



EUNAAPA

**EUROPEAN NETWORK FOR ACTION
ON AGEING AND PHYSICAL ACTIVITY**

HEPA Aging Group Meeting, HEPA conference, Amsterdam, 12th October 2011

Christophe Delecluse on behalf of the Steering Committee of EUNAAPA



Introduction

- **What is EUNAAPA?**

The European Network for **Action** on Ageing and Physical Activity (EUNAAPA) is a thematic, collaborative network aiming to improve the health, wellbeing and independence of older people throughout Europe by the promotion of evidence based physical activity.

- **Vision**

Optimal health and quality of life for older people in Europe through physical activity

- **Goal**

To use evidence-based strategies to improve health and quality of life among older people in Europe through physical activity.



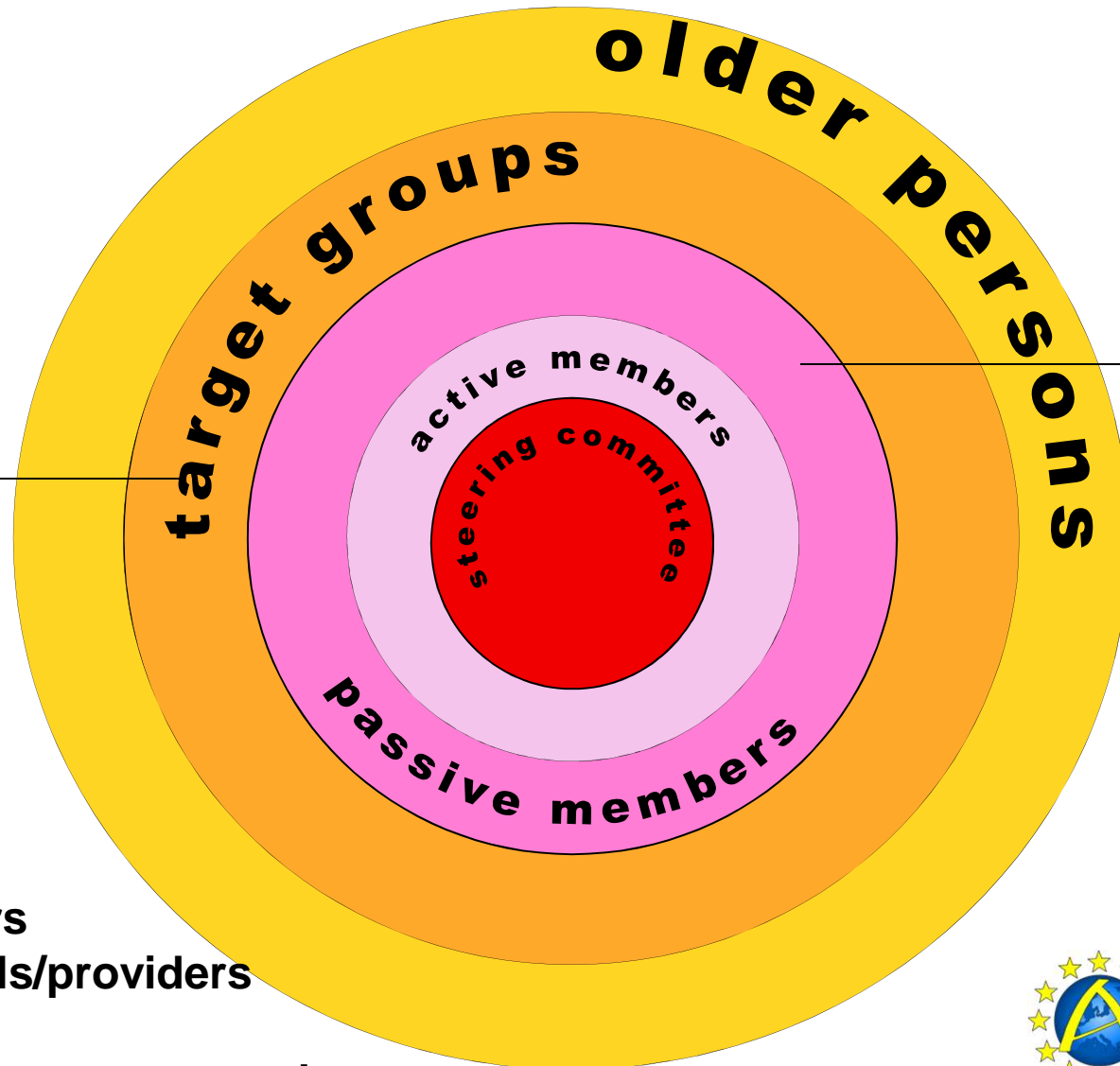


Objectives

1. To identify, disseminate and promote **evidence-based practice** in physical activity for all older people in Europe.
2. To select or develop **evidence-based guidelines** for practice in the area of ageing and physical activity.
3. To **provide information**, and expert advice to policy makers, providers and professionals in the fields of ageing, physical activity, and health.
4. To **influence the development of educational** curricula and standards of competence for professionals involved in the provision of physical activity for older people.
5. To **develop synergies** among researchers, providers and professionals in the fields of ageing, physical activity, and health.
6. To **support policymakers in intersectoral approaches** to the promotion of physical activity among all older people
7. To **cooperate with other organisations** relevant to the promotion of physical activity among all older people
8. To **involve older people** in the development and implementation of network activities.



Network



150 members,
23 countries

Membership
free

- policymakers
- professionals/providers
- scientists
- older persons representatives





Steering Committee

Christophe Delecluse, FaBeR-KULeuven



Ellen Freiberger, Friedrich-Alexander-University Erlangen-Nuremberg

Nina Waaler, Oslo University College, **Chair**



Marijke Hopman-Rock, TNO/VU University

Federico Schena, University of Verona



Elisabeth Rydwik, Karolinska Institutet

Nico van Meeteren, TNO



International Advisory Board

Clemence Ross, NISB, The Netherlands



David R Brown, CDC, USA



John Beard, WHO, Switzerland





Activities

- Projects

- EUNAAPA project
- PASEO project



- Inventories

- Programs
- Assessment instruments

- Dissemination

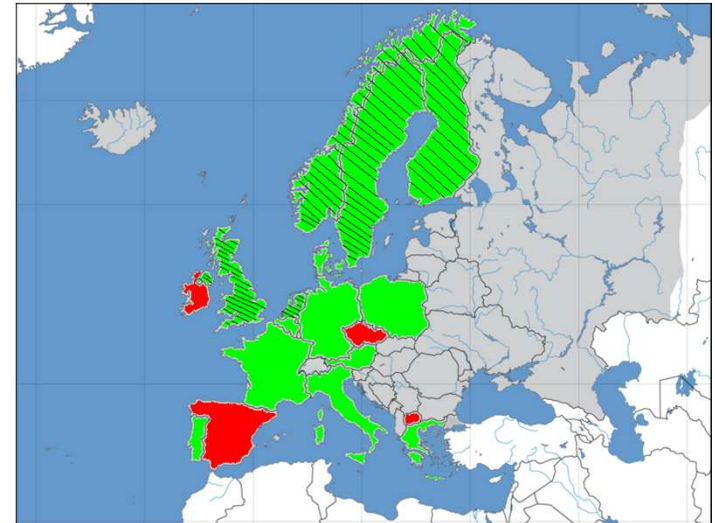
- Presentations
- www.eunaapa.org, newsletter





EUNAAPA project 2006-2008

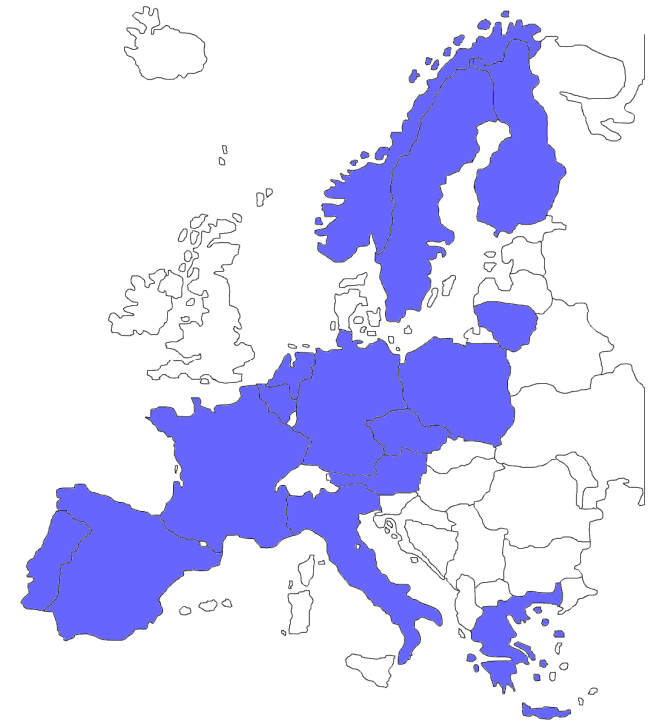
1. Inventory of assessment instruments for physical activity and physical functioning in older people
2. Best practice report on physical activity programmes and physical activity promotion strategies for older people
3. Best practice report on implementation and dissemination
4. End Conference of the EUNAAPA project
5. Framework for the future EUNAAPA Network





PASEO project 2009-2011

- Building Policy Capacities for Health Promotion through **Physical Activity** among **Sedentary Older People**
- 15 alliances forged, including 130 organisations that developed action plans including more than 100 specific measures
- Symposium at HEPA conference with PASEO results





Dissemination scientists: review on assessment instruments

Physical activity

- Forsén L, Loland NW, Vuillemin A, Chinapaw MJ, van Poppel MN, Mekkink LB, van Mechelen W, Terwee CB. Self-administered physical activity questionnaires for the elderly: a systematic review of measurement properties. *Sports Med.* 2010 Jul 1;40(7):601-23.

Mobility

- Rydwick E, Bergland A, Forsén L, Frändin K. Psychometric properties of Timed Up and Go in elderly people: a systematic review. *Phys Occup Ther Geriatr* 2011; 29: 102-125.
- Rydwick E, Bergland A, Forsén L, Frändin K. Investigation into the reliability and validity of the measurement of elderly people's clinical walking speed: A systematic review. *Physiother Theory Pract* 2011, Sept 19 [Epub ahead of print]

Overall indexes

- Freiburger E, De Vreede P, Schoene D, Rydwick E, Mueller V, Frandin K, Hopman-Rock M. Performance-based Physical Function in Older community-Dwelling Persons: a review of instruments. Submitted.

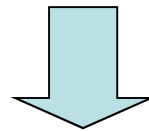
Muscle strength, ADL instruments

In development



Dissemination: professionals and policy makers

- Inventory of 100+ successful PA programs and 60+ promotion strategies in Europe
- Identification of shared components available in best practice report with recommendations
- 15 national/regional alliances to promote physical activity among older adults
- Presentations for medical professionals on importance of PA (Oslo, Bologna,...)
- Flyer for policy makers on most used ways to measure PA and physical function in Europe



www.eunaapa.org





EUNAAPA Roadmap 2011-2016

1. Training and education
2. Awareness of health care personnel about role of PA in the aging process
3. Policy strategies
4. Supportive strategies





Training and education



Way to go

- Adjustment of international training curriculum
- Preparation and publishing of EUNAAPA reviews
- Provide information on PA and elderly among health care professionals
- Consultation of international advisory board, HEPA and Profane partners

Milestones 2011-2016

- Summerschool
- Overview of effective instrument and intervention programs
- Cooperation with European partners



Awareness of health care personnel about role of PA in aging process

Way to go

- Contact with gerontological, geriatric, physical therapist associations in Europe
- Presentations and short publications for patients/health care personnel
- Contact with ECSS and sports physician to improve attention for sport in older people



Milestones 2011-2016

- Symposia during relevant conferences
- Short publications in relevant journals/leaflets in different languages
- Overview of effective interventions





Policy strategies



Way to go

- Develop a consensus statement on policy strategies
- Convene a meeting of policy experts to guide policy research agenda
- Identify research gaps (very old,...)

Milestones 2011-2016

- PASEO end conference
- Support and interaction with national PASEO alliances



Supportive strategies

Way to go

- Continuation EUNAAPA website and newsletter
- Coordinated action on funding of new European proposals in PA/Aging



Milestones 2011-2016

- 100-500 EUNAAPA members
- New project funded





First next steps



EU Operating Grant Proposal 2012:

- Summer school for professionals
- Development of a European training curriculum
- Future project application
- International meeting seminar for EUNAAPA members





Links to other organisations





EUNAAPA and HEPA Aging Group

- Working towards the same goal?
- Complement each other?
- Share opportunities?
-





For more information:

WWW.EUNAAPA.ORG

- Enlist as a member **for free!**
- Ask a question
- Subscribe to our newsletter
- Look for contact details of other EUNAAPA members
- For general questions please contact: info@eunaapa.org

