

# “PUMP” = For a Million Steps

ANDALUSIAN REGIONAL MINISTRY OF HEALTH, SPAIN  
CHRODIS CONFERENCE JOINING FORCES IN HEALTH PROMOTION  
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## GENERAL DESCRIPTION OF THE PRACTICE

### “PUMP” - For a Million Steps - is a recognized Good Practice\* that promotes physical activity.

Originally launched in Andalusia (Spain) in 2008, the aim of this practice is to promote **group walks**. The challenge is *“Would you be able to achieve a million steps in a month with the steps contributed by all the individual participants in the group?”*

Any institution, group or (formal or informal) association of individuals can freely participate (many are organized by the local governments, health care centres, schools, nursing houses, workplaces etc.). They may register at

the official platform:

[www.juntadeandalucia.es/salud/porunmillondepasos](http://www.juntadeandalucia.es/salud/porunmillondepasos)

where all the needed information is explained.

Population groups with certain specific profiles are taken into special consideration; for example: groups of people with CVD risks factors, sedentary groups, underprivileged people, people with disabilities or mentally ill, people in distant areas...

**HOW:** Accumulating the number of steps aimed in a series of group-walks in a month (steps are registered using a pedometer).

**WHERE/ WHEN:** The group walks can take place anywhere (e.g. urban areas or countryside) at any time. They are periodic but self-programmed by each group and count with the professional support of health promotion professionals.

This practice is part of the *Andalusian Plan for the Promotion of Physical Activity and Balanced Diets (“PAFAE”)* and it is closely linked to several Comprehensive Health Promotion Action Plans of the Government of Andalusia (such as the *Comprehensive Action Plan on Diabetes* and the *Child Obesity Comprehensive Action Plan*)

The intervention also wholly adheres the WHO’s Global Strategy on Diet, Physical Activity and Health.

## RESULTS

The intervention has been **highly effective to involve people in physical activity**. Each year, nearly 150 municipalities and 100 associations participate, signifying more than 23000 individuals.

Its strong social component is an asset that enhances self-efficacy, social support and community involvement.

The practice uses an **on-line data system** which provide process indicators such as number of associations, number and age of participants (gender disaggregated), number of steps, number of days of activities, territory... An annual report shows the monitoring data.

Further qualitative information is frequently also gathered by Health Promotion professionals, the Associations websites, social media and, informally, in the event when local health officials or Health Care Centres hand the certificate of successful participation to the participants (the “diploma ceremony”).

The fact that many groups continue participating year after year is also an indirect indicator of satisfaction with it.

Tabla 12. PUMP 2014

PROVINCIA	MUNICIPIOS	ASOCIACIONES PARTICIPANTES	MUJERES PARTICIPANTES	HOOMBRES PARTICIPANTES	PASOS
Almería	10	7	684	353	6117086
Cádiz	18	30	2278	1363	8919671
Córdoba	18	4	725	266	3377569
Ceuta	1	1	10	10	10000
Granada	20	3	228	188	6829794
Huelva	11	6	1150	866	39127962
Jam	18	12	1125	744	3782549
Málaga	17	22	4138	3398	121112011
Sevilla	13	4	3340	1431	201508496
Andalucía	133	88	13846	9109	583730618

Fuente: Registro del PUMP

## ASSETS

The practice is **SIMPLE, EASY TO CARRY OUT, INEXPENSIVE, MOSTLY SELF-CATERED, FUN, WITH A STRONG SOCIAL COMPONENT** and it usually attracts a high positive impact in the media.

The practice may easily encompass other health promotion activities. It is sustainable and new appealing variants/modalities are arising. It has already been successfully transferred to other Spanish speaking countries.

The practice has been awarded (among others)  
★ with a *National Health System Good Practice Recognition* (Spanish Ministry of Health, 2015),  
★ a prize in the *Andalusian Health Programs Competition* (2010)  
★ and in the *NAOS Contest* (Spanish strategy for nutrition, physical activity and prevention of obesity, 2010).

(\* ) Best practices within the Prevention and Health Promotion Strategy of the Spanish NHS. Ministry of Health 2014 <http://www.mssi.gob.es/profesionales/saludPublica/prevPromocion/Estrategia/docs/MemoriaBuenasPracticasEstrategia.pdf>



## OTHER EXAMPLES OF GOOD PRACTICES IN HEALTH PROMOTION IN ANDALUSIA



**GRUSE:**  
Promotion of Mental Health and Well being



**Forma Joven:**  
Health Promotion for the Young

**RELAS:**  
Local Network Strategy for Action in Health



**PIOBIN:**  
Child Obesity Comprehensive Action Plan



**Andalusia**

**Request the hand-out! →**  
**for more info on other best practices in Health Promotion in Andalusia**  
- Ranking nº 1 in the number of Best Practices officially recognized by the Spanish Ministry of Health -

Por 1 MILLÓN DE PASOS



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**The ANDALUSIAN REGIONAL MINISTRY OF HEALTH**

- General Secretariat of Public Health -  
General website (in English):

<http://qoo.gl/EtLZTG>

**The PROGRESS AND HEALTH FOUNDATION**

Belonging to the Andalusian Regional Ministry of Health, is the organisation that actively promotes health research and innovation. Gral website (in English):

<http://www.juntadeandalucia.es/fundacionprogresoysalud/english.html>



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