



# EUNAAPA

EUROPEAN NETWORK FOR ACTION  
ON AGEING AND PHYSICAL ACTIVITY

## EUNAAPA NEWSLETTER

NO. **1**

September 2009



### Word from the chair

I hope everyone is relaxed after the European summer holiday season? Hopefully you also spent some time relaxing with physical activity such as biking, swimming or walking. As you know a lot of evidence exists on the beneficial effect of physical activity including bringing you a better and longer life! I welcome all the old and new EUNAAPA members and I am glad that the website contributes to easier contacts between colleagues and friends. This first newsletter aims to bring you up to speed on the recent and upcoming activities of the EUNAAPA network and in the field of physical activity and ageing.

*Marijke Hopman-Rock*  
Chair of the EUNAAPA Network

## News from the network:

### News from the Steering Committee



In the beautiful surrounding of the Oslo University a [steering committee](#) meeting was held at the ECSS conference, attended by all members except Ellen Freiberger who was unfortunately not able to come. As an important result EDUCATION of intermediaries has been identified as a feature of the EUNAAPA network in the coming years. We also submitted as a consultation partner for the [European Year for Active Ageing and Intergenerational Solidarity in 2012](#).

## International advisory board

Besides Clemence Ross from the Dutch NISB, also David Brown from the CDC in the USA and John Beard from the WHO in Geneva agreed to act as international advisors for EUNAAPA (see their CVs on [the website](#)). The EUNAAPA Network hopes to profit from their experience and seniority in the field.

## National contacts

National contacts are appointed by the Steering Committee in order to facilitate communication between members and overcome possible language barriers. For more information take a look at the [members section](#). If you would like to serve as a national contact for EUNAAPA in your country, please contact one of the network by e-mail: [info@eunaapa.org](mailto:info@eunaapa.org).

## New EUNAAPA network website launched!

In February 2009 the new Network Website ([www.eunaapa.org](http://www.eunaapa.org)) was launched. This website aims to provide all relevant information on the EUNAAPA network and its activities.

The Steering Committee is responsible for an easy accessible, up to date and well maintained network website which contains all relevant information.

The website has been developed by TNO Quality of Life and build by DataCT. Webmaster is Erwin Tak. Should you have any comments or information relevant for the website please contact the webmaster at: [info@eunaapa.org](mailto:info@eunaapa.org).



## First results of the website

Since the start in April 2009 857 visits were done by 570 people, with a peak on June 4th (45 visits). About 64% of visitors are new to the website and most find the website directly by typing in the address. On average people visit 5 pages and spend 3,5 minutes on the website. If you would like to read more about how the website is doing please look here.

## Growing network

Since the launch of the new website until mid August 2009, 82 persons working in the field of physical activity and ageing have registered as a member among which there are persons from Australia (3), Austria (1), Belgium (1), Brasil (1), Canada (1), Czech Republic (1), Finland (3), France (3), Germany (4), Italy (4), Netherlands (30), New Zealand (1), Norway (1), Portugal (6), Spain (2), Sweden (3), UK (5) and USA (12).

Most members are scientists (53%), followed by professionals/providers (31%), elderly representatives (9%) and policy makers (7%).

## Activities:

### PASEO Project started

With its first project meeting on January 28 and 29 January 2009 the PASEO project started.

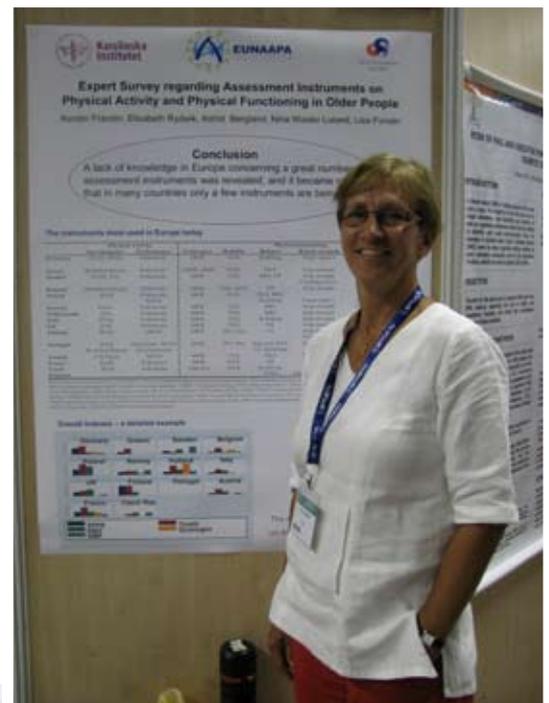
The meeting was held in the EAHC building in Luxemburg and hosted by the German partners for the University of Erlangen-Nurnberg.

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 strengthen capacities are intended to be sustained after the project has ended. The next project meeting is scheduled for the beginning of December in Munich. For more information about the project please visit the website: <http://www.paseonet.org/>.



### EUNAAPA posters presented at 19th IAGG World Congress

Two abstracts from the EUNAAPA network were presented at the [19th international IAGG world congress](#): Erwin Tak presented a poster by the Steering Committee introducing the network entitled *'taking action on ageing and physical activity for older persons: the eunaapa network'*. Kerstin Frändin (see photo) presented a poster on the results of work package 4 of the EUNAAPA project entitled *'expert survey regarding assessment instruments on physical activity and physical functioning in older people'*. More details about these posters can be found in the [products section](#) of the EUNAAPA website.



## Inventory and database for successful PA programmes and strategies

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 and more information including the questionnaire go to the EUNAAPA website and the [activities section](#) or contact Ger Kroes ([ger.kroes@nisb.nl](mailto:ger.kroes@nisb.nl)) or Erwin Tak ([erwin.tak@tno.nl](mailto:erwin.tak@tno.nl)).

## EUNAAPA at the European College of Sport Sciences Congress in Oslo (24-27-june 2009)

Under the inspiring leadership of Nina Waaler Loland, on Thursday three EUNAAPA members held presentations about physical activity projects in older people. Alfred Rütten started with a presentation about the policy work package of the EUNAAPA project, Marijke Hopman-Rock continued with a presentation about do's and do not's in trials among the elderly. Finally, Christophe Delecluse (see photo) presented research from Belgium concerning the comparison of lifestyle interventions with exercise interventions. The symposium was attended by approximately 80 persons. Afterwards an interesting discussion with the audience was held.

On Friday Marijke Hopman-Rock presented an invited paper in the symposium regarding the by ECSS requested [position paper on behavioural change](#). This symposium was organised by Stuart Biddle (UK) in cooperation with Walter Brehm and Marijke. A large audience of 100-120 persons was present and people were very enthusiastic about the approach. The ECSS position statement will be published in the official journal of the ECSS (International Journal for Sport Sciences). Marijke [covered](#) the knowledge about behavioural change of older people (old and old-old respectively) and disseminated draft recommendations. It is possible to react on these draft recommendation by sending an email to Marijke ([marijke.hopman@tno.nl](mailto:marijke.hopman@tno.nl)).



## Upcoming:

### Agenda

European Senior Games in Zeeland (The Netherlands), 7-12 September 2009,  
[www.seniorgames2009.com](http://www.seniorgames2009.com).

62nd Annual Scientific Meeting of the The Gerontological Society of America,  
November 18-22, 2009 • Atlanta, Georgia

The theme for GSA's 62nd Annual Meeting is "Creative Approaches to Healthy Aging".  
See also the website [www.geron.org](http://www.geron.org)

PASEO meeting 3,4 December 2009 (for PASEO projectmembers), Munich.

Steering committee EUNAAPA meeting 3 or 4 December 2009 (Munich)

3rd International Congress on Physical Activity and Public Health (ICPAPH),  
scheduled to be held May 5 - 8, 2010 in Toronto, Canada  
[www.ispah.org](http://www.ispah.org)

XIIth INTERNATIONAL EGREPA CONFERENCE September 2010, 23th - 25th  
Prague, Czeque Republic. [www.egrepa.org](http://www.egrepa.org)

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

### 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 makes 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 a-mail to [info@eunaapa.org](mailto:info@eunaapa.org).

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