

EUROPEAN JOURNAL OF PUBLIC HEALTH

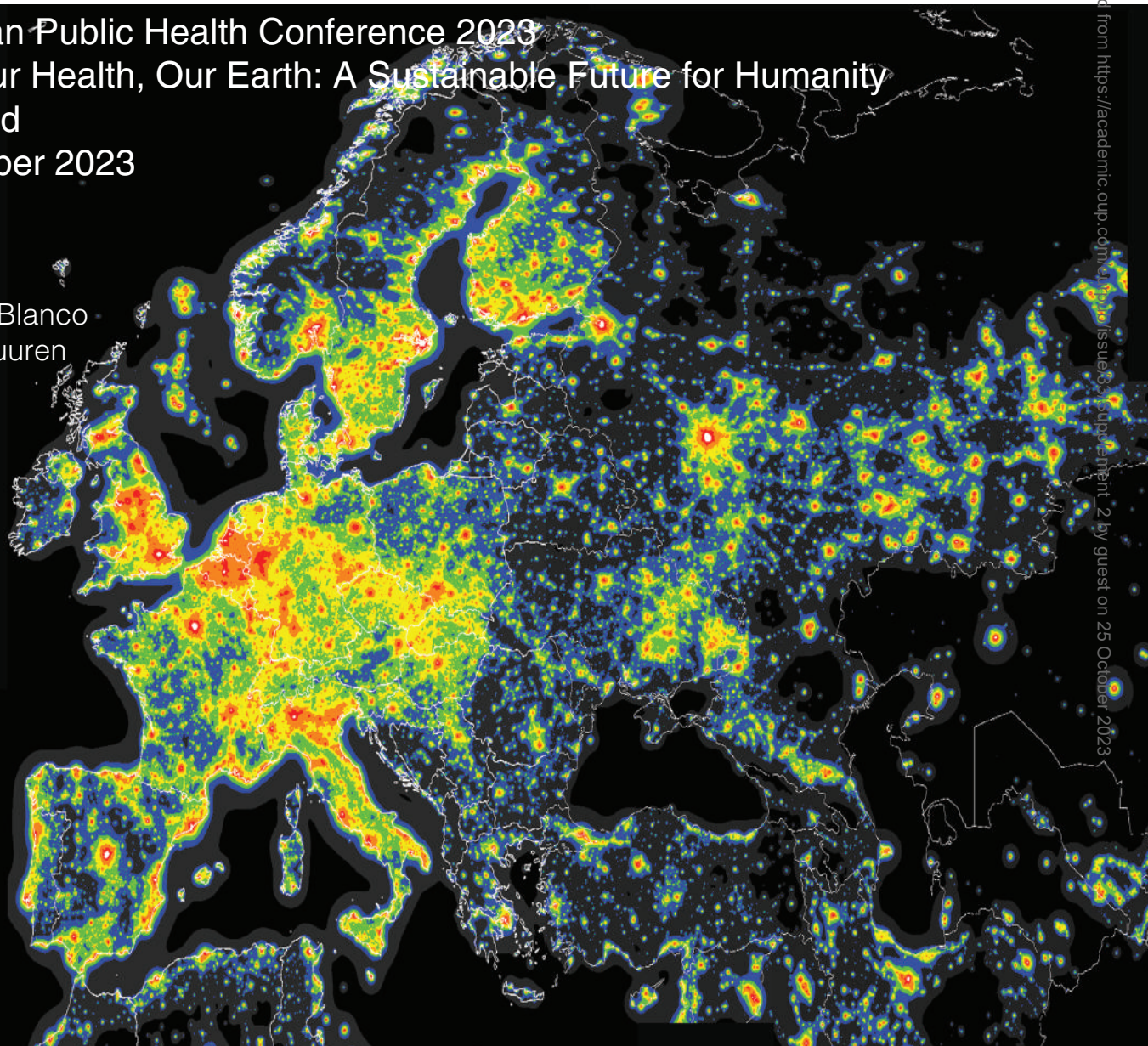
Volume 33 Supplement 2

<https://academic.oup.com/eurpub>

16th European Public Health Conference 2023
Our Food, Our Health, Our Earth: A Sustainable Future for Humanity
Dublin, Ireland
8–11 November 2023

Guest Editors:

Anthony Staines
Regien Biesma-Blanco
Marieke Verschuuren



Downloaded from https://academic.oup.com/eurpub/issue/33/supplement_2 by guest on 25 October 2023

into their curricula. Additionally, they provided guidance on developing and implementing a course on this topic. A course is going to be offered to the students and proposed to the Council of Portuguese Medical Schools to be scaled up nationally.

Key messages:

- Medical students considered PA and health as a very important topic for curricula.
- Medical students have specific preferences for embedding new courses in their curricula.

Abstract citation ID: ckad160.1499

Embedding physical activity into the undergraduate curricula of a Portuguese medical school

Ana Barbosa

R Mendes^{1,2,3}, A Barbosa^{1,2}, A Caldas Afonso^{2,4,5}, I Beirão^{2,5,6}, H Barros^{1,2}

¹EPIUnit, Instituto de Saúde Pública da Universidade do Porto, Porto, Portugal

²ITR, Porto, Portugal

³Administração Regional de Saúde do Norte, Porto, Portugal

⁴Instituto de Ciências Biomédicas Abel Salazar, Universidade do Porto, Porto, Portugal

⁵Centro Hospitalar Universitário de Santo António, Porto, Portugal

⁶UMIB, Universidade do Porto, Porto, Portugal

Contact: ana.barbosa.02@gmail.com

Background:

One of the strategies endorsed by the World Health Organization and the European Commission to promote physical activity (PA) is to incorporate PA content into the curricula of healthcare professionals.

Objectives:

As part of the VANGUARD project (supported by the European Union Erasmus+ Programme), we aimed to analyse the acceptability of a course on PA and health among undergraduate medical students. The School of Medicine and Biomedical Sciences of the University of Porto (ICBAS) was invited to participate. An online survey was administered in June-July 2022 to solicit the input of the students regarding the importance and the operational procedures of implementing a PA and health course into their curricula.

Results:

A total of 77 students answered the survey (median age of 21.0 years [interquartile range, P25-P75, 20-24], 75.3% female). Students rated the importance of incorporating PA content in their medical degree program with a median (P25-P75) of 5 (4-5) on a scale of 1 to 5. Most students expressed an interest in PA and mental health (88.3%), cancer (75.3%), cardiovascular disease (75.3%), diabetes (68.8%), and pregnancy (68.8%). In terms of the operational aspects, students expressed their preference for a course offered in the second year (33.8%); as part of the epidemiology and public health discipline (27.3%); optional (58.4%); through a hybrid learning system (49.4% [face-to-face activities + online live sessions + online self-paced learning]); taught in Portuguese (66.2%); with face-to-face assessments (55.8%); with continuous evaluation (77.9%); and using quantitative grading (62.3%).

Conclusions:

Medical students showed considerable acknowledgement regarding the importance of incorporating PA and health