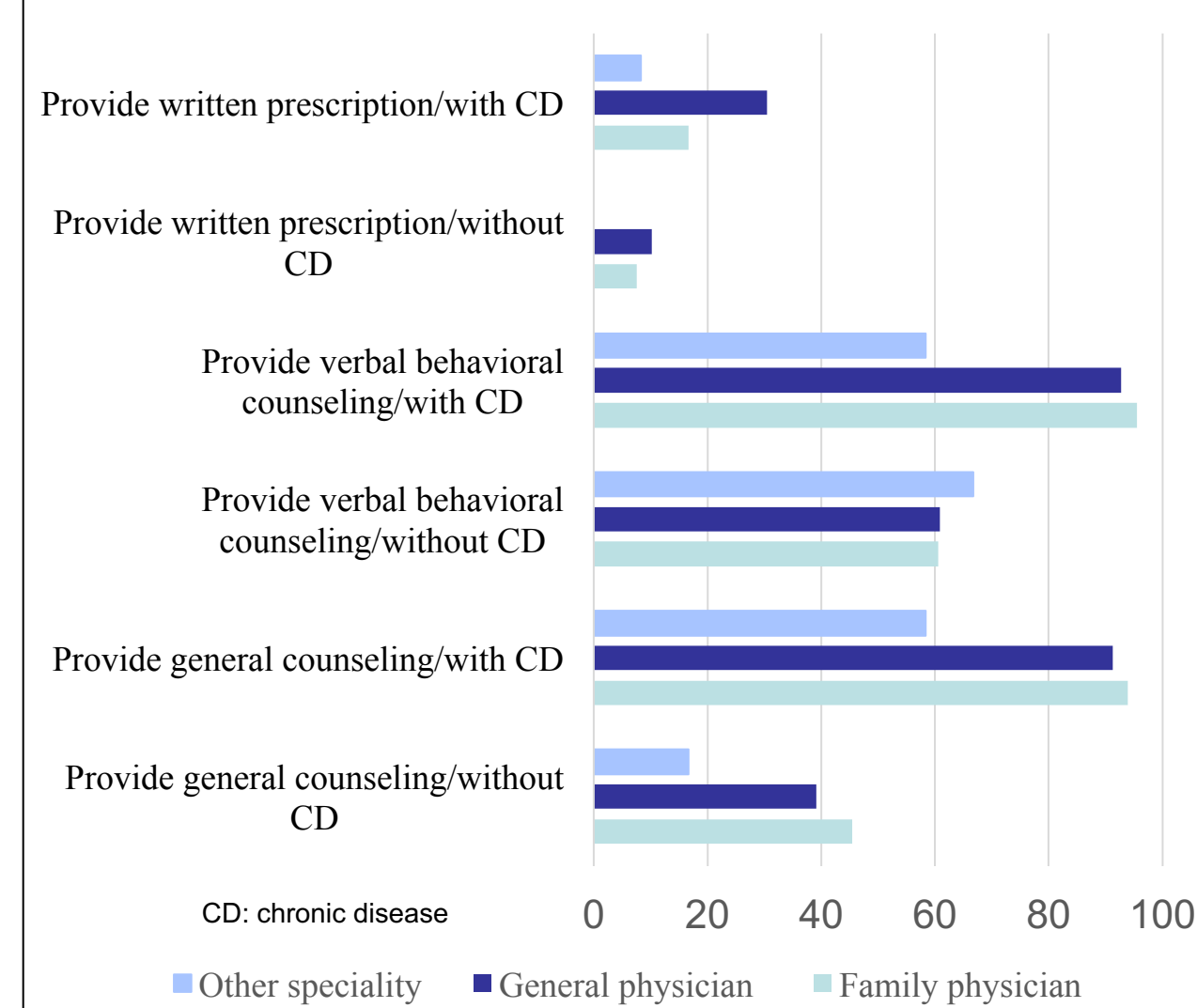
Research Questions

What is the prevalence of PA counseling in Primary Healthcare (PHC) centers? How do the knowledge, attitudes, and practices of PHC providers affect counseling? What are the barriers to providing counseling? Do physician lifestyle behaviors affect their PA counseling practice?

Methods

- Cross-sectional study, self-reported surveys (online or paper), four main cities of Eastern province, SA, 2016
- Nonprobability method sample collection
- All physicians working in PHC centers were invited to participate in the study
- Study response rate was 44.01%

Physical Activity Counseling Practice by Physician Specialty

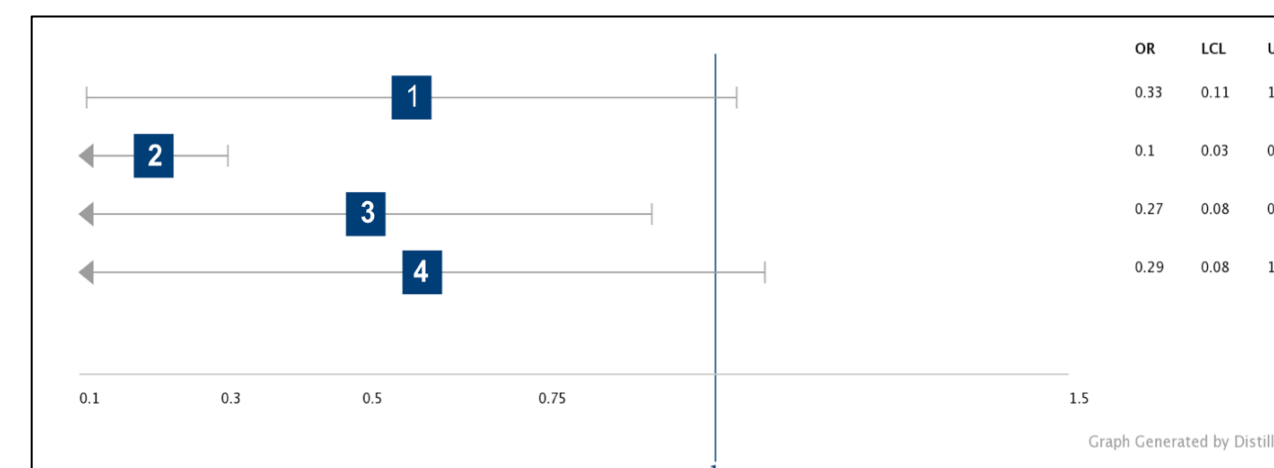
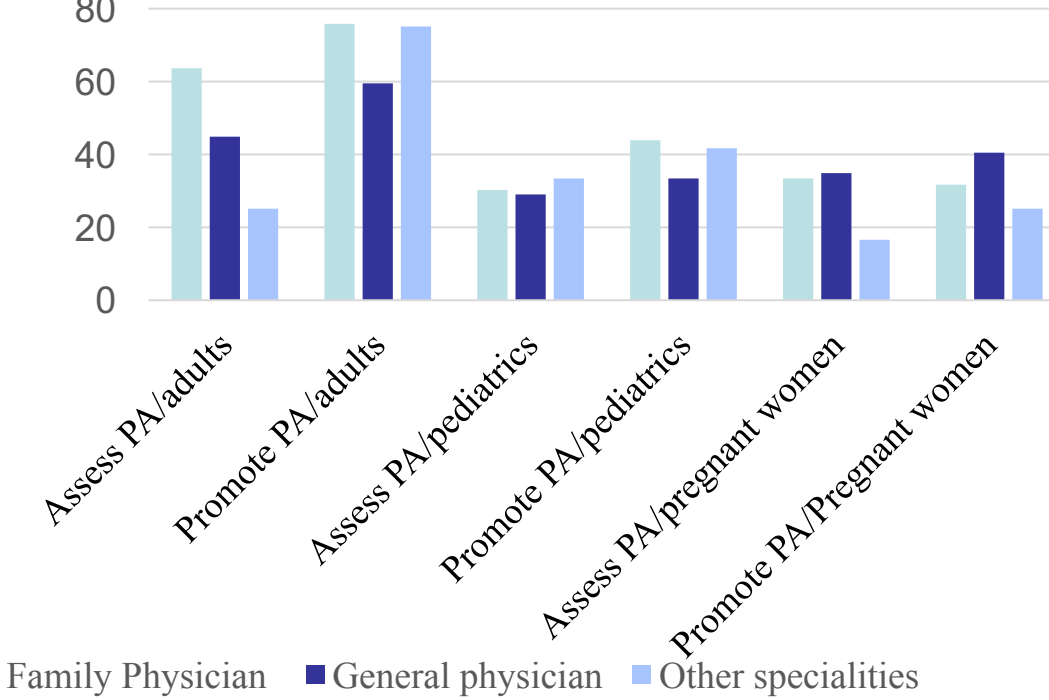


Outcomes affected by number of adult patients (OR less patients vs more patients)

1: Physicians provide verbal behavioral counseling for patients without CD; 2: Physicians systematically track /follow patients without CD; 3: Physicians promote PA in pediatric patients;

Results

Percentage of Physicians Assessing/Promoting Physical Activity by Physician Specialty and Patient Type

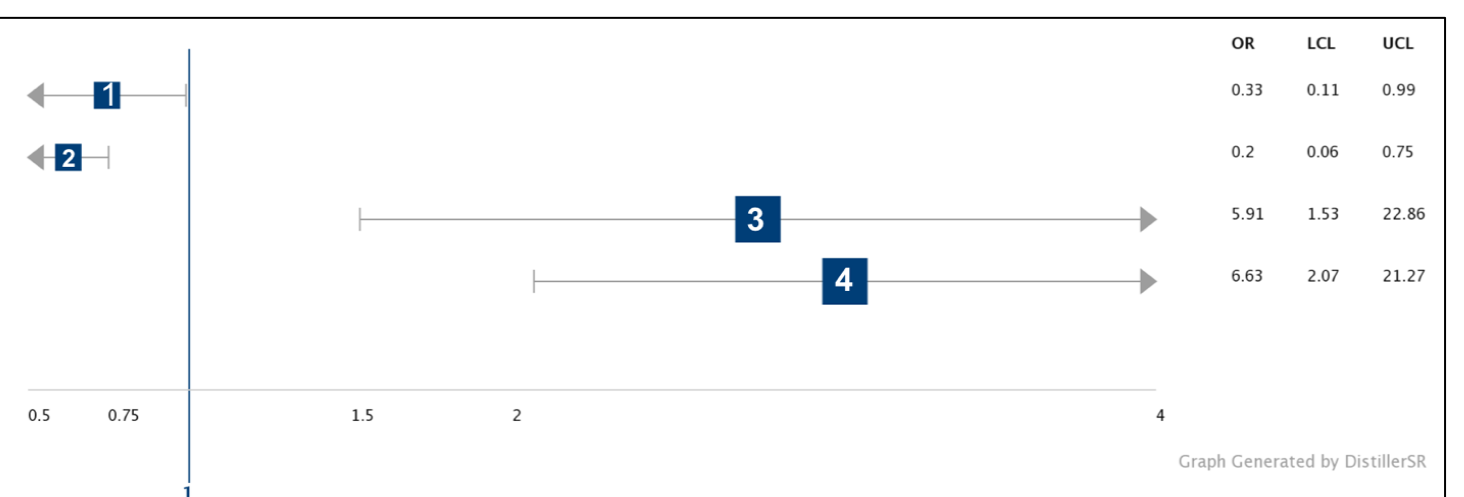
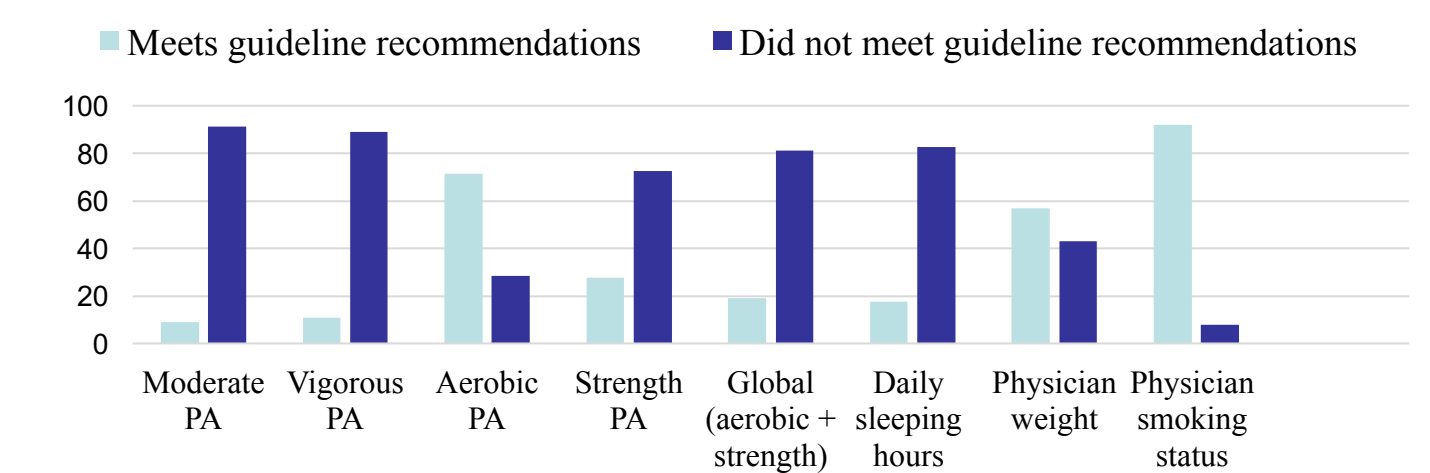


Outcomes affected by number of nurses in PHC center (OR more nurses vs less nurses)

1: Physicians promote PA in adult patients; 2: Physicians systematically track /follow patient with CD; 3: Physicians provide verbal behavioral counseling for patients with CD; 4: Physicians assess PA in pregnant women

- **61.54%** of physicians indicated that physician is main health professional responsible for promoting PA
- Top three **barriers** to providing PA counseling: **Not enough time** (70.06%), **lack of adequate referral services for PA** (54.42%), and **inadequate training in PA counseling** (38.09%)
- **5.56%** had excellent knowledge about PA guidelines and recommendations

Physicians Lifestyle Behaviors



Outcomes affected by university of graduation (domestic vs international)

1: Physicians systematically track /follow patients without CD; 2: Physicians systematically track /follow patients with CD; 3: Physicians assess PA in pregnant women; 4: Physicians promote PA in pregnant women

Recommendations

- Need PA training program to improve physician and healthcare providers' knowledge
- Empowerment of PHC center manpower along with PHC centers infrastructure to allow more time for PA counseling amongst physicians
- Along with vital signs, PA assessment questions should be a mandatory part of PHC visits
- Development of special prescription paper for PA and printed educational material about PA should be available