

**HEPA EUROPE - the European network of health enhancing  
physical activity**

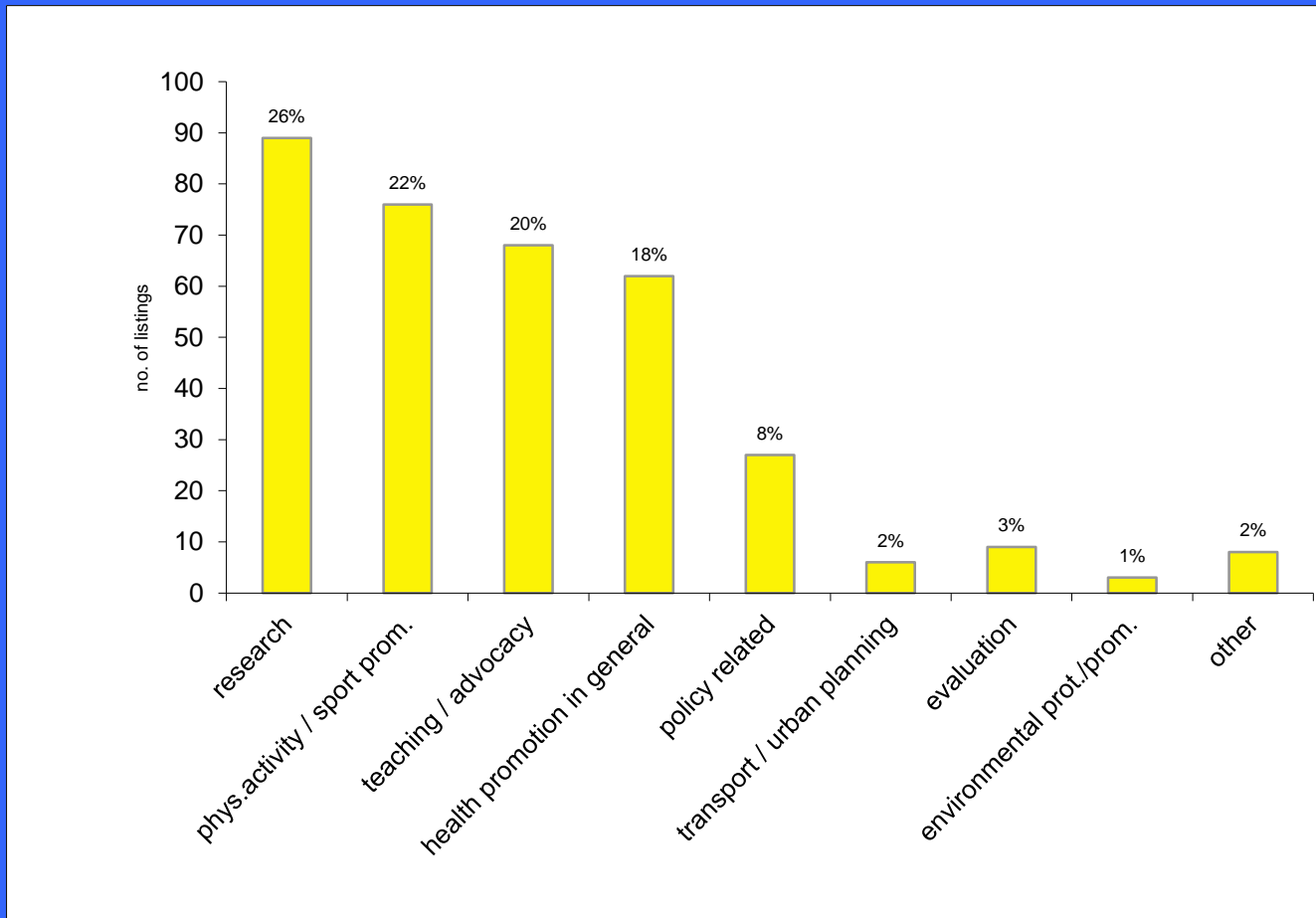
## **Working Group Active Ageing**

**Bob Laventure, chair**

**Liesbeth Preller, secretariat**



# 140 member organisations; Main activities of ind. respondents



Up to 5 responses per member, N = 348



# HEPA: Activities and Output

- ✓ **Networking: WHO/EU**
- ✓ **Annual meetings, conferences**
- ✓ **Dissemination of few overall publications**
  
- ✓ **11 working groups with own working programme and output; no funding**
  
- ✓ **Active Ageing: 3 yrs; App. 30 members; 7 active**



# Emerging issues

- ✓ **> life expectancy, > prevalence chronic diseases, >> burden care => need to give 'HEPA' better status in health promotion**
- ✓ **Programme sustainability**
- ✓ **Scaling up and increasing reach of good activities/programmes**
- ✓ **Building the workforce and capacity; need to create (local) network structures to keep elderly self-reliant, supported by national regulations**
- ✓ **Impact of the environment (Physical and social)**



## Activities, goals

- ✓ Mapping, identifying and disseminating good practice
- ✓ Social media platform intended; research and implementation
- ✓ Continued collaboration with other EU Health and active ageing programmes and networks
- ✓ No shared research activities
- ✓ (2014/2015: starting focus home dwelling elderly)



# Potentials for synergy

- ✓ Defining good practices
- ✓ Information sharing
- ✓ Dissemination of research
- ✓ Inform/work on strategies to reach policy & decision makers
- ✓ More cooperation in programmes; research icw practice in same programme



## **In common/ complementary**

- ✓ **Need to influence policy makers**
- ✓ **Network of professionals**
- ✓ **Relation WHO/EU**
- ✓ **Focus (more) research vs (more) implementation**



# Active ageing working group: physical activity promotion amongst older adults



- ✓ 3 yrs; App. 30 members; 7 active
- ✓ No funding
- ✓ 2014/2015: focus home dwelling elderly
- ✓ Mapping of practice from EU and Member State programmes
- ✓ Analysis according to good/best practice criteria
- ✓ Social media platform intended
- ✓ Continued collaboration with other EU Health and active ageing programmes and networks





# HEPA network: 140 institutions/ organizations

