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 (WP5)
- 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 2009)
- 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 €
- IEC Co-funding: 699,000 €
- 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

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

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

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

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