

PASEO: Building Policy Capacities for Health Promotion through Physical Activity among sedentary older People

Aims of the transfer activity	Development of regional plan of action to promote physical activity among elderly people and to realize selected measures.
Person(s) responsible for the project	Univ.-Prof. Mag. Dr. Michael Kolb
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Project runtime	January 2009 – June 2011
Funding	EU project, additional funding by FGÖ
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Cooperation partners from outside of the University	WIG – Vienna Health Promotion

Project description

Development of a plan of action in collaboration of experts of various organizations that are engaged in physical activity among elderly people. Measures that might enhance the target audience's physical activity level are developed.

Results/Impact

In collaboration with the WIG: developing of Vienna's plan of action to promote physical activity and sport among elderly people. Workshops and measures have been developed. Some measures have been implemented, e.g. trainings for persons who are working with elderly (performed by various institutions); several days of action in a district.

Transfer aspect of the activity

Gathering expert knowledge; applying scientific knowledge to develop a plan of action.

Achievement of objectives

All participating countries checked the achievement of objectives according to a defined work package.

Measures for a longer-term realization

The plan of action was adopted by the WIG, still continuing the measures.

Visibility of the transfer activity

Vienna's plan of action, access via the WIG's homepage; various lectures at congresses with focus on sport science

Webpage/Publications

<http://www.wig.or.at/Bewegtes%20Altern%20in%20Wien.40.0.html#parent=altern>

Keywords

Physical activity among elderly people; plan of action; health in all policies