Good Practices in Social Security

Good practice in operation since: 1995

The DeportISSSTE programme for retirees and pensioners

A case of the State Employees' Social Security and Social Services Institute

State Employees' Social Security and Social Services Institute
Mexico

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Summary

- The State Employees’ Social Security and Social Services Institute (Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado – ISSSTE) has been offering pensioners and retirees nationwide the opportunity to take part in sporting events in athletics, swimming, tai chi and catchball, through the DeportISSSTE programme since 1995.

- These events encourage older people to engage in physical activity and a healthy lifestyle, thus improving the retirees’ quality of life.

- Since these state, regional and national events began more than 20 years ago, the programme has grown significantly, with 3,129 retirees and pensioners competing at state level in 2016.

- In 2017, sporting events are being organized in each of ISSSTE’s 35 state offices as well as four regional events, with an average of 360 retirees participating in each one. If possible, a national event will also be held, with the participation of approximately 400 athletes.

The issue or challenge

What was the issue or challenge addressed by your good practice? Please provide a short description.

The challenge was to encourage pensioners and retirees to regularly take part in athletics, swimming, tai chi and catchball, depending on their physiological condition, in order to maintain their physical and mental health.

Addressing the challenge

What were the main objectives of the plan or strategy to resolve the issue or challenge? List and briefly describe the main elements of the plan or strategy, focusing especially on their innovative feature(s) and expected or intended effects.

According to the Organization for Economic Cooperation and Development (OECD), Mexico has the second highest obesity rate among the OECD member states. An overweight individual spends 25 per cent more on health services and earns 18 per cent less than a healthy individual, as well as having a higher rate of absenteeism from work; this is a serious problem for the public health system and the national economy.

In Mexico, like elsewhere, lifestyles have changed, with fast food, slow digestion and inactivity on the rise. These factors are detrimental to health, causing weight gain and obesity, diabetes mellitus, hypertension and sometimes congenital or hereditary chronic degenerative diseases, which destroy tissue and organs.

In order to prevent such damage and/or complications, sport and physical activity are essential factors to a long and healthy life. Sport and leisure activities are beneficial for health and well-
being, increased life expectancies and reductions on the probability of contracting many non-communicable diseases, including heart disease.

Regular physical activity and leisure activities are a pivotal part of an individual’s physical, mental, psychological and social well-being. Good habits are formed at an early age: a testament to the key role of physical education is the fact that children who do exercise are more likely to remain physically active when they reach adulthood.

At ISSSTE, we feel that sport is an extraordinary means of ensuring our members’ overall development. Therefore, our objective is for more workers and their families, especially women, young people and children, to recognize the value of physical exertion in increasing good health and well-being, and to learn to work as a team and become more competent and competitive in all their pursuits. This will increase both social well-being and family and community integration.

The Institute believes that physical exercise is an important part of individuals’ general education, as it serves to make them stronger members of society, as well as being a significant factor in preventing a large number of chronic degenerative diseases and maintaining health. Article 40 of the Political Constitution of the United Mexican States reads: “Everyone has the right to physical exercise and to practise sport. The state shall promote, encourage and stimulate this pursuant to the relevant legislation”.

Section 2, Article 140 of the ISSSTE Act also stipulates that ISSSTE shall offer sports services to members in accordance with their rights and as an institutional service.

ISSSTE is therefore committed to strengthening regular physical exercise and sport among its members by designing and implementing an institutional programme across all 35 state and regional offices. This includes regular activities that help to ensure healthy and productive members with strong potential for maintaining a good level of health.

The Institute’s annual framework programme for the promotion of sport contains a series of planned activities aimed at different groups of members to encourage their overall health and improve their quality of life, beginning with the idea of engaging in sport and physical exercise as a right and an activity that is intimately linked to individual well-being.

All the programme’s activities and features are designed and developed to be as broadly beneficial as possible while ensuring participants’ safety and health. The programme offers a wide range of physical activities to meet the needs of as many members as possible.

The programme is divided into two main focus areas: i) Pensioners and Retirees and ii) Civil Servants and their dependants (children, young people, women and active workers).

**Targets to be achieved**

*What were the quantitative and/or qualitative targets or key performance indicators that were set for the plan or strategy? Please describe briefly.*

1. Achieve a gradual and sustained increase in participation across the institute’s 35 state and regional offices to promote the benefits of an exercise culture more successfully.
2. Promote members’ access to regular physical activity through the different sporting disciplines.
3. Offer a model for the development of an exercise and sports culture that encourages widespread, organized member participation.
4. Encourage pensioners and members in general to appreciate the ways in which sport can improve physical health.
5. Encourage the 35 offices to participate in the national sports events coordinated by the sub-directorate of social and cultural services through the central office for services promoting sport.
6. Drive inter-institutional coordination between the Institute’s state and regional offices and local government to increase member participation, as well as boosting the image of the Institute’s sports programmes.
7. Strengthen and build links between members and the PrevenISSSTE project.

**Evaluating the results**

*Has there been an evaluation of the good practice? Please provide data on the impact and outcomes of the good practice by comparing targets vs actual performance, before-and-after indicators, and/or other types of statistics or measurements.*

- Five regional DeportISSSTE sporting events were held in the cities of Hermosillo, Zacatecas, Colima, Tlaxcala and Mérida in April and August 2016.
- 1,400 athletes from 35 ISSSTE state offices participated.
- There were four disciplines: tai chi, athletics, swimming and catchball.
- 354 surveys were carried out.
- To evaluate the activities and services offered, 354 surveys were carried out; the results of these appear in the appendix.
- Permanent leagues were established, managed and publicized for athletics, swimming, tai chi and catchball.
- Physical conditioning, training and sporting events were set up on a permanent basis at municipal and office level.
- **State Events:** qualifying tournaments were held to select teams for the regional events.
- **Regional Events:** 38 athletes as well as a doctor and coordinator were selected to represent each state office at the regional event.
- **National Event:** the pensioners who came first or received the highest score in their category and discipline at regional level competed in the national event.

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<tr>
<th>DeportISSSTE Regions</th>
<th>Region I</th>
<th>Region II</th>
<th>Region III</th>
<th>Region IV</th>
<th>Region V</th>
<th>National Event</th>
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<tr>
<td>April</td>
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<td>June</td>
<td>July</td>
<td>August</td>
<td>September</td>
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See graphs in their original language in the annexed document.

**Lessons learned**

*Based on the organization’s experience, name up to three factors which you consider as indispensable to replicate this good practice. Name up to three risks that arose/could arise in implementing this good practice. Please explain these factors and/or risks briefly.*
• The competitions require accredited judges in all four disciplines as well as standard pitches or fields; the latter must be aligned with national and international regulations.
• Medical services are required at all times both at sports facilities and in official hotels, as well as for participants’ return travel to the town where the event is taking place.
• From a tourism and cultural perspective, the events are an opportunity for the host office to showcase places of interest and promote local culture and cuisine.
DEPORTISSSTE REGIONES

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<th>REGIÓN I</th>
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<th>REGIÓN V</th>
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<tr>
<td>ABRIL</td>
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<td>JUNIO</td>
<td>JULIO</td>
<td>AGOSTO</td>
<td>SEPTIEMBRE</td>
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PARTICIPANTES EN SELECTIVOS ESTATALES
TOTAL 3129

¿PORQUÉ PRACTICAS DEPORTE?

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<tr>
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<th>POR SALUD</th>
<th>POR CON VIVENCIA</th>
<th>POR VIAJAR</th>
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<td></td>
<td>173</td>
<td>107</td>
<td>36</td>
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SERVICIOS

INSTALACIONES

La acreditación fue  El trato del comité Organizador fue  El Arbitraje fue

Hospedaje  Instalaciones Deportivas  Alimentación
ORGANIZACIÓN

- ¿Te enteraste de la Convocatoria en tiempo y forma?
- ¿Los horarios de los juegos y ceremonias fueron adecuados?