

Taking Action on ageing and physical activity for older persons:

The EUNAAPA Network

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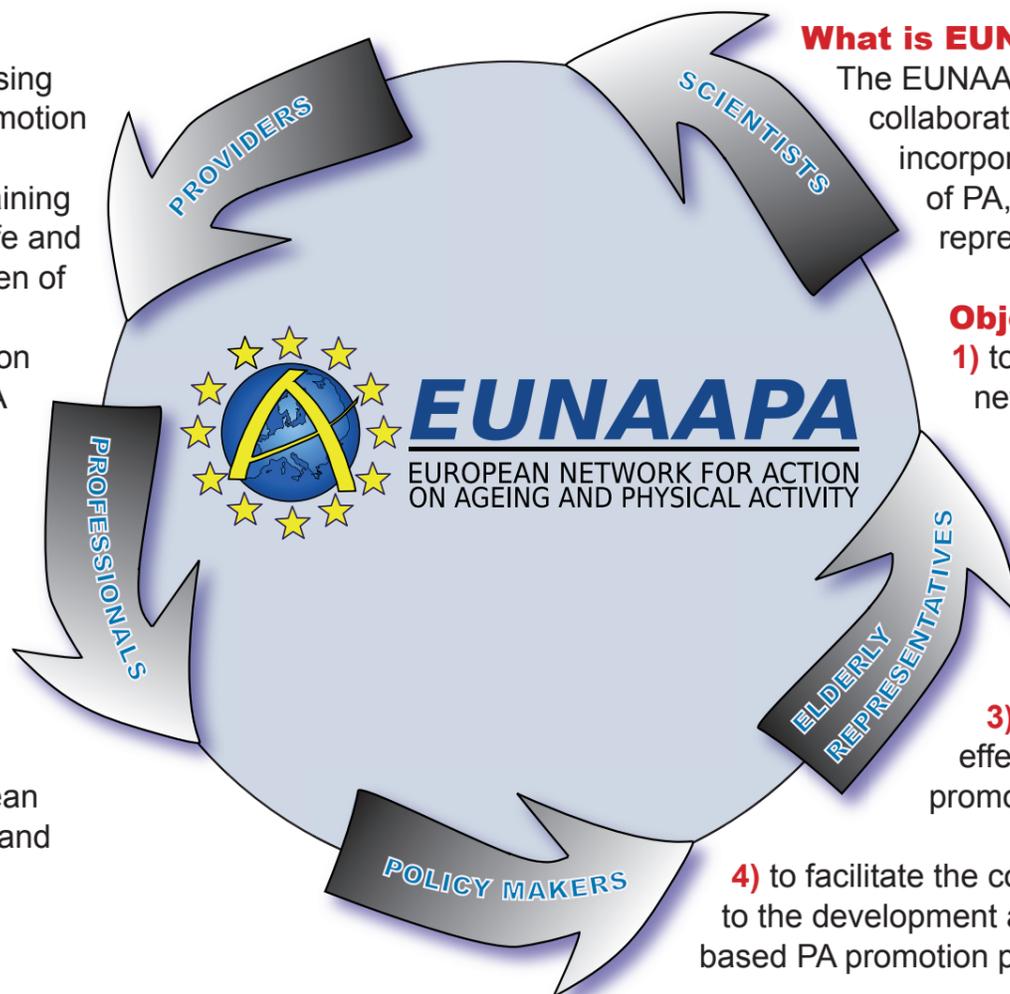
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Background

European nations face increasing numbers of older people. Promotion of physical activity (PA) in this group will contribute to maintaining and improving the quality of life and reducing the (economic) burden of disease and disability.

Currently, there is no integration of health policies related to PA and ageing across Europe.

From 2005, 20 European countries worked together to improve health, wellbeing and independence of older people throughout Europe by the promotion of evidence based PA. This was achieved by the foundation of a European Network for Action on Ageing and Physical Activity (EUNAAPA).



What is EUNAAPA?

The EUNAAPA network is a thematic, collaborative action network which incorporates scientists, providers of PA, policy makers and elderly representatives.

Objectives of the Network

- 1) to establish a self sustaining network
- 2) to foster an intersectoral approach to the promotion of PA among older people by engaging in a dialogue with different policy sectors
- 3) to identify evidence-based, cost-effective and acceptable ways to promote PA
- 4) to facilitate the contribution of European scientists to the development and implementation of evidence based PA promotion policies.

Results and output

Assessment instruments

- European report expert survey regarding assessment instruments on physical activity and physical functioning in older people
- Systematic reviews (in progress)
- Summary for policy makers

Programmes and promotion strategies

- Cross national report on expert survey on physical activity programmes and physical activity promotion strategies for older people
- Inventory and database of successful programmes and promotion strategies

Implementation and dissemination

- Cross national report on dissemination and implementation of physical activity programmes and physical activity promotion strategies for older people

Projects (both funded by EU DG Sanco)

- EUNAAPA project (2006-2008)
- PASEO project: building policy capacities for health promotion through physical activity among sedentary older people (2009-2011) www.paseonet.org

How can you join?

If you would like to join the EUNAAPA network, please fill out the membership form on the website: www.eunaapa.org.
The network can be contacted through: info@eunaapa.org.
On the website you can find all output from the EUNAAPA network and information on all current activities.

Conclusion

EUNAAPA aims to bring science, practice and policy making together by fostering a sustained dialogue between all EU member states on the implementation of evidence based recommendations on ageing and physical activity.