



**Abstract title:** Innovations in Physical Activity (PA) Promotion New physiological, technological and behavioural innovations for clinical practice

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Topic Symposium

Presentation Preference Symposium

Abstract text

Hosted by: EUNAAPA, IPTOP & HEPA.

Chair: Jennifer Bottomley

Co-Chair: Ellen Freiburger

-Chair's Expertise: described below under speaker

Co-Chair Expertise: Ellen Freiburger is currently working as an Associated Professor at the Institute for Biomedicine of Aging at the University of Erlangen-Nürnberg. She is member of the Steering Committee of EUNAAPA since 2006. Her research area is the development and implementation of exercise intervention program for older persons with the special focus on fall prevention.

*-Symposium Program and Target Audience:* In contrast to the demographic changes, the increase in longevity is not accompanied by an increase in healthy life years. Maintenance of functional health in older people is an important challenge to researchers, politicians and public health care. Despite evidence of positive impact of physical activity, a huge proportion of older people do not fulfill the required amount of physical activity to gain positive health or functional effects. This symposium addresses issues of motivation and promotional materials for increasing physical activity in older age and will target a wide audience, ranging from clinicians to researchers to health care professionals.

*-Rationale for the Symposium:* Nowadays ageing is accompanied by chronic health conditions such as diabetes, sarcopenia and heart failure. The pathway to declining function in older age is further encouraged by an increasingly sedentary lifestyle. Almost 60% of older adult's reported sitting for more than 4 h per day . Promoting physical activity seems mandatory to prevent further declines in physiological and structural systems typically seen with the ageing process. However, research on promotion of physical activity programmes demonstrated that just promoting PA is often accompanied by an increase in sedentary time periods when not active, suggesting that activities to maintain the energy level demonstrate the challenge in physical activity promotion. The symposium will target important aspects for physical activity promotion in the health care system, including the need for training of different professions coming into contact with older people and the need to consider the environment as a barrier to PA participation.

*- Learning Objectives:*

After this symposium participants will be able to

To understand the importance of precise and targeted physical activity promotion (Jennifer Bottomley)

Gain competence in technological aspects in physical activity promotion (Hans Busmann)

Understand the importance of educational issues for physical activity promotion (Dawn Skelton)

Increase expertise in interaction of professions involved in physical activity promotion (Bob Laventure)

- *Talk Details*: Briefly outline the content of each of the talks. Please list in order of presentation.

**1. Introduction**, Jennifer Bottomley – Chair IPTOP *The introduction will lead into the importance of physical activity and it's positive effects. It will also comment on the declining physical activity level in older age groups thus setting the stage for the next speakers.*

**2. Technology to address Physical Activity**, Hans Bussmann –*For efficient and effective promotion of physical activity is the addition of e-health and quantified self-devices an interesting option given the rise in older persons and decline in potential professional and informal care takers. However the reliability and validity of most commercial devices is questionable and can be even of danger if they are used in frail elderly. So what devices are good to use in the elderly population, when to use and when not. Research must focus on the clinometric properties of these devices. The presentation will give valuable information on technical support for PA promotion.*

**3. Educational Aspects in Physical Activity promotion, Dawn Skelton – ProFouND EU Project** *This talk will discuss the research behind the need for appropriately trained professionals delivering exercise and physical activity promotion to older people with a range of abilities. Safety and effectiveness of activity in frailer older people requires a skill set which must be equipped with knowledge and expertise on tailoring activity options to suit the needs and preferences of older people, whereas referring people for exercise or physical activity programmes requires knowledge of the appropriate skills of the provider of activities. It will introduce training standards in the UK and the roll out of Cascade Training for exercise to prevent falls across Europe (EU project ProFouND).*

**4. Implementation of Behavioural innovations and the interaction with health professionals, Bob Laventure, Chair HEPA** *Issues of effective Implementation to increase physical activity in older persons: the challenge of interdisciplinary collaboration. The heterogeneity increases in older persons due to the increase of diverse co-morbidities. Most often mobility problems increases and activity level decreases due to a wide variety of health problems. This implies that different health professionals are likely to be involved in the same case. The knowledge about the efficacy of physical activity is well documented however the implementation in health care and in the general society is still problematic.*

**5. Discussion, Nico van Meeteren -Chair EUNAAPA** *Setting the challenges towards Horizon 2020*

-*Disclosures*: Include a conflict of interest disclosure statement for each speaker.

1.

Jennifer Bottomley - No Conflicts of Interest

**2. Ellen Freiberger**

: No conflicts of interest

Hans Bussmann - No Conflicts of Interest

4.

Dawn Skelton – Dawn Skelton is an academic working at Glasgow Caledonian University, but is also a Director of a Not-For-Profit Organisation, Later Life Training, which provides training to health and fitness professionals.

5.

Bob Laventure - Bob Laventure is a Consultant for the British Heart Foundation National Centre for Physical Activity and Health but is also a Director of a Not-For-Profit Organisation, Later Life Training, which provides training to health and fitness professionals.

Nico van Meeteren – No Conflicts of Interest

\*With the exception of the introduction and discussion all speakers have been provisionally accorded.

**Jennifer M. Bottomley, PhD, MS, PT** has a bachelor degree in Physical Therapy from the *University of Wisconsin*, Madison and an advanced masters degree in Physical Therapy from the *MGH Institute of Health Professionals* in Boston, MA. She has a combined intercollegiate doctoral degree in Gerontology (*Univ of Massachusetts*) and Health Science and Service Administration (*Union Institute*) and a second PhD from The *Union Institute* in Health Service Administration, Legislation, and Policy Management with a specialty in Gerontology.

Currently, she is an academic and clinical educator in Geriatric Physical Therapy Internationally and throughout the US. Jennifer is an Adjunct Professor at the *MGH Institute of Health Care Professionals* and *Simmons College* in Boston, MA. She serves as a consultant on several federal advisory boards, including an appointment to the White House Advisory Panel for Health Care Reform. She coordinates rehabilitation services for the *Committee to End Elder Homelessness/HEARTH* in Boston and serves on the Board of Directors for HEARTH. Jennifer is a consultant in rehabilitation for *Amedisys Home Health Care and Hospice* providing home and hospice care services. Jennifer serves as the current President for International PhysioTherapists working with Older People (IPTOP), a geriatric specialty group of WCPT and she is the liaison to IPTOP for the Section on Geriatrics of the APTA. She is currently serving on an interdisciplinary AARP panel addressing Elder Isolation – Identification and Interventions. She has been recognized by many awards and recently (2011) received the Lucy Blair Service Award from the APTA.

**Hans (JB) Bussmann**, human movement scientist, is Associate Professor of the Dept. of Rehabilitation Medicine of Erasmus MC University Medical Center Rotterdam. He is responsible for several studies in various patient groups within the research line MoveFit, aiming to optimize treatment of persons with a chronic physical condition, with movement behaviour (physical activity) and physical fitness as central parameters, aiming to improve health, social participation and quality of life. Development, validation and application of techniques to measure objectively physical behaviour is his main expertise. Hans Bussmann is initiated the International Conference on Ambulatory Monitoring of Physical Activity and Movement in 2008, with successive meetings in 2011, 2013 and 2015.

**Bob Laventure** is a Consultant on Physical Activity and Older people at the British Heart Foundation National Center for PA and Health, where he has a remit for programme development in relation to older people and physical activity. His work there includes writing and compiling the ACTIVE for LATER LIFE Ressource designed for health professionals. His specific interests include the education and training of exercise and health professionals, promoting physical activity for older people and developed the specific work relating to Senior Peer Activity Mentoring Project "Someone Like Me!". Bob has also worked with a number of national and international working groups including the Age Concern England's Ageing Well National Advisory Council, the European Health Enhancing Physical Activity Programme funded by the European Community and the World Health Organisation.

**Dawn Skelton** is currently a Professor in Ageing and Health at Glasgow Caledonian University. She Leads the Healthy Ageing Research Group. She was the Scientific Co-ordinator of the EU funded Thematic Network ProFaNE and is currently leading WP5 in the new EU funded Thematic Network ProFouND, establishing quality standards for education for fall prevention exercise in Europe. These standards of education will help to maximize adoption and maintenance of evidence based exercise and can act as a role model for other educational issues to increase PA level and uptake in older persons.

**Nico Van Meeteren**, physiotherapist and neuroscientist, is Director of Innovation Healthy for Life of TNO, the largest independent applied research organization in the Netherlands, and professor for Physiotherapy, Physical Functioning in Chronic Disease at Maastricht University Medical Center (MUMC+). Health for Life innovates for people (life span) and society, both in close cooperation with public and private companies. In the MUMC+ Van Meeteren provides evidence for the effectiveness of therapeutic training of people with chronic disease during major life events (surgery, falls, stroke, bereavement, etc.). He holds several national and international policy, practice and research positions in line with his TNO-position and his field of expertise. Van Meeteren is an expert on research in successful aging, life style and physical activity. His research and that of his teams concerns the functional recovery in (fragile) people with orthopaedic, rheumatologic, haemophilic arthropathy, cardiorespiratory and neurologic chronic loco-motor tract pathology, both in the preclinical and clinical setting as well as in society at large. Focus of research is: keeping up peoples' physical activity, functioning and vitality and consequently encouraging their sustainable participation in society. In 2009 Van Meeteren was awarded "De Parel" of the Netherlands Organisation of Research and Development (ZonMw) for the development and validation of the Better in, better out concept in patients undergoing open heart surgery.



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