

# The EUN<sup>A</sup>APA Project

**Prof. Dr. Alfred Rütten**  
**Dr. Karim Abu-Omar**  
**Peter Gelius**

**Institute of Sports Science**  
Friedrich-Alexander-University  
Erlangen-Nuremberg



## Objectives of the EUNAAPA Project

### General Objective:

To improve the health, wellbeings and independence of older people throughout Europe.

### Strategic Objectives:

- To establish a self-sustaining network to facilitate the promotion of evidence-based physical activity.
- To foster an intersectoral approach to the promotion of physical activity.
- To identify evidence-based, cost effective and acceptable ways to promote physical activity.
- To facilitate the contribution of European scientists to the development and implementation of evidence-based physical activity promotion policies in Europe.



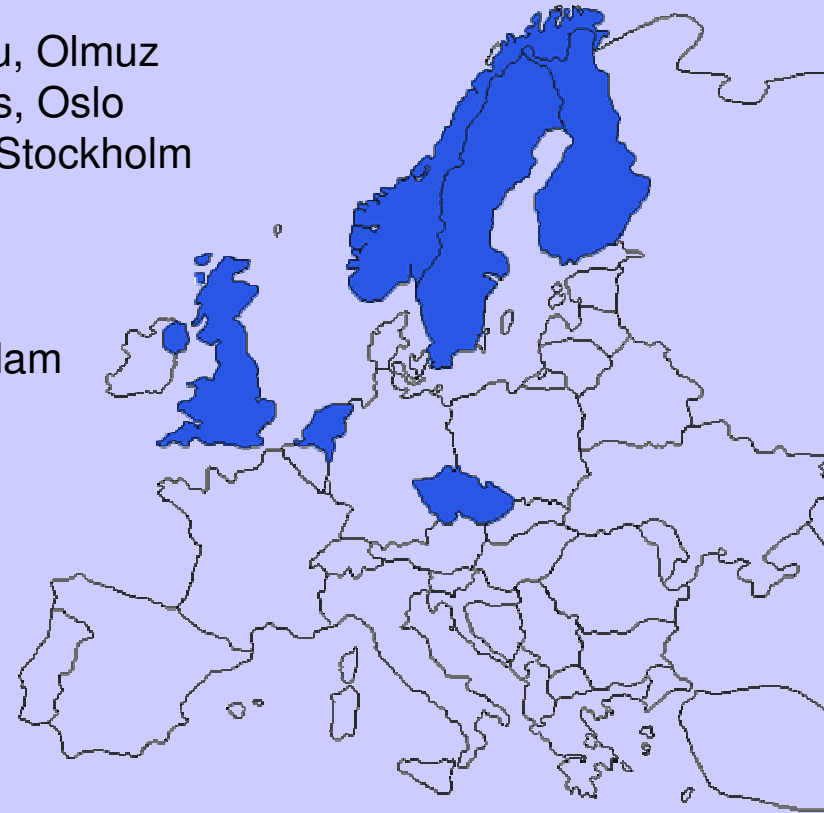
## Associated Partners

- Karolinska Institute, Stockholm
- National Institute of Hygiene, Warsaw
- Norwegian Institute of Public Health
- TNO, Leiden
- University of Edinburgh
- University of Erlangen-Nuremberg
- University of Jyväskylä
- University of Leuven
- University of Nancy 1
- University of Porto
- University of Southern Denmark
- University of Thrace
- University of Verona
- University of Vienna



## Collaborating Partners

- Centrum Kinantropologického Výzkumu, Olmúz
- Directorate for Health and Social Affairs, Oslo
- National Board of Health and Welfare, Stockholm
- Oslo University College
- Royal Free and Univ. College, London
- University of Jyväskylä
- VU University Medical Center, Amsterdam



## Work Packages

Month	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24								
<b>WP1</b>	Coordination of the Project																															
<b>WP2</b>	Dissemination of the Results																															
<b>WP3</b>	Evaluation of the Project																															
<b>WP4</b>	Assessment of PA and Physical Functioning in Older People																															
<b>WP5</b>			Identifying Existing Programmes for PA and PA Promotion for Older People																													
<b>WP6</b>											Implementation and Dissemination of Programmes for PA and PA Promotion																					
<b>WP7</b>																Securing the Existence of the EUNAAPA																



## Work Package N° 1: Coordination of the Project

*(Lead Partner: University of Erlangen-Nuremberg)*

### **Objectives:**

- Communication with partners and the European Commission
- Search for new partners from the new EU member states

### **Description of the Work:**

- Finalizing the contractual agreement with the European Commission
- Putting the work plan of the EUNAAPA into action
- Establishing effective communication methods with all partners
- Maintaining regular contact with the project evaluators



## Work Package N° 2: Dissemination of the Results

*(Lead Partner: University of Verona)*

### **Objectives:**

- Dissemination of project results among scientists, policy makers, providers and professionals in the fields of ageing, PA and health and older people
- Exchanging with existing networks and organizations in the field

### **Description of the Work:**

- Setting up an internet platform
- Organizing press conferences on all of the EUNAAPA's meetings
- Organizing a conference at the end of the project



## Work Package N° 3: Evaluation of the Project

*(Lead Partner: TNO, Leiden)*

### Objectives:

- Evaluation of the quality of the EUNAAPA's work, deliverables and milestones
- Development of a mechanism for the EUNAAPA to evaluate itself after the end of the funding period

### Description of the Work:

- Phase 1: Development of the EUNAAPA evaluation programme
- Phase 2: Annual evaluation of EUNAAPA activities, milestones and deliverables
- Phase 3: Establishing guidelines for an evaluation mechanism for future EUNAAPA activities



## Work Package N° 4: Assessment of Physical Activity and Physical Functioning in Older People

*(Lead Partner: Karolinska Institute, Stockholm)*

### Objectives:

- Collecting information on instruments for assessing physical activity and physical functioning in older people
- Evaluation of the existing instruments
- Exchange with other networks and organisations on assessment instruments

### Description of the Work:

- Phase 1: Meetings of project partners, scientists and practitioners to discuss and evaluate assessment instruments
- Phase 2: Exchange with other networks/organisations; consulting fellow scientists and professionals in the field



## Work Package N° 5: Identifying Existing Programmes for PA and PA Promotion for Older People

*(Lead Partner: University of Edinburgh)*

### **Objectives:**

- Collecting information on existing programmes for PA and PA promotion for older people
- Evaluation of these programmes and development of best practice guidelines

### **Description of the Work:**

- Phase 1: Meetings of project partners, scientists and practitioners to discuss and evaluate existing programmes for PA and PA promotion for older people
- Phase 2: Collecting additional information and developing best practice guidelines



## Work Package N° 6: Implementation and Dissemination of Programmes for PA and PA Promotion

*(Lead Partner: University of Erlangen-Nuremberg)*

### **Objectives:**

- Exchange with policy makers and professionals in the field of PA and ageing
- Exchange with older people and their representatives
- Consulting policy makers/professionals on PA promotion, implementation and dissemination

### **Description of the Work:**

- Phase 1: Workshop meetings with policy makers, professionals and representatives of older people to disseminate and discuss EUNAAPA's best-practice recommendations
- Phase 2: Development of dissemination and implementation strategies
- Phase 3: Consulting policy makers, providers and professionals in the field



## Work Package N° 7: Securing the Existence of the EUNAAPA

*(Lead Partner: TNO, Leiden)*

### Objectives:

- to identify funding sources for the EUNAAPA to secure its development and sustained existence
- to establish mechanisms for securing the existence of the EUNAAPA
- to demonstrate the impact of the EUNAAPA on public agencies, policy makers and professionals

### Description of the Work:

- Phase 1: Discussing funding options with potential national funding sources
- Phase 2: Outlining a financial plan
- Phase 3: Installing a mechanism for the secured existence of the EUNAAPA (including e.g. consultant services and support for health training organizations)



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[www.eunaapa.org](http://www.eunaapa.org)



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Friedrich-Alexander-University Erlangen-Nuremberg

