



EUNAAPA

EUROPEAN NETWORK FOR ACTION
ON AGEING AND PHYSICAL ACTIVITY

EUNAAPA NEWSLETTER

NO. **2**

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Word from the founding chair



Dear EUNAAPA friends,

Five years ago (2005) we started the EUNAAPA network with a work conference in Leiden (The Netherlands). Since that time we were very successful in getting two European projects (funded by DG Sanco). Besides carrying out these projects, we also worked hard on getting to know each other better and forming stronger friendships and ties.

I feel very proud that I served as your founding chair, but I feel (partly due to health problems) that it is now time to welcome a new chair. Within the steering committee we

decided to ask Nina Waaler Loland to act as the new EUNAAPA chair and she gladly accepted this position! Of course I will do everything to support her as much as possible, and I will continue being a member of the steering committee.

I hope to meet you in the future working together on the topic of physical activity and aging!

Best wishes

Marijke Hopman-Rock PhD MA MSc
Founding chair of EUNAAPA



Word on the new chair

Nina Waaler Loland has accepted to take the position as the chair of EUNAAPA after Marijke Hopman-Rock. Loland is dean at Faculty of Health at Oslo University College. In addition, she has a 20% position as associate professor at The Norwegian University for Sport and Physical Education in Oslo. Here she is responsible for the field 'physical activity for the elderly'. She has been an active partner in several international projects: 'Healthy Ageing', EUNAAPA, PASEO and IMPALA.

For contact details please look at the [members section](#)

News from the network:

From the Steering Committee

1.1 Roadmap

In the steering committee meeting in Leiden (March 2010), it has been decided to write a so-called Roadmap on the policy of the EUNAAPA network in the upcoming years. This roadmap will be partly based on the US National Blueprint on Physical activity and Aging that you all might know (see. www.agingblueprint.org). Marijke Hopman-Rock has written the introduction part and the other steering committee members have added on the draft version of that manuscript. Hopefully, this will help us to continue the fruitful work of our network and to support the national coalitions on the topic of physical activity and aging.

We value your opinion!

The steering committee is very interested on your ideas and comments on this roadmap. If you feel like responding please do so by sending your comments to info@eunaapa.org. Please enter 'EUNAAPA roadmap' as the subject.

A draft of the roadmap is send to you together with this newsletter and can also be found on the [website](#).

1.2 Presentation of EUNAAPA work

From June 8 till 12th, the ISBNPA conference in Minneapolis was held. ISBNPA states for "International Society for Behavioral Nutrition and Physical Activity". Marijke Hopman-Rock organized a symposium under the title "Physical activity behaviour in older adults: challenges in measurement and interventions". Erwin Tak, Margot Koeneman and Johan de Jong were the co presenters. During her presentation Marijke payed attention to EUNAAPA. Co authors were Lisa Forsen and Kerstin Frandin.

At the 6th World conference of Diabetes and its complications in Dresden (8-11 April 2010), Marijke Hopman-Rock presented a lecture "Increasing physical behaviour of older people: how to overcome barriers?" EUNAAPA leaflets were disseminated and the goals and objectives of EUNAAPA were explained to the audience.

On behalf of the steering committee, Ellen Freiberger has successfully submitted a symposium for the VII IAGG conference "Healthy and Active Aging for all Europeans II" in Bologna 14th – 17th April 2011 with the title Physical Activity and Ageing: a challenging couple. The symposium covers the broad range of important aspects of physical activity with regard to best practice and implementation. Speakers will be Nina Waaler Loland, Marijke Hopman-Rock, Federico Schena and Ellen Freiberger. The presentations can be found on the [website](#).



1.3 Members in EUNAAPA

Since the launch of the new website until mid April 2011, 125 persons working in the field of physical activity and ageing have registered as a member. This means an increase of 50% since the first newsletter (September 2009). Members have joined from Australia (5), Austria (3), Belgium (1), Brasil (1), Canada (1), Czech Republic (1), Finland (3), France (5), Germany (4), Italy (12), Netherlands (48), New Zealand (1), Norway (1), Portugal (9), Spain (5), Sweden (4), UK (5) and USA (13). Most members are scientists (53%), followed by professionals/providers (31%), elderly representatives, (9%) and policy makers (7%).

If you have any comments or information relevant for the website please contact the webmaster at: info@eunaapa.org.

2. EUNAAPA Activities:

2.1 PASEO Project in final stages

A workshop for European policy makers on physical activity promotion for older people will be held in Brussels on May 23rd. This is one of the last activities of the PASEO project.

The PASEO project intends to strengthen capacities for the promotion of health through physical activity among sedentary older people in 15 nations. Nations are represented by a scientific institution (associated partner) and (in most nations) a (non)-governmental institution (collaborating partner). Capacity strengthening will focus primarily on building intersectoral structures and intraorganisational means for the promotion of physical activity among sedentary older people. Mechanisms to strenghten capacities are intended to be sustained after the project has ended. For more information about the project please visit the website: www.paseonet.org.



2.2 Inventory and database for successful PA programmes

In order to disseminate best practices of physical activity programmes and promotion strategies across Europe, an inventory has been launched within the EUNAAPA network. The objective of this inventory is to share information on (the contents of) the programmes and strategies. There fore a call is put out for successful best practices in European countries. This initiative is carried out by the Netherlands Institute for Sport and Physical Activity (NISB) and TNO Quality of Life.

If you would like to participate you can do so by filling out a short questionnaire for each of the successful best practices you would like to present. If you consent, the details of the programme/strategy/project will be published in a database on the EUNAAPA website. For an example, look here. For more information and the questionnaire go to the EUNAAPA website and the activities section or contact Ger Kroes (ger.kroes@nisb.nl) or Erwin Tak (erwin.tak@tno.nl).



Agenda

Steering committee EUNAAPA meeting 23 May 2011, Brussels, Belgium

HEPA conference in Amsterdam: [Bridging the gap between science and practice](#).
11th -13th October 2011.

8th ISAPA [World Congress on Active Ageing](#). Glasgow, August 13th – 17th 2012.

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.

Professionals working in the field of physical activity and ageing are invited to join the network. Membership is free for everyone who wishes to become active and share information and work together to promote physical activity in older persons.

EUNAAPA was specifically founded to bring scientists, professionals, providers, policy makers and older persons representatives together.



How to contact EUNAAPA?

If you would like to contact the network please take a look at the website for further information or send an e-mail to info@eunaapa.org.

If you would like to join the network please fill out a membership form at the [members section](#) of the website.





EUNAAPA

EUROPEAN NETWORK FOR ACTION
ON AGEING AND PHYSICAL ACTIVITY

Roadmap EUNAAPA (EUropean Network for Action on Aging and Physical Activity)

Draft version for members

April 2011

Authors: [Marijke Hopman-Rock](#), [Nina Waaler Loland](#), [Christophe Delecluse](#), [Ellen Freiburger](#)

Introduction

In March 2005 the EUropean Network for Action on Aging and Physical Activity ([EUNAAPA](#)) has been established as an informal network including persons supporting the vision, aim and the goals of EUNAAPA:

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

- To identify, disseminate and promote evidence-based practice in physical activity for all older people in Europe.
- To select or develop evidence-based guidelines for practice in the area of ageing and physical activity.
- To provide information, and expert advice to policy makers, providers and professionals in the fields of ageing, physical activity, and health.
- To influence the development of educational curricula and standards of competence for professionals involved in the provision of physical activity for older people.
- To develop synergies among researchers, providers and professionals in the fields of ageing, physical activity, and health.
- To support an intersectional approach to the promotion of physical activity among all older people
- To cooperate with other organisations relevant to the promotion of physical activity among all older people
- To stimulate and support older people in the development and implementation of network activities.

In mutual efforts, two projects ([EUNAAPA project](#) and [PASEO project](#)) were formulated and funded by DG-Sanco Public health programme of the European Union.

By now, the need is felt to work with a so-called 'Roadmap' in order to reach the formulated goals. In other words: describe step by step the strategies that are supposed to be needed and identify the priorities in that process. As an example and inspiration, the national blueprint strategy of the USA has been used as described at their website www.agingblueprint.org.



In 2009 the American College of Sports Medicine ([ACSM](#)) came up with a position stand on Aging and Physical activity (Chodzko-Zajko et al, 2009) describing all the evidence in the area. This position stand underpinned also the physical activity guidelines as published earlier (Nelson et al, 2007). It was concluded that:

“Although no amount of physical activity can stop the biological aging process, there is evidence that regular exercise can minimize the physiological effects of an otherwise sedentary lifestyle and increase active life expectancy by limiting the development and progression of chronic disease and disabling conditions. There is also emerging evidence for psychological and cognitive benefits accruing from regular exercise participation by older adults”

Following the ACSM, the European College of Sport Sciences ([ECSS](#)) will come up in short time with a position paper on physical activity and behavioural change in all age groups (co-authored by Stuart Biddle, Walter Brehm and Marijke Hopman-Rock). All publications are very supportive for the aims and goals of EUNAAPA.

Starting with a brief background analysis, the main areas of programme development will be identified and the possible strategies, time frame and partners to reach the formulated policy goals.

Background analysis

The following developments could be identified:

- Ageing society all over (by 2050, an estimated 35% of the European population will be over the age of 60, compared to 20% in 2005 ([see also](#)), and especially among the oldest old (above 80 years);
- More attention for preventive health care in the European countries, also in the aged (for example: Silver paper: The future of health promotion and preventive actions, basic research, and clinical aspects of age-related disease. A report of the European Summit on Age-Related Disease (Al Cruz-Jentoft et al, 2009);
- Continuing WHO support for Health Enhancing Physical Activity ([HEPA](#) and [WHO](#));
- Health care in Europe is now more regarded as a consumer market. In general, more responsibility for health care insurance companies;
- Increasing quality management of health care and education (certification, accreditation);
- Increasing interest in problems regarding sedentariness and overweight as risk factors for chronic diseases and health care consumption (see [Green paper](#));
- More public awareness about importance of physical activity in prevention and treatment of diseases (reached by national campaigns regarding importance of physical activity for health);
- Upcoming fitness industry (big market);
- Internet technology makes it easier to reach big consumer and patient groups;
- Development of ‘persuasive technology’ (gaming industry such as the Nintendo Wii, innovative playgrounds, etc);
- Increasing awareness of sedentary lifestyle as a modern labour risk (also in older workers as they should retire later in life than nowadays);
- Increasing attention for a active life challenging environment (neighbourhoods, infrastructures);
- More attention for important role of care personnel when stimulating physical activity in older persons (see [guidelines](#)).

All together these developments clearly show a range of challenges in which are of significance for the further work of EUNAAPA. However, as a starting point, the main focus will be on education and training about the role of physical activity in the aging process. The target groups will primarily be on medical doctors, nurses and physiotherapists. In addition, a special focus will be on the policy strategies that are of importance in order to succeed in our work.



As described in the Silver paper (mentioned above), physical activity (and falls) are important topics in the policy development. The silver paper group comes up with the following recommendation:

“On a population/public health basis, encouraging physical activity and the provision of a range of exercise opportunities as part of a wider campaign on prevention of falls and maintenance of independence should be popularised. Exercise recommendations should also be implemented as a secondary preventive measure in the recommendations of disease management. Also of importance is the use of published evidence-based recommendations for engagement of older people in preventive health care and the training of a wide range of health, social care and leisure professionals in order to meet the full range of needs, abilities and preferences of older people.”

Training and education were also identified by the EUNAAPA steering committee as urgently needed to improve awareness and to improve efficacy of existing interventions. The main focus will be on medical doctors, physiotherapists and nurses (both students and professionals).

In the next section of this document a table will be presented with a first draft of the EUNAAPA roadmap for the next five years (2011-2016). In that table we identify the top 3 of priorities and 1 supportive strategy, as well as the milestones and the expected way to reach these goals). Also, attention will be paid to the necessary partners and coalitions in this process.

References

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Cruz-Jentoft AJ, Franco A, Sommer P, Baeyens JP, Jankowska E, Maggi A, Ponikowski P, Rys A, Szczerbinska K, Michel JP, Milewicz A. Silver paper: The future of health promotion and preventive actions, basic research, and clinical aspects of age-related disease; A report of the European Summit on Age-Related Disease. *Aging Clin Exp Res.* 2009;21(6):376-85.

Nelson ME, Rejeski WJ, Blair SN, Duncan PW, Judge JO, King AC, Macera CA, Castaneda-Sceppa C. Physical activity and public health in older adults: recommendation from the American College of Sports Medicine and the American Heart Association. *Med Sci Sports Exerc.* 2007;39(8):1435-45.

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EUNAAPA Roadmap 2011-2016

EUNAAPA priority	Way to go	Milestones 2011-2016
Training and education	<ul style="list-style-type: none"> Adjustment of international training curriculum (see http://www.isapa.org/guidelines/index.cfm) to EUNAAPA goals and European situation (coordination by XX?) 	<ul style="list-style-type: none"> Summer school (The Netherlands, October 2011) Lead by Ger Kroes, Nina Waaler Loland, Christophe Delecluse and Federico Schena)
	<ul style="list-style-type: none"> Preparation and publishing of EUNAAPA reviews (coordination by Kerstin Frändin, Sweden) To provide information on physical activity and elderly among health care professionals (medical doctors, physiotherapists, nurses). Consultation of international advisory board and HEPA and PROFANE partners (coordination by Nina Waaler Loland and Marijke Hopman-Rock) 	<ul style="list-style-type: none"> Oversight of effective measurements (reviews available or in development) and intervention programmes (overview under development lead by Ger Kroes) Cooperation with European partners (HEPA, PROFANE (Prevention of Falls Network Europe; etc)
Awareness of health care personnel about role of physical activity in the aging process	<ul style="list-style-type: none"> Contact with gerontological and geriatric associations in EU countries and in Europe (coordination by Ellen Freiburger) Contact with physiotherapists organisations (coordination by Kerstin Frändin?) Development of presentations and short publications (for patient populations and care personnel) (action for country members) Contact with ECSS and sport doctors to improve attention for sport stimulation in older people (Nina Waaler Loland and Marijke Hopman-Rock) 	<ul style="list-style-type: none"> Symposia during relevant conferences (steering committee and individual members) Short publications in relevant practical journals Draft text for leaflets in country languages Overview of existing and effective interventions
Policy strategies	<ul style="list-style-type: none"> Develop a unified consensus statement regarding policy strategies (coordination by Alfred Rütten). Convene a meeting of policy experts to guide the policy research agenda. Make existing research appropriate for older adults and identify gaps in research knowledge. 	<ul style="list-style-type: none"> PASEO end conference Brussels (lead by Alfred Rütten and Nina Waaler Loland etc) Continuation of national PASEO coalitions (country members actions) 100-500 EUNAAPA members
Supportive strategies	<ul style="list-style-type: none"> Continuation of EUNAAPA website and newsletter (coordination by TNO Leiden, Erwin Tak) Coordinated action on funding of new European proposals in the area of PA and Aging 	<ul style="list-style-type: none"> New project funded

