

Project Partners

The PASEO project group currently consists of 27 institutions from 15 European nations.

Associated Partners

University of Vienna, Austria
University of Leuven, Belgium
University of Olomouc, Czech Republic
University of Jyväskylä, Finland
University of Nancy, France
University of Erlangen-Nürnberg, Germany
University of Thrace, Greece
University of Verona, Italy
Lithuanian Academy of Physical Education
TNO Quality of Life, Netherlands
Oslo University College, Norway
National Institute of Hygiene, Poland
University of Porto, Portugal
University of Extremadura, Spain
Karolinska Institute, Sweden

Collaborating Partners

Vienna Office for Structural Development, Austria
Flemish Ministry for Culture, Youth and Sport
Czech National Institute of Public Health
Veteran track & field athletes Association of Northern Greece
Bavarian Ministry of Public Health
Veneto Office for International Relationships, Italy
Lithuanian Public Health Association
Netherlands Institute of Sports and Physical Activity
Norwegian Directorate for Health
Portuguese Institute of Sport
Government of Extremadura
Swedish Pensioners' Association



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Building Policy Capacities for Health Promotion through Physical Activity among Sedentary Older People



The Project

Summary

In recent years, a large number of programmes geared at promoting physical activity for older people has been developed. However, there is a general imbalance between the development of action and programmes and their utilisation.

The EU-sponsored PASEO project intends to improve the implementation of programmes for the promotion of physical activity among sedentary older people by helping build the necessary policy capacities in 15 European nations.

PASEO will focus on strengthening capacities in two key areas: intersectoral capacities (i.e. structures linking organisations across sectoral boundaries) and intraorganisational capacities (i.e. personnel, resources, co-operations within organisations).

Strategic objectives of PASEO

- Assessing existing capacities for physical activity promotion among sedentary older people
- Building national alliances to strengthen capacities for physical activity promotion among sedentary older people
- Developing capacities for physical activity promotion among sedentary older people through national alliances
- Monitoring the strengthening of capacities for physical activity promotion among sedentary older people

Work Program

Work Package 1: Assessing existing capacities for physical activity promotion among sedentary older people

Lead Partner: University of Leuven

- Overview of existing capacities for the promotion of PA among sedentary older people in the participating nations
- Methods employed: qualitative interviews, focus group meetings with older people, national feedback workshops

Work Package 2: Building national alliances to strengthen capacities

Lead Partner: University of Porto

- Setting up national/regional alliances to strengthen capacities for health promotion through physical activity among sedentary older people
- Where suitable alliances already exist, their scope will be extended to include this issue of strengthening capacities for health promotion through physical activity among sedentary older people

Project Facts

- **Project duration:** January 2009–July 2011 (30 months)
- **Co-funding agency:** European Commission, Executive Agency for Health and Consumers (EAHC)
- **EU Co-funding:** 800,000 €

Work Program

Work Package 3: Developing capacities

Lead Partner: University of Erlangen-Nürnberg

- Cooperative planning process (6 pre-structured meetings) within the national alliances to strengthen capacities
- Main areas for strengthening capacities:
 - developing intersectoral structures
 - developing intraorganisational capacities
 - raising awareness for the importance of building capacities
 - financing the implementation of the action plan
 - sustaining national alliances beyond PASEO

Work Package 4: Monitoring the strengthening of capacities

Lead Partner: TNO Leiden

- Monitoring the capacity building process initiated by the national alliances
- Partners will assist national alliances to continue to meet on a regular basis (3–4 times a year) in order to support implementation of national action plans

Administrative Work Packages:

Project Coordination: Univ. of Erlangen-Nürnberg

Dissemination of Results: Oslo University College

Project Evaluation: TNO Leiden