



European Network for Action on Ageing and Physical Activity



The Project

The EUNAAPA project group sought to develop an interdisciplinary network to foster the implementation of successful evidence-based policies and programs for the promotion of physical activity among older people in Europe.

In close cooperation with experts from relevant fields (sport, healthcare, social care) and levels (national, regional, local), the EUNAAPA group

- investigated commonly-used assessment instruments for physical activity and physical functioning in older people (WP4)
- identified successful evidence-based programs and strategies for physical activity promotion among older people (WPs)
- engaged in a discourse with policy-makers from all relevant sectors and levels to foster the implementation of successful physical activity promotion programs and strategies for older people (WP6)

Project Management

Work Package 1: Project Coordination

- maintaining contact between EUNAAPA partners and EAHC
- ensuring full and timely completion of all work packages
- handling project finances

Work Package 2: Project Dissemination

- maintaining the project website
- organizing first EUNAAPA conference (Verona, 19–20 June 2008)
- supervising the presentation of EUNAAPA at conferences
- maintaining contact with other networks

Work Package 3: Project Evaluation

- developing of a EUNAAPA evaluation plan
- maintaining contact with project coordinator
- analyzing project deliverables
- conducting surveys on the quality of EUNAAPA

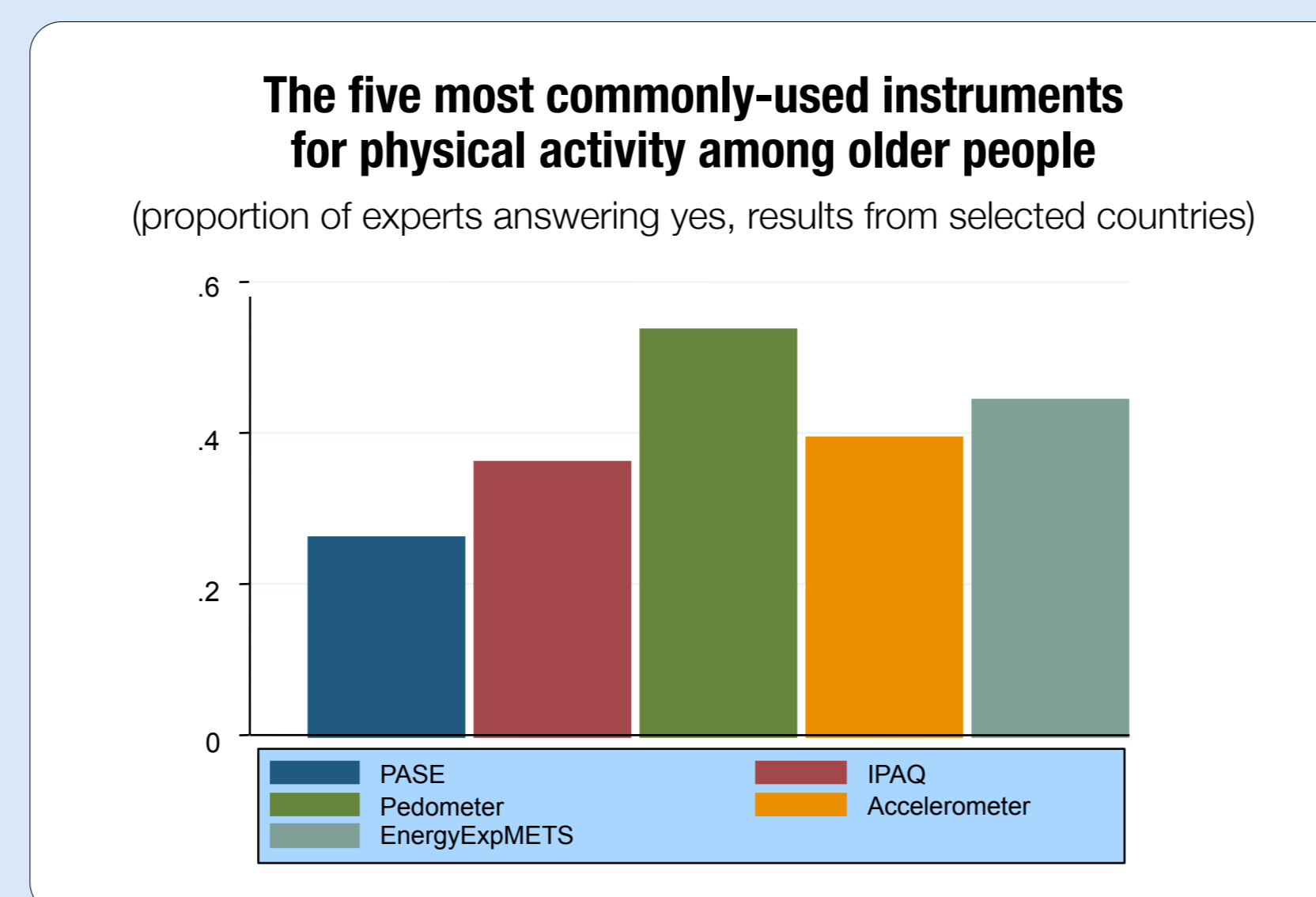
Basic Project Facts

- Co-Financing: EU Public Health Programme 2003–2008
- Project duration: August 2006–July 2008
- Total Cost: 1.25 Mio €
- EC Co-funding: 699.900 €
- Lead Organization: ISS | Univ. of Erlangen-Nuremberg
- Project Coordinator: Prof. Dr. Alfred Rütten
- Website: www.eunaapa.eu | www.sport.uni-erlangen.de

Project Results

Work Package 4: Physical Activity Assessment Instruments for Older People

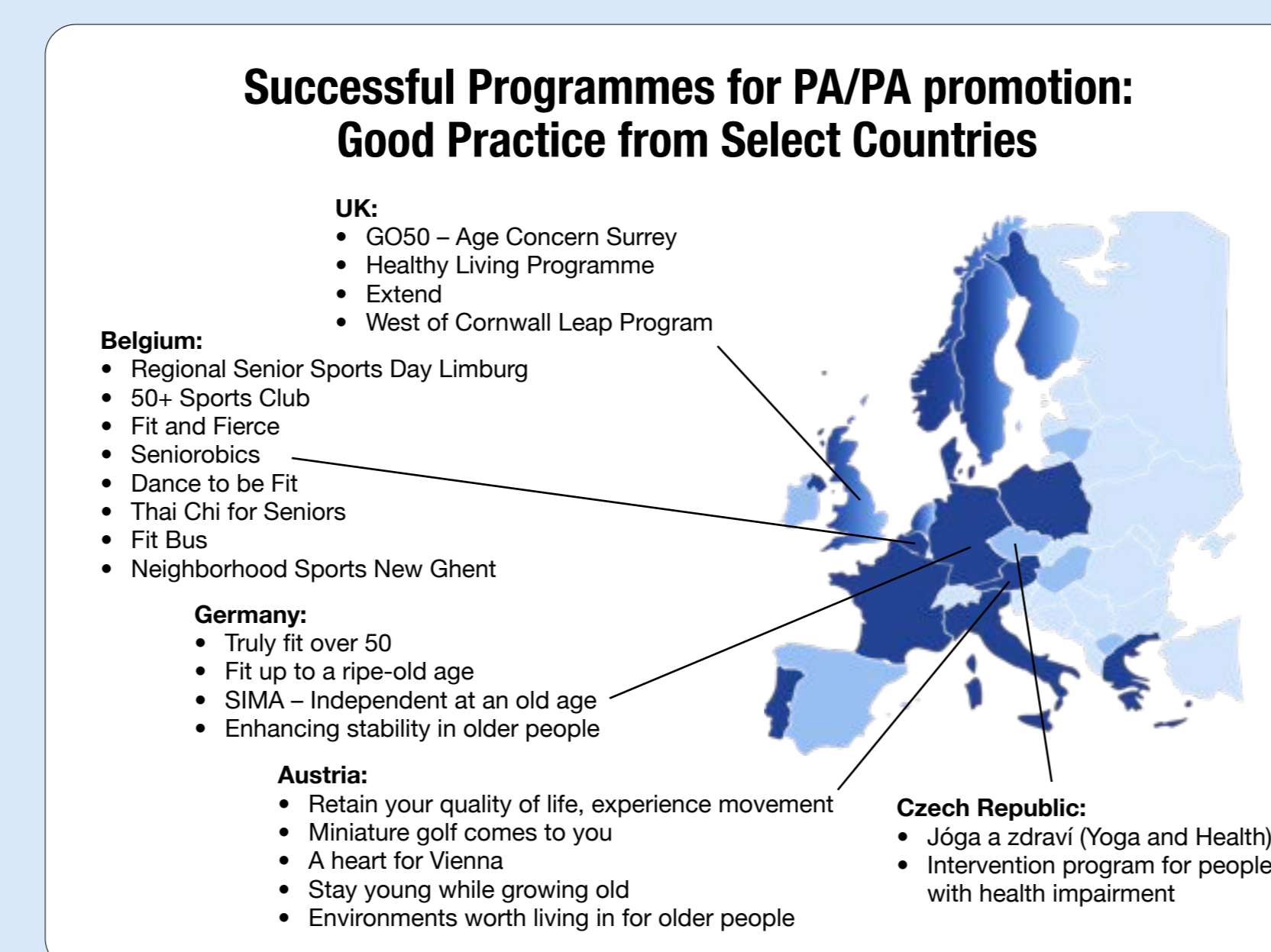
- Report on assessment instruments used throughout Europe
- Critical reviews of assessment instruments (under preparation)
- Recommendations for a European harmonization of assessment instruments



Excerpt from cross-national report for Work Package 4 (available on EUNAAPA website)

Work Package 5: Successful Programs for Physical Activity among Older People

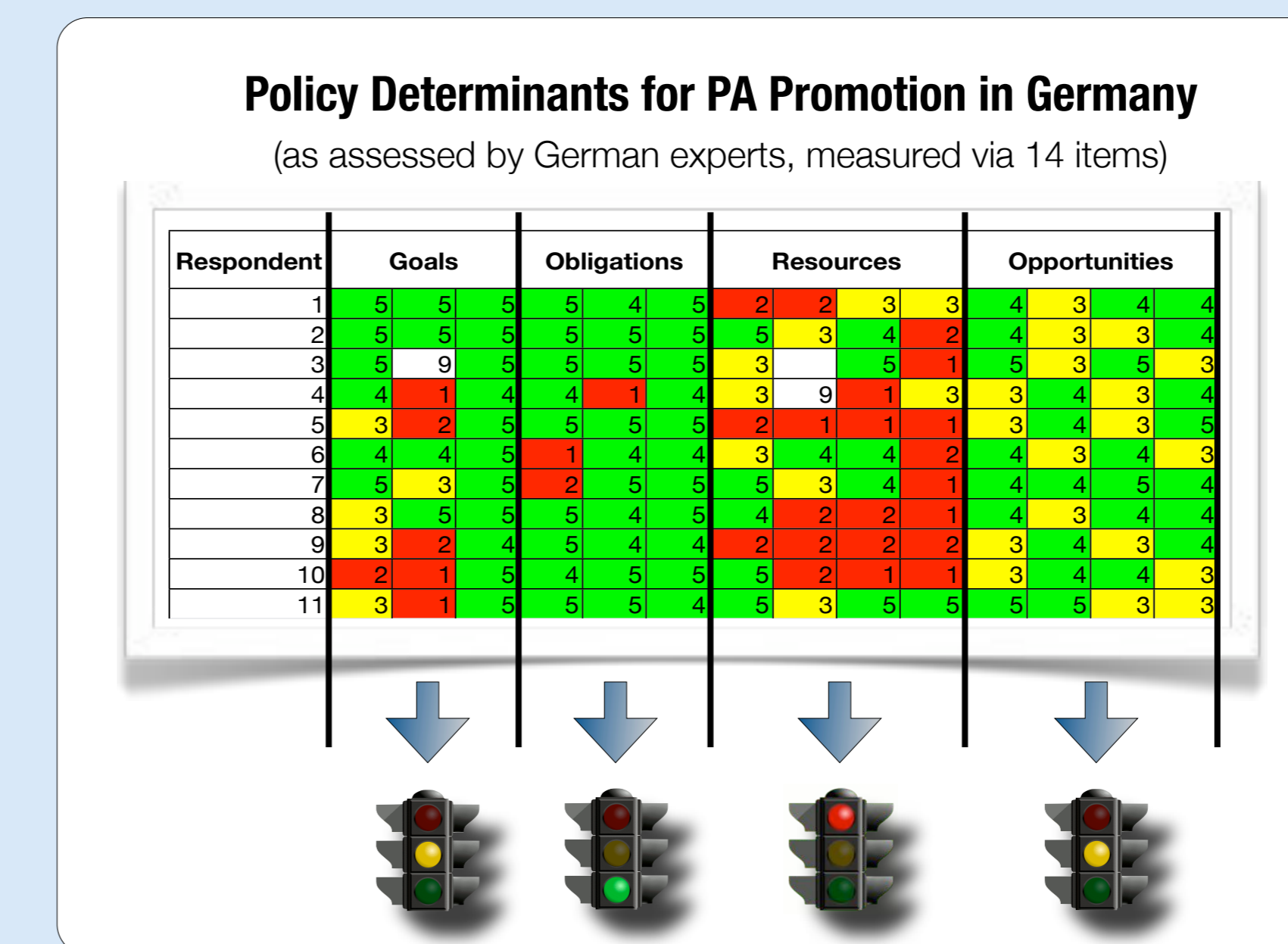
- Report on successful programs and strategies for physical activity promotion among older people in Europe
- Summary of existing European guidelines
- Recommendations for a harmonization of European standards



Based on cross-national report for Work Package 5 (available on EUNAAPA website)

Work Package 6: Strategies for Physical Activity Promotion among Older People

- National workshops with policy-makers on promoting physical activity programs for older people
- Discourse with European policy-makers at first EUNAAPA conference in Verona (June 2008)
- Good practice recommendations for a better promotion of physical activity for older people



Excerpt from cross-national report for Work Package 6 (available on EUNAAPA website)

The Future: EUNAAPA Network

- The EUNAAPA Project was successfully completed in July 2008 with the establishment of the new EUNAAPA Network.
- The network is open to all those interested in physical activity and ageing.
- The new EUNAAPA internet platform provides information on project results, news on physical activity and ageing, and the possibility to exchange with other members.
- Membership is free.



Join the EUNAAPA network today at www.eunaapa.eu



Contact EUNAAPA:

Prof. Dr. Alfred Rütten
 Institute of Sport Science and Sport
 Universität Erlangen-Nürnberg
 Tel.: +49 9131 85 25 000
 Fax: +49 9131 85 25 002
 E-Mail: issinfo@sport.uni-erlangen.de