



Wie wirkt Laufen gegen Depression?

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“Sport is one part,
but is probably
not a large part
of lifetime
physical activity.”

Physical inactivity remains the greatest public health problem of the 21st century: evidence, improved methods and solutions using the ‘7 investments that work’ as a framework

Stewart G Trost,¹ Steven N Blair,² Karim M Khan³

In 2009, *BJSM*'s first editorial argued that ‘Physical inactivity is the greatest public health problem of the 21st century’.¹ This statement, supported by data that have not been updated. Now, 5 years after *BJSM*'s first dedicated ‘Physical Activity’ issue (http://bjsm.bmj.com/content/37/11), we are pleased to highlight 23 new contributions from six countries. This issue contains an analysis of the cost of physical inactivity from the US Centre for Diseases Control.² We also report the cost-effectiveness of one particular physical activity intervention for adults.³

PROVEN ‘INVESTMENTS THAT WORK’ TO LIMIT THE DISEASE OF PHYSICAL INACTIVITY

The essential framing document for this *BJSM* issue is ‘the 7 investments for Physical Activity’ from the International Society for Physical Activity and Health (ISPAH).⁴ The articles in this issue elaborate on these 7 evidence-based investments. We recommend anyone advocating for the public health benefits of physical activity

to consider framing their argument in the multisector, multisystem approach concisely captured in the ‘7 investments that work’ document. There is no ‘magic bullet’ to alleviate physical inactivity so do not try to suggest one. There are seven proven, relatively easy to implement steps. Many jurisdictions are already implementing elements of the ‘7 investments’; the document is approved by the WHO⁵ and cited by the International Olympic Committee in its Lausanne Compendium.⁶

The built environment and transit

The built environment (and access to transit) is a major determinant of physical activity/inactivity. Prolonged sitting in cars is one outcome of a poorly designed community and Professors Owen,⁷ as well as Ekblom-Bak,⁸ Ferreira⁹ quantify the serious risks—including death—associated with sedentary behaviour in various settings as well as in various populations. Professor Biddle,¹⁰ shares a very comprehensive review of interventions to alleviate the problem. Taken together, these articles on ‘sitting disease’ add weight to the argument for ‘health breaks’ from prolonged sitting and the argument for ‘healthy cities’ where walking and transit are the easy choices.

Schools

Schools can provide an ideal physical activity environment to promote activity in children and also help them learn how

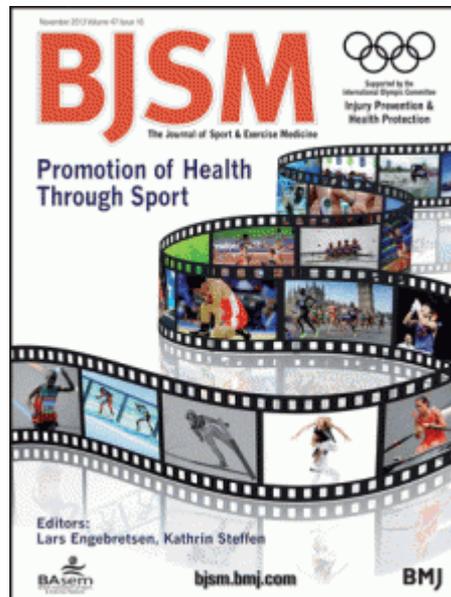
to maintain activity. Mai Chinapaw¹¹ reports on children’s physical activity level within a randomised controlled trial (RCT). In almost 5000 children with valid accelerometry data, Professor Josephine Booth¹² showed a longitudinal association between moderate to vigorous physical activity and academic achievement at ages 11, 13 and 16. This article from the Avon Longitudinal Study of Parents and Children (ALSPAC) generated a great deal of press interest when released on ‘online first’.

Community-based approaches in promoting physical activity

The increasing attention to routine physical activity in adulthood comes from BE ACTIVE in the UK.³ Older people also benefit remarkably as shown from the national UK data by Hamer¹³ and in Western Australia by Almeida.¹⁴

Sports for promoting physical activity

Sport is one part, but is probably not a large part of lifetime physical activity levels. However, some individuals do maintain participation in sports throughout adulthood. Zhao¹⁵ showed that meeting the US Physical Activity Guidelines (engaging in ≥ 150 min/week of the equivalent moderate-intensity physical activity) was associated with a 36% reduction in mortality. This finding was based on around 10 000 people with 5 years follow-up from the large representative US National Health and Nutrition Examination Survey database. This article underscores that moderate levels of physical activity (150 min/week) are associated with dramatic, significant, health benefits. No medication comes anywhere near such an effect. Readers will also be aware of sports tremendous power in health education. This is currently being best championed by FIFA as outlined in this review⁶ and elsewhere in *BJSM* and other sports medicine journals.

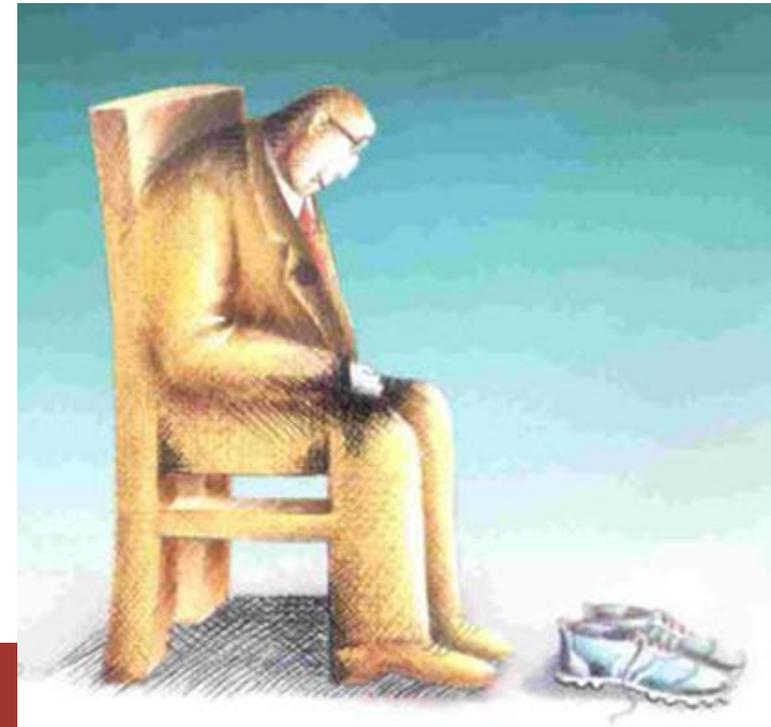


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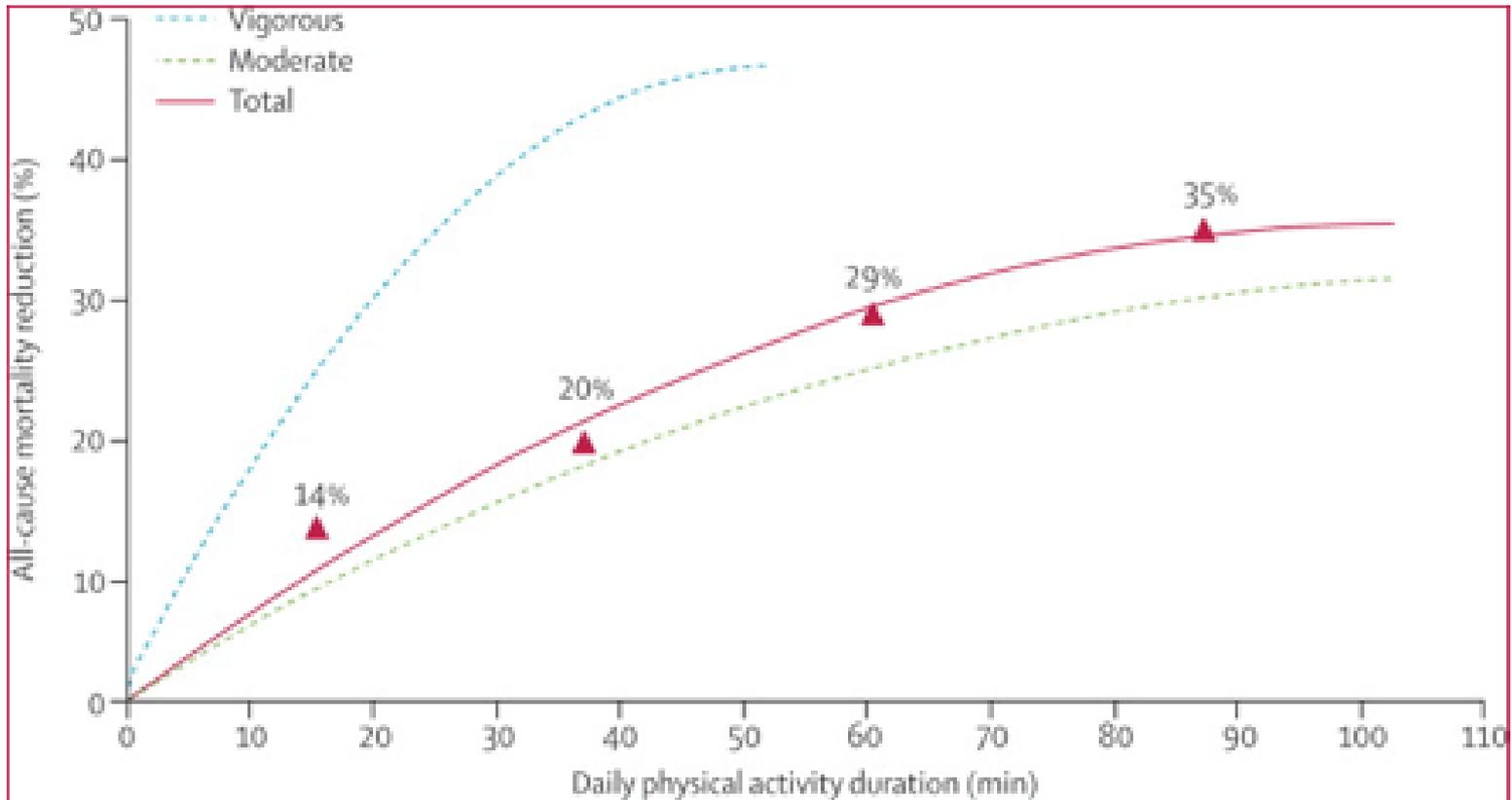
Gliederung

- Bewegung und „körperliche“ Gesundheit
- Epidemiologie: Wachsender Bedarf bei seelischen Störungen
- Wirksamkeit und Wirkmechanismen von Bewegung , insbesondere „Laufen“
- Bewegungsempfehlungen





Daily physical activity duration and all-cause mortality reduction Wen et al. 2011



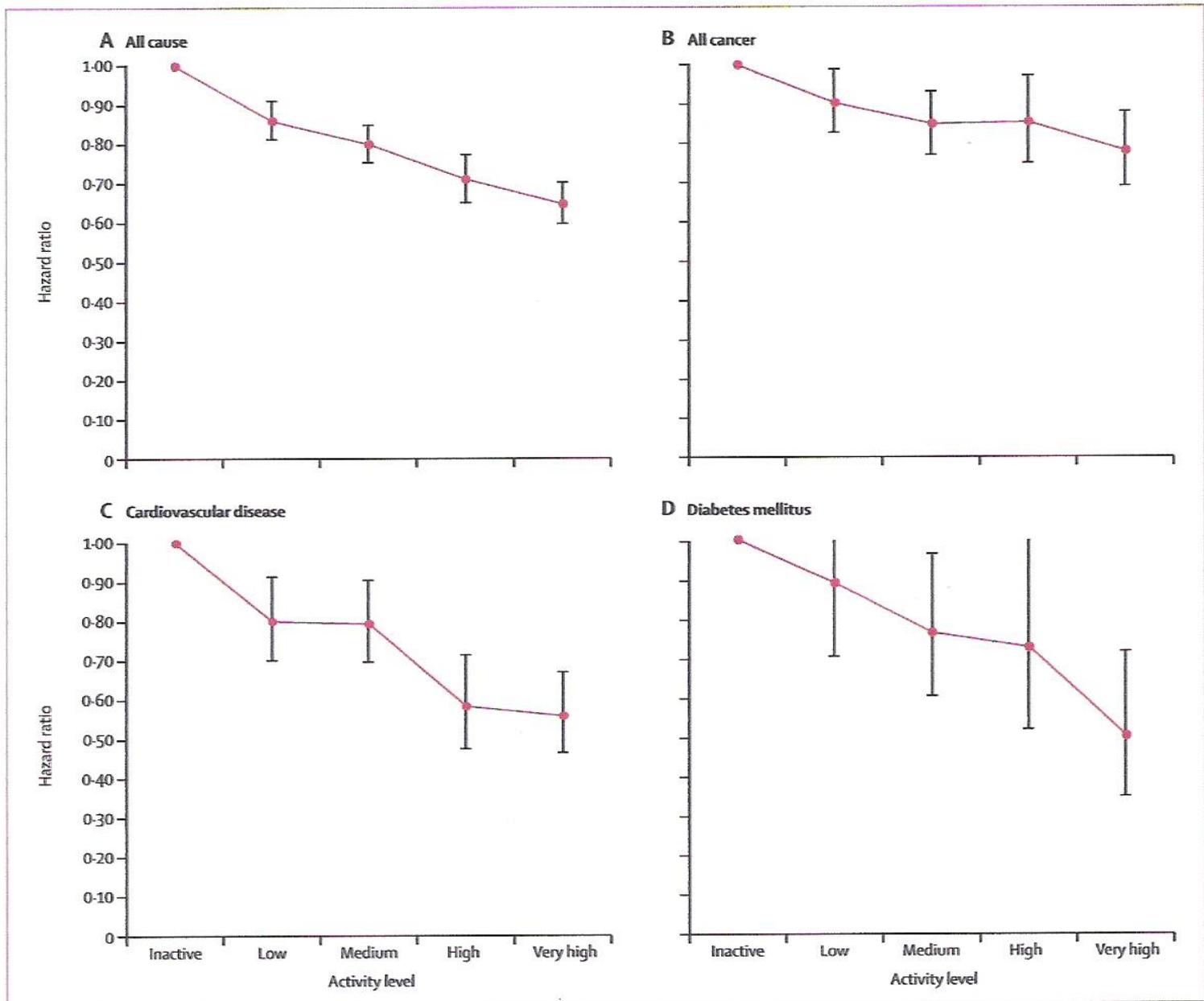
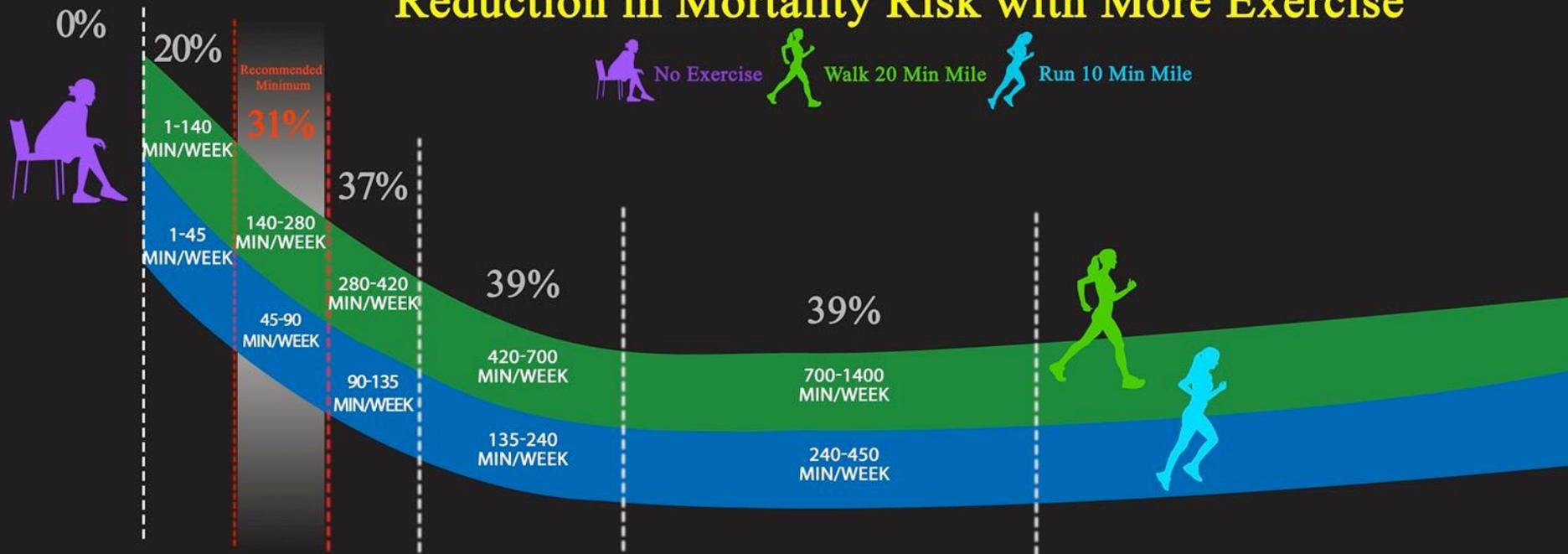


Figure 1: Relation between physical activity volume and mortality reduction compared with individuals in the inactive group
Bars show 95% CIs.

Reduction in Mortality Risk with More Exercise



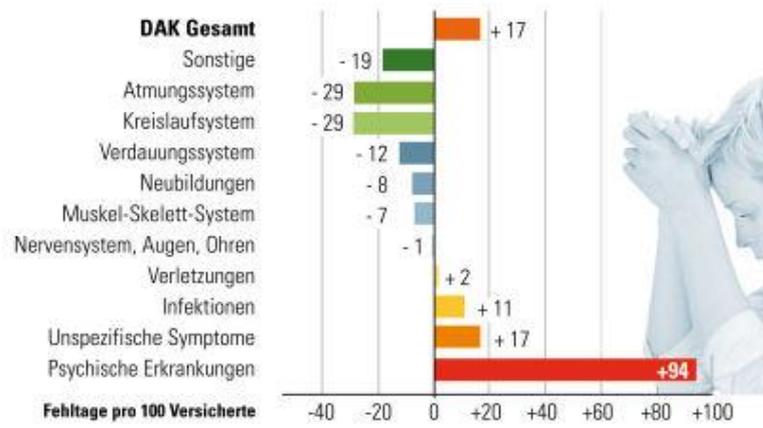
This infographic summarizes the findings as reported in the manuscript published by Arem, et.al. *JAMA Internal Medicine* 2015

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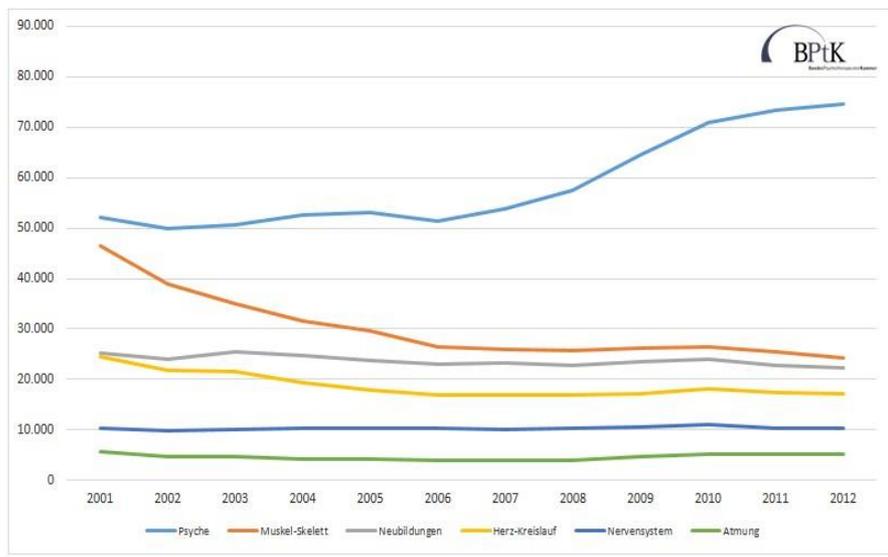
Verschiebung des Krankheitsspektrums

Veränderung der Fehltagge pro 100 Versicherte zwischen 2000 und 2012



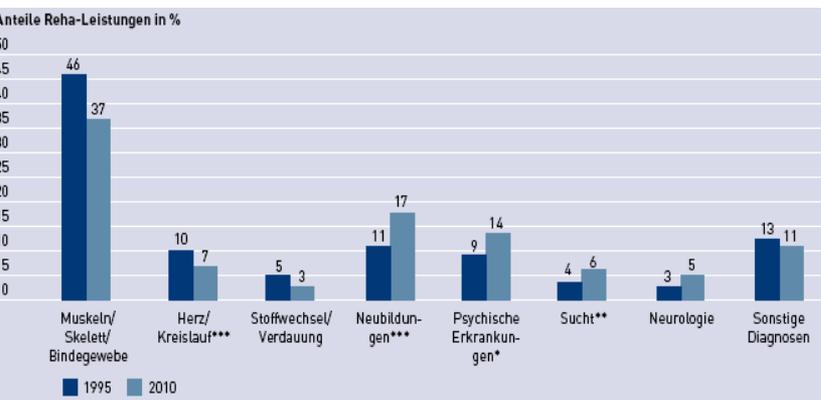
QUELLE DAK Gesundheitsreport 2013

Frühverrentung von 2001 bis 2012 – am häufigsten psychisch bedingt



Quelle: DRV-Statistik Rentenzugang

Dargestellt ist die Zahl der Rentenneuzugänge wegen verminderter Erwerbsfähigkeit pro Jahr aufgrund der sechs wichtigsten Krankheitsarten.



¹ ohne Fälle, bei denen die 1. Diagnose noch nicht erfasst ist

* ohne Sucht

** hier Entwöhnungsbehandlung als eigene Maßnahmereart und als einzige der hier genannten Diagnosengruppen nicht über ICD-Diagnosen definiert

*** ohne neurologische Krankheitsbilder

Quelle: Statistiken der Deutschen Rentenversicherung „Rehabilitation“ 1995 und 2010



Evidenz zu Depression und Bewegung

- Bewegung kann Depression verhindern: “There is promising evidence that any level of PA, including low levels (e.g., walking <150 minutes/weeks), can prevent future depression.” (Mammen, G., & Faulkner, G. 2013).
- Bewegung hat therapeutische antidepressive Effekte: “Physical activity reduced depressive symptoms in people with mental illness.” (Rosenabum et al. 2014)
- Interventionen haben hohe Effektstärken “The main result showed a significant large overall effect favoring exercise intervention.” (Josefsson et al. 2014)
- “Bei leichten bis moderaten Depression ist der Effekt des Training vergleichbar mit Medikamenten und Psychotherapie; für schwere Depressionen ist Training eine sehr wertvolle komplementäre Therapie.”
- “Exercise therapy also improves physical health, body image, patient’s coping strategies with stress, quality of life, and independence in activities of daily living in older adults.” (Knapen et al. 2014)





Bewegung als biopsychosoziale Intervention

1. Körperliche Auswirkungen

- vegetative Anpassung
- neuronale Plastizität
- neurophysiologisch-biochemische (Hormone, Transmitter) Anpassung
- muskuläre Anpassung
- metabolische Anpassung

2. Psychosoziale Auswirkungen

- Soziale Unterstützung
- Aktivitätserhöhung
- Kontrollerfahrung
- Erfahrung der Selbstwirksamkeit

3. Veränderung depressionsspezifischer Einstellungen





Wie wirkt Bewegung und Laufen bei Depressionen ?

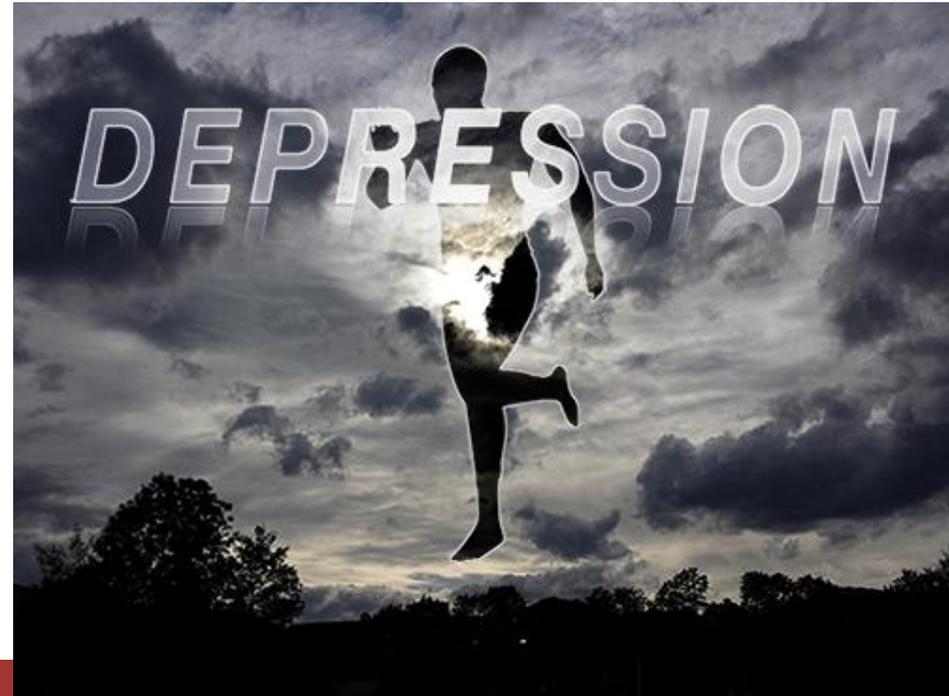
- **veränderung depressiver Einstellungen**
Abbau negativer Bewertungen der eigenen Person, Aufbau von Selbstwirksamkeit





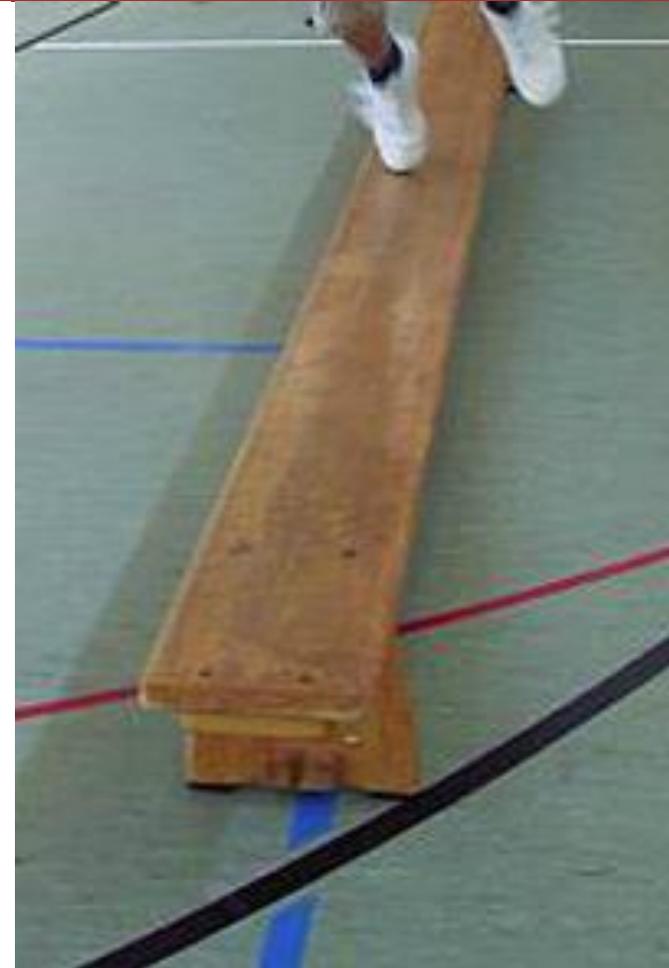
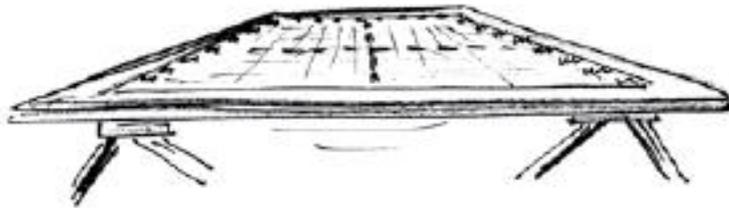
Warum Laufen?

- Einfache und zyklische Bewegung
- Naturerlebnis
- Überall durchführbar
- Keine „Infrastruktur“ notwendig
- „Initial Value“





Aktivitätssteigerung





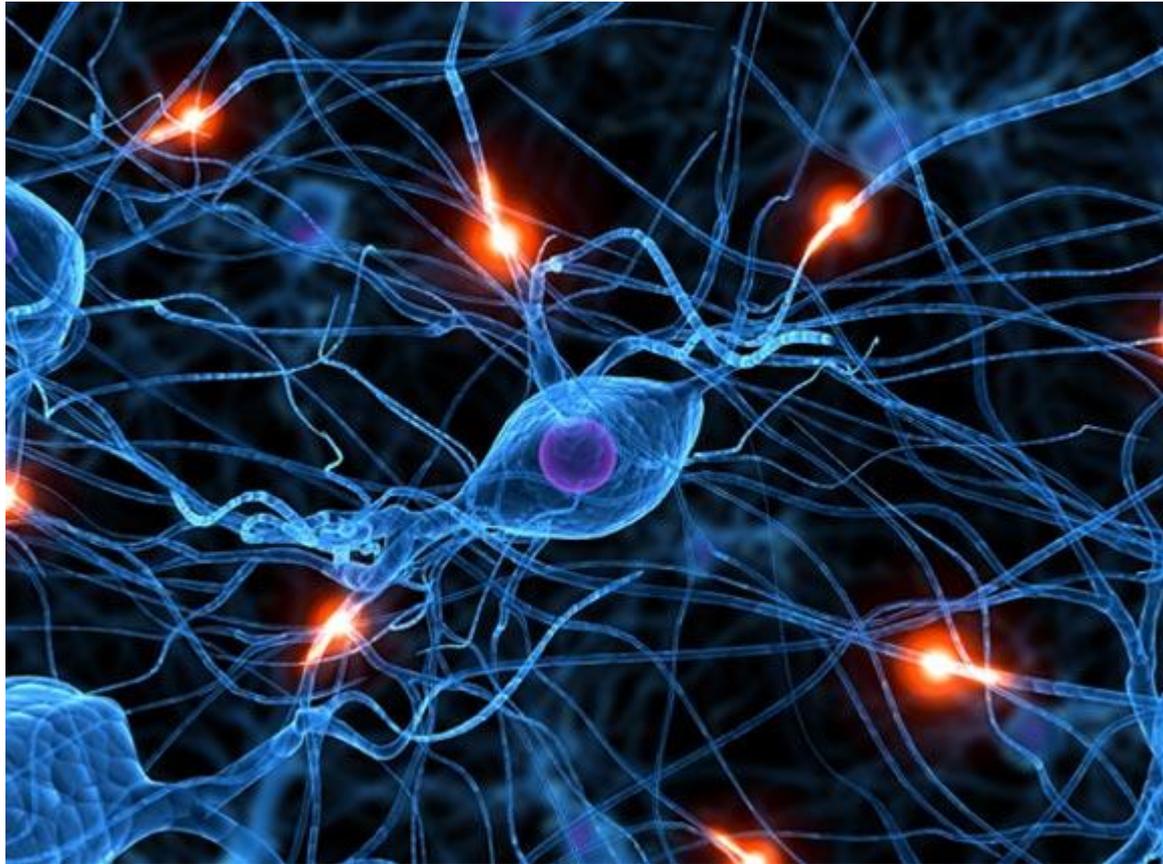
Anregung von sozialer Interaktion

Chancen zum Aufbau von nonverbalen, verbalen und auch taktilen Kontakten.





Beeinflussung auf der biochemischen Ebene



Was muss ich tun, um davon zu profitieren?

Selten:

Vor dem
TV sitzen

Mindestens 2 mal pro Woche.

Aufbau und Erhalt
der Muskelmasse
(5 – 10 METS)

Mindestens 3 mal pro Woche:

Länger als 20 Minuten Walking,
Radfahren, Schwimmen etc.
(3 - 5 METS)

Jeden Tag:

Mindestens 30 Minuten: Spazierengehen, Hund
ausführen, Treppensteigen, Bewegung im Haus,
Garten und Beruf (2 - 3 METS)

MET = 1 kcal (or 4.184 kJ) . kg⁻¹ . hr⁻¹



Zusammenfassung

- Hoher (somatischer) Gesundheitswert der Bewegung
- Hohe Prävalenz von psychischen Problemen
- Wirksamkeit eigentlich gut belegt.
- Wirkmechanismen und Dosierung (Art und Umfang) müssen noch besser untersucht werden.
- Allgemeine Empfehlungen sind nur in der Prävention angemessen.
- In der Therapie ist professionelle Bewegungsförderung notwendig.





Devereux, G. R., Wiles, J. D., & Howden, R. (2015). Immediate post-isometric exercise cardiovascular responses are associated with training-induced resting systolic blood pressure reductions. *European journal of applied physiology*, 115(2), 327-333.



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Zschucke, Elisabeth, Katharina Gaudlitz, and Andreas Ströhle. "Exercise and physical activity in mental disorders: clinical and experimental evidence." *Journal of Preventive Medicine and Public Health* 46.Suppl 1 (2013): S12-S21.

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