



EUNAAPA

EUROPEAN NETWORK FOR ACTION
ON AGEING AND PHYSICAL ACTIVITY

Results of the work plan 2014

List of main activities

1. Development of the EUNAAPA Training Curriculum

During the work plan 2014 an EUNAAPA Training Curriculum was drafted which can be found online (<http://www.eunaapa.org/products/curriculum-eunaapa/>) and is included with this report. This curriculum will act as a solid recommendation to use in development of different kind of courses for people working in public health, healthcare and NGO organisations on how to stimulate physical activity and reduce sedentary behavior among older adults. It is also appropriate for students of various health care professions. The curriculum is based on, and includes, the latest evidence on the topic of promoting PA in older persons.

2. **EUNAAPA Summer School** in Verona: organized by the EUNAAPA Steering Committee and held at the School of Exercise and Sport Science of the Università degli Studi di Verona (Italy), from 26 to 29 June 2014. In total 24 participants from 7 countries participated who were instructed by 18 teachers. The program can be found here on the EUNAAPA website: http://www.eunaapa.org/wp-content/uploads/2014/05/summer_school_programme.pdf.

3. **EUGMS symposium**: 16-17 September 2014: 10th EUGMS congress with shared symposium organized by EUNAAPA, IPTOP and HEPA Europe called '*Innovations in Physical Activity (PA) Promotion; New physiological, technological and behavioural innovations for clinical practice*', Rotterdam, the Netherlands. It contained five presentations which were attended by over 100 participants. For the programme and details see the EUNAAPA website: <http://www.eunaapa.org/10th-eugms-congress/>.

4. Regional Courses

Four Regional courses were held in which the EUNAAPA training curriculum and Summer School were distributed onto the national or regional level in 4 countries:

- Sweden: 23 September, Gysinge folkhögskola (University college Gysinge) *Regional Course for Peer instruction in Physical Activity*, 17 participants from all over Sweden;
- Belgium: 9 december, Faculteit Bewegings- en Revalidatiewetenschappen, KU Leuven, *Motiveren van niet-actieve Senioren*, 24 participants from Flanders;
- Germany: 25-26 November, Friedrich-Alexander University Erlangen-Nurnberg, Germany *Bewegung und Aktivitat im Alter*, 25 participants.
- Italy: December/January 2015, University of Verona, *Attività Fisica per la salute: Il ruolo dell'esperto in Attività Fisica Adattata - Dialogo tra buone prassi e politiche regionali*. 15 participants.

A fifth regional course was planned in Hungary in cooperation with the Semmelweis University but this proved to be difficult to organise within the timeframe of the project.

5. Be Part meeting

On 16-17 of October 2014 EUNAAPA coordinated a successful meeting between EU networks and platforms on physical activity and ageing in Rome. Twenty-two representatives of 10 EU networks and platforms in the field of active aging attended the Be Part meeting and were part of a lively discussion with EUNAAPA members of the Steering Committee and the International Advisory Board on developing a joint roadmap for future strategies to achieve coordination of activities on EU level. Participating organizations included: *Center for Disease Control and Prevention (CDC), U.S.A., Western Canadian Centre of Activity and Aging, Active Aging Working group, the Health Enhancing Physical Activity-Europe, European Group for Research into Elderly and Physical Activity, EUROSAFE, International Association of Physical Therapists working with Older People (IP-TOP), European Innovation Partnership on Active and Healthy Ageing (EIP-AHA), School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham/Pannini project, Division of Non communicable Diseases and Life-course, WHO Regional Office for Europe, SCA, E-no-Falls, European Projects Health - Renewable Energy - Sustainable Planning.* The program can be found on the EUNAAPA website: <http://www.eunaapa.org/168/>. The meeting resulted in a draft Rome Statement that is currently being edited so it can be published.

6. Steering Committee & IAB meetings

The steering committee met 5 times to discuss progress and coordinate activities of the work plan, which includes two extra meetings that were not planned. These were scheduled to coincide with the mentioned activities when possible to reduce costs. Meetings were held in January (Leuven), April (Milan), June (Verona together with the summer school), October (Rome, together with the Be Part meeting) and December (Leiden). Two telephone conferences were held with the members of the International Advisory Board (June and September) and 2 meetings at the Summers School and Be Part meeting where IAB members were present.

7. Communication

- a. EUNAAPA newsletters: Two EUNAAPA newsletters have been distributed via e-mail to the members of EUNAAPA and newsletter subscribers in which the activities of the work plan 2014 and operating grant are mentioned. Both are included in with this technical report.
- b. EUNAAPA website: Due to technical problems the original EUNAAPA website which was started in 2007 was no longer available and therefore a new website was created within the time and budget of the work plan 2014: www.eunaapa.org. This meant that a lot of historical content was lost and it took extra time and effort to develop the new content. This has hindered the dissemination efforts of some of our activities. The new website does offer the opportunity for members to respond to each message posted and therefore interact with the network and other members.
- c. Social Media: Next to the new website the activities on social media have continued (twitter account @EUNAAPA) or started on facebook (<https://www.facebook.com/groups/612069115556454/>) as well as linked in (https://www.linkedin.com/groups?home=&gid=7458904&trk=anet_ug_hm).

8. Evaluation Report

An Evaluation report is being drafted by the external evaluator Paul de Vreede of Concreet Onderzoek. In order to include the latest output and results of the work plan 2014 some of the evaluation activities were carried out in January and February 2015. These results are currently being analyzed and reported. The final evaluation report will therefore be ready at the end of March 2015. The draft report will be put online.



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