



EUNAAPA

EUROPEAN NETWORK FOR ACTION
ON AGEING AND PHYSICAL ACTIVITY

EUNAAPA NEWSLETTER

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Word from the chair



By Nico van Meeteren

Continuing recent success by EUNAAPA-s

Since the inception of Western sciences almost 400 years BC by the philosopher and mathematician Plato, who then founded the ancient Greek Academy just outside Athens, society has undergone successful change, especially during the last one and a half centuries, with scientists contributing substantially. For this success to continue, new paradigms, concepts and innovations are warranted to tackle a series of recent challenges like global inequalities and warming, staggering health developments and, of extraordinary interest for EUNAAPA-scientists (EUNAAPA-s), our ageing population. Where Plato's student Aristotle had to think, experiment, observe, write and discuss to influence society – an approach that carried on up until the late 19th century – modern-day EUNAAPA-s also have to deal with a tremendous amount and turnover of new knowledge and innovations from everywhere as well as the rather uncertain process towards the implementation and valorisation of their ideas in society. Therefore, EUNAAPA-s will be or become successful only if they know how to combine their research talents with the skills to influence practice, business and even politics. In this way, 'modernists' are able to combine their technological innovations with social and cultural innovation. While some traditional scientists may also be capable in this regard, all the more is expected from EUNAAPA-s who earned this approach via projects as PASEO and thus know how to share knowledge and innovations through intellectual generosity and inspiring leadership. EUNAAPA-s are modern-day researchers and will be applauded by the companies, academies, politics and practice that turn to their help in the continued pursuit of success for a long lasting prosperity of the aging population.



News from the network:

From the Steering Committee

1.1 New chair (NWL)

By Nina Waaler

After a period as a chair of the EUNAAPA steering committee, in succession of the founding chair Prof. Dr. Marijke Hopman-Rock, I have decided to withdraw as a chair. I will however, continue as a member of the [steering committee](#). However, the network has several important objectives that still remain to be reached. With Nico van Meeteren as the new chair of the EUNAAPA network, I am sure we have an important and new beginning!

Nico van Meeteren was trained as a Physical Therapist and PhD, is an expert on research and education in rehabilitation sciences. His research concerns the development and recovery of locomotor tract pathology, both in the preclinical and clinical setting as well as in society at large. Currently Van Meeteren is Director of Innovation [Healthy for Life](#) of the [Netherlands Organisation of Applied Scientific Research TNO](#) and board member of [Body@Work](#) and of the [Center for Care Technology Research](#). In 2009 Van Meeteren was awarded “De Parel” of the Netherlands Organisation of Research and Development ZonMw for the development of the [Better in Better out](#) concept.

1.2 Presentations and symposia

Symposium at the HEPA Europe 3rd conference and 7th annual meeting

On October 11th, 2011 the EUNAAPA steering group organized a session at the HEPA Europe 3rd conference in Amsterdam entitled ‘Bridging the gap between science and practice’. The session was called ‘Physical activity and aging: a challenging couple (EUNAAPA workshop)’. Presentations were held by Marijke Hopman-Rock (TNO, The Netherlands), Nina Waaler (Oslo University College, Norway), Federico Schena (University of Verona, Italy) and Christophe Delecluse (Katholieke Universiteit Leuven, Belgium). The next day, Christophe Delecluse presented the EUNAAPA network at a meeting of the HEPA Aging workgroup. The presentations held can be found on the [EUNAAPA website](#).

Symposium at the World Congress on Active Aging, Glasgow Friday 17th August 12.00-13.30.

The 8th World Congress on Active Ageing will be held in August of 2012 in the City of Glasgow, Scotland. Held every 4 years, this showcase event will take place over 5 days in the Scottish Exhibition and Conference Centre. The EUNAAPA steering committee will organize a Workshop on Action, Aging, Physical Activity and participation, chaired by Nico van Meeteren and Ellen Freiberger. Topics include: Development and Goals of the EUNAAPA Network (founding chair. Marijke Hopman-Rock); Results of the best practice inventory PA programs and promotion



strategies of the EUNAAPA project and monitoring results of the intersectoral capacities developed in the PASEO project (Erwin Tak, The Netherlands); Evaluation and recommendations on specific assessment tools (TUG; Physical Activity Questionnaires, Overall Indexes; clinical walking speed) (Elisabeth Rydwik); The Future of EUNAAPA (current chair Nico van Meeteren). For the abstracts [check out](#): and for details about [the conference](#).

1.3 Application for an EU Operating Grant by EUNAAPA

On March 9, The EUNAAPA Steering Committee submitted a proposal for an Operating Grant in the 2012 Health Programme of the European Committee, represented by the Executive Agency Health and Customers (EAHC). With this operating grant the EUNAAPA network hopes to find additional resources to strengthen its capacity and to carry out the workplan for 2013. In this workplan three activities have been identified on which the focus will be in the next year:

1. Development of an European training curriculum
2. Organization of a summer school for professionals
3. Continuation of the supportive strategies in EUNAAPA (i.e. website, membership and meetings)

With this workplan the priority of education as set out in the roadmap 2012-2016 will be addressed. The work will be carried out under supervision of the steering committee and by the EUNAAPA office at TNO in Leiden, the Netherlands. Within the next few months we will hear whether our proposal is awarded with a grant. For updates, check the EUNAAPA website.

1.4 EUNAAPA on Twitter!

As of now EUNAAPA can also be followed on Twitter! For regular updates on the network, its members, symposia, interesting publications and all other interesting news about the community of physical activity and aging check out: [@EUNAAPA](#) and become a follower! News relating to EUNAAPA can also be followed by using the #EUNAAPA hash tag.



2. EUNAAPA Activities:

2.1 PASEO results on the EUNAAPA website

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 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 result of the project such as reports, documents etc. will be transferred from the [PASEO Project website](#) to the EUNAAPA website. You can find them soon [here](#).



2.2 Status of reviews on instruments

The EUNAAPA project resulted, among other things, in four published systematic reviews about different measurements. All reviews evaluate different aspects of validity and reliability. The following reviews have been published:

- [Self-reported physical activity measurements](#),
- [The Timed Up and Go \(TUG\)](#),
- [Habitual and maximal walking speed](#),
- Different overall index scales (accepted for publication in Age and Aging).

A fifth review is currently being set up and deals with the instruments to measure Activities of Daily Living (ADL).

The results of the reviews will be presented at the 8th ISAPA World Congress on Active Ageing in Glasgow, August 13th – 17th 2012. The steering committee is planning, in co-operation with the different authors, to put together a popular science report about the reviews, giving suggestions for best practice, that will be published on the EUNAAPA web-site.



Agenda

8th ISAPA World Congress on Active Ageing. Glasgow, August 13th – 17th 2012.
<http://www.wcaa2012.com/>

Steering committee EUNAAPA meeting 17 August 2012, Glasgow, Scotland.

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.

