



Subject: EUNAAPA - National Report

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**The Polish National Report on**

***WP 4: Assessment Instruments for Physical Activity and Physical Functioning***

**1. Introduction**

One of the overall objectives of the European Network for Action on Ageing and Physical Activity (EUNAAPA) is to give the information on use in participants countries instruments for assessment on physical activity and physical functioning in older people.

**2.**

**Selection procedure**

The Polish participants of EUNAAPA from National Institute of Hygiene have many contacts with scientific, educational and NGO organisations in the field of public health,, health promotion and geriatrics as well as people working in the field of sport and physical activities in the country.

According to the operative requirements we sought for a “balanced” selection of experts from different areas in our country.

A first problem faced during experts attempts encouraging them to the co-operation was the length of the questionnaire and the lack of the electronic version because the “pdf” format does not let to the fulfilment of the questionnaire in the computer.

The initial perusal with the questionnaire by experts brought to light also the lack of the sufficient English acquaintance what also caused noncooperations or refusal.

The list of the persons to whom the questionnaire was distributed is presented below:

1. **Person 1: Professor. - Department of Geriatrics, Medical University of Bialystok**
2. **Person 2: Professor.; Internal Medicine and Gerontology, Jagiellonian University in Krakow**
3. **Person 3: Doctor, Internal Medicine and Gerontology, Jagiellonian University in Krakow**
4. **Person 4: Doctor, Internal Medicine and Gerontology, Jagiellonian University in Krakow**
5. **Person 5: Doctor - Internal Medicine and Gerontology, Jagiellonian University in Krakow**
6. **Person 6: Professor, Department of Gerontology and Geriatrics, Poznan University of Medical Sciences**
7. **Person 7. Doctor, Geriatric Hospital, Katowice**
8. **Person 8. Doctor, Geriatric Hospital, Katowice**
9. **Person 9. Professor, Medical University of Lodz**
10. **Person 10. Doctor , Department of Gerontology, Wroclaw Medical University**
11. **Person 11. Doctor, NGO**
12. **Person 12. Head of, “European 50+ Physical Activity Association in Poland”**
13. **Person 13. Doctor, Department of Geriatrics – Medical Academy Warsaw**
14. **Person 14. Head of NGO “Aktywni Foundation” (NGO).**

So 14 questionnaires were distributed and only 4 has been returned although several times we remind experts about handled them by us questionnaire forms

The professional background of respondents who returned questionnaire were:

Tab 1

1	Recreation Exercise Instructor
2	
3	M.D. Ph.D. Geniatrics & Internal Med.. Specialist
4	Recreation Exercise Instructor

Tab.2. Overview about the Polish Experts in the field of ageing.

	Community-dwelling older adults				Institutionalized older adults			
<b>National level</b>	Gover n- ment  1	Health care/ social care  2	Comm er- cial sector  3	Academics / Profession al Education  4	Govern -ment  5	Healt h care/ social care  6	Comm er- cial sector  7	Academics / Profession al Education  8
<b>Questio n-naire No.</b>				<b>No1 No 2 No 4</b>				
<b>Regional / local level</b>	Gover n- ment  9	Health care/ social care  10	Comm er- cial sector  11	Academics / Profession al Education  12	Govern -ment  13	Healt h care/ social care  14	Comm er- cial sector  15	Academics / Profession al Education  16
<b>Questio n-naire No.</b>		<b>No 3</b>		<b>No 3</b>				

### 3. Results

Table 2 gives an overview over those instruments which are common in use in the country.

From the table it could be found that some tests which are assessed as common used instruments, among others it could be listed – Get up and go Test, Tinetti's Performance Assessment as well as Romberg Test.

Tab. 2 "Very common" assessment instruments

No	ASSESSMENT INSTRUMENTS	RESPONSE	VALUATION -"very common"
	Walking habits	3	2
	Energy expenditure	4	3
	Get up and go Test	4	4
	The 180 degree Turn	4	3
	Nine Hole Peg Test	3	3
	6-minutes walking	4	3
	One leg stance	4	3
	Tinetti's Performance-Oriented Mobility Assessment	4	4
	The Grip Strength	3	3
	2 minutes walking	3	3
	Activities of daily Living (ADL) Index	3	3
	Romberg test	4	4
	Hand in neck	3	3
	Barthel Index	4	4

Many of the 84 listed instruments are not known in Poland in the opinion of experts.

It was difficult to count the percentages and prepare the graphs because of many missing data in some of variables and only 4 questionnaires in the sample. It was also in the important variable "why not" (why the test is not used). In this item it could be underlined that some tests like "chair stand" tests were assigned not relevant. One of the tests by one respondent was assigned as too time consuming.

Concerning guidelines on physical activity instruments all respondents said that there are such guidelines in the country. The “Get up and go test” and “Tinetti Performance..” could be found in Book of geriatrics, the ADL and I ADL on functioning are also in the same book. The International Physical Activity questionnaire – Lavton (TKKE) was also listed as tool for professionals dealing with physical activity.

In Poland most of specialists on physical activity of elderly people is situated as follow:

- in the Sports Universities were their activities it is focused on open elderly population
- in the Medical Universities were their work it is focused more on rehabilitation of elderly people sometimes also on disable people.
- In the Regional (Voivodship) Public Health Centres were it is focused on strategy development and monitoring of the ongoing actions on physical activities (also in the framework of the Polish National health Programme
- In some of the Regional (Voivodship) and Town authorities were strategy for health promotion is developed and some actions (on physical activities also of elderly) are performed.