Collaborative Physical Activity: Innovations in Primary Health Care and Educational Sector

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In a recent editorial, Kim1) stated that excessive smartphone use among adolescents can have adverse effects. Such use can decrease physical activity, which may lead to health problems. The author affirms this argument and adds that primary care physicians and educational institutions can work together to increase physical activity among adolescents.

Smartphones are powerful communication tools and are a vital part of the life of an adolescent. Smartphones are used for socializing with friends and communicating with family members. Young people use smartphones for various activities, including education, research, and projects. Additionally, smartphones are used extensively for social networking and entertainment. Smartphone usage for listening to music, chatting online, watching TV, and playing games can negatively impact mental health on a high to medium level.2) Additionally, problematic smartphone use evidently has a negative impact on physical activity, which can translate to health-related problems.3) This is a serious problem that should be addressed.

Collaboration between primary health care providers and educational institutions can promote physical activity among adolescents. Several attempts have been made to establish collaborations between primary care and educational institutions. For example, the Collaborative Care model provides integrated mental health care services in primary care and schools, improving access to services.4) To support students in integrating school-based mental health services, the initiative built partnerships between primary care and education.

Against this background, the author proposes collaborative physical activity as a method of increasing physical activity among adolescents in school and preventing communicable diseases in the future. The role of education in public health has been proven effective in addressing health issues.5) By creating a robust physical education curriculum to increase physical activity while addressing primary health care concerns, health care providers and schools can innovate and work together. Primary health care providers and schools can develop modules and school-based interventions aimed at improving fitness among students. They can organize symposiums and workshops to start discussions and develop possible interventions. Local government and private institutions can provide support in the development of collaborative physical activity modules. Furthermore, it is important to note that the promotion of a healthy lifestyle and well-being in society can be achieved through learning-by-doing.

CONFLICT OF INTEREST

No potential conflict of interest relevant to this article was reported.

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