



National report on Work Package 1:

CZECH REPUBLIC

Coordination of Project:

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A. Template for the summary of the 15 interviews

I. ACTION

1. Is your organization engaged in any activity with regard to the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell.

	Sport sector		
Government	Yes	x	
	No		x
NGO	Yes	x	x
	No		

	Health care sector		
Government	Yes	x	x
	No		
NGO	Yes		
	No	x	x

	Social care sector		
Government	Yes		x
	No	x	
NGO	Yes	x	
	No		x

	Three other sectors		
Government	Yes		
	No	x	
NGO	Yes	x	
	No		x

Summarize the 15 answers by using the following sub questions;

- In what kind of activities are the organizations involved?
- Is there a specific difference between the sectors?

Summary:

Kind of activities: providing financial support (grants) – it is possible to apply for resources within the declared areas of support (involving seniors as target group), grants for NGOs; organizing recondition programs; participation in international events for seniors; Participation in EU projects focusing on supporting activities for seniors; financing the National Program of Health – i.e. various project enhancing health, preventive programs etc. (seniors are one of the target group).

No specific difference between the sectors apparent.

2. If your organization is engaged in activities with regard to the promotion of physical activity and health among older people. Does your organization plan to increase or decrease, these activities during the next year?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities with regard to the promotion of physical activity and health among older people (thus the number of X's matches the number of engaged organizations).

		Sport sector		
Government	Increase	x		
	Same			
	Decrease			
	Not clear			
NGO	Increase	x	x	
	Same			
	Decrease			
	Not clear			

		Health care sector		
Government	Increase			
	Same	x		
	Decrease			
	Not clear			x
NGO	Increase			
	Same			
	Decrease			
	Not clear			

		Social care sector		
Government	Increase			
	Same			x
	Decrease			
	Not clear			
NGO	Increase			
	Same	x		
	Decrease			
	Not clear			

		Three other sectors		
Government	Increase			
	Same			
	Decrease			
	Not clear			
NGO	Increase			
	Same			
	Decrease			
	Not clear		x	

Summarize the 15 answers by using the following sub questions;

- What are the general intentions?
- What are the reasons given?
- Is there a specific difference between the sectors?

Summary:

The general intention is to maintain at least the current level of activities and if possible to increase it.

The main perceived limitation is the financial resources allocated to these activities from the state budget.

No specific difference between the sectors apparent.

3. If your organization is currently not engaged in activities for the promotion of physical activity and health among older people. Is your organization interested in/does your organization plan to engage in such activities in the future?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are **NOT** engaged in activities with regard to the promotion of physical activity and health among older people (thus the number of X's matches the number of organizations which are not engaged).

		Sport sector		
Government	Yes			
	No			
	Not clear			x
NGO	Yes			
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes		x	x
	No			
	Not clear			

	Social care sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes		x
	No		
	Not clear		

	Three other sectors		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		x

For the organizations currently not engaged in activities, but which plan to do something in the future, summarize the type of activities.

Summary:
 Type of activities: involvement in legislation process (to propose bills); realization of projects focused on health enhancement (e.g., drinking regime in seniors); involvement in projects that are aiming to increase the quality of life in seniors.

4. If your organization is currently not engaged in activities for the promotion of physical activity and health among older people. Are there any specific problems or barriers which obstruct your organization from engaging in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are NOT engaged in activities with regard to the promotion of physical activity and health among older people (thus the number of X's matches the number of organizations which are not engaged).

	Sport sector		
Government	Yes		x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Health care sector		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		x

	Social care sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes		
	No		x
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes		x
	No		
	Not clear		

For the organizations which do have barriers, summarize the type of barriers given.

Summary:
 Type of barriers: lack of conception; lack of human resources; lack of ways how to address seniors, how to address wide public; lack of demand; technocratic thinking.

5. Please describe which effects these activities with regard to the promotion of physical activity and health among older people have had so far/you expect them to have?

Summarize the type of effects given.

Summary:

Type of effects: health effects (increased health in population, reduction of civilization diseases, better quality of life); social effects (enhancement of senior status in society, increased social contacts, bringing people together); economic effects (increased productivity); educational effects; motivational effects (bringing new members, increasing responsibility).

- Are these activities being evaluated?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		x
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

Summarize the type of evaluations given.

Summary:

Type of evaluations: evaluation on the basis of the costs of activities; various forms of feedback (from the participants, through the organization structure – from local and regional representatives to the association leaders); final reports; comparison between the input and output health measures.

- Have there been unintended positive or negative effects?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations which experienced unintended effects, summarize.

Positive effects;

Summary:
voluntary participation of seniors in the major Sokol gatherings in large numbers and at their own cost; positive impact both on participants' physical and mental well-being.

Negative effects;

Summary:
Diverse resources.

- Is the organization satisfied with the effects?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes			
	No			
	Not clear	x		
NGO	Yes	x	x	
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No			x
	Not clear	x		
NGO	Yes			
	No			
	Not clear			

		Social care sector		
Government	Yes			
	No			
	Not clear			x
NGO	Yes	x		
	No			
	Not clear			

		Three other sectors		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear		x	

Please give a summary based on the following questions;

- Is there a general trend in the answers?
- What are the reasons for satisfaction/ dissatisfaction?
- Do you notice a difference between the sectors?

Summary:
It seems that it was difficult for the organizations to give an unambiguous answer to this question. Even if the organizations are satisfied with the effects, some of them suppose that the effects should be more evident.

The main mentioned reason for satisfaction was meeting specific goals that were set within projects.

The referred reason for dissatisfaction was that of not meeting the expectations. (Although the PA in seniors was among the priorities of the organization, the applicants [for funding] were focused predominantly on younger generations).

II. CONCRETE EVENTS RELATED TO ACTION (OPPORTUNITIES)

6. Which concrete situations or events caused your organization to engage in activities with regard to the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Situations or events named	x		
	No situations or events named			
	Not clear from answer			
NGO	Situations or events named	x	x	
	No situations or events named			
	Not clear from answer			

		Health care sector		
Government	Situations or events named	x	x	
	No situations or events named			
	Not clear from answer			
NGO	Situations or events named			
	No situations or events named			
	Not clear from answer			

		Social care sector		
Government	Situations or events named			x
	No situations or events named			
	Not clear from answer			
NGO	Situations or events named			
	No situations or events named			
	Not clear from answer	x		

		Three other sectors		
Government	Situations or events named			
	No situations or events named			
	Not clear from answer			
NGO	Situations or events named	x		
	No situations or events named			
	Not clear from answer			

Summarize the type of situations or events mentioned by the organizations

Summary:
 long term concept to support health in the organization; participation in international projects (ISCA); demographic development of the society (increase of seniors in population); long lasting tradition; generally decreasing level of PA in the population; governmental agreement (statement); the National Health Program; program (regulations) of the organization

- Have there been international or national political situations or events causing your organization to engage in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	x		
	No			
	Not clear			
NGO	Yes	x		
	No			
	Not clear			x

		Health care sector		
Government	Yes	x	x	
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

	Social care sector		
Government	Yes		x
	No		
	Not clear		
NGO	Yes		
	No	x	
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

Summarize the type of political situations reported by the organizations.

Summary:
 recommendations coming from the EU, WHO; laws that provide general framework; international games and competition organized for seniors; membership in the EU; international years of seniors; international congresses; event in the past (establishment of the organization was connected to the support of Czech nationality)

- Has there been public support or situations in the media causing your organization to engage in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes		
	No	x	
	Not clear		x

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes		
	No	x	
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

Summarize the type of public support or media situations.

Summary:
 Sometimes media made the organization react to something they stated.

- Have there been any scientific results causing your organization to engage in such activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No	x	
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes		
	No	x	
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

Summarize the type of scientific results.

Summary:
 partial influence of science (e.g., some information from Kinanthropology); efforts to base the activities on scientific results; science generally as a source of information; the strategies were developed based on scientific results

III. GOALS

7. Does your organization have any goals regarding the activities for the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		x
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations with goals, summarize the type of goals.

Summary:
 health oriented goals (health improvement); strategic goals (personnel training); socially oriented goals (to provide social contact); to emphasize the issue of PA in seniors (attract more attention); to strengthen rights and opportunities for the handicapped (including e.g. recondition programs); to involve seniors in activities

Are there any remarkable differences between the sectors?

Summary:
No remarkable differences observed.

- How important are these goals compared to other goals of the organization?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Important	x		
	So-so			
	Not important			
	Not clear			
NGO	Important	x	x	
	So-so			
	Not important			
	Not clear			

		Health care sector		
Government	Important		x	
	So-so			x
	Not important			
	Not clear			
NGO	Important			
	So-so			
	Not important			
	Not clear			

		Social care sector		
Government	Important			
	So-so			
	Not important			x
	Not clear			
NGO	Important	x		
	So-so			
	Not important			
	Not clear			

		Three other sectors		
Government	Important			
	So-so			
	Not important			
	Not clear			
NGO	Important		x	
	So-so			
	Not important			
	Not clear			

Summarize the importance of goals regarding the activities for the promotion of physical activity and health among older people compared to other goals.

Summary:
These goals have a priority in majority of organizations (together with goals focused on children) or they have equal importance.

- Are these goals specific and concrete?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	x		
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No		x	x
	Not clear			
NGO	Yes			
	No			
	Not clear			

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes		
	No	x	
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

Summarize these concrete goals.

Summary:
there are goals for each age category (each category has its exercise programs);

- Are these goals relevant and realistic?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

Summarize how relevant and realistic these goals are.

Summary:
The organizations mostly consider their goals relevant and realistic because they feel that they are able to carry out the intended activities successfully and thus meet the goals.

- Are these goals shared/agreed upon within the organization?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

Summarize the degree of agreement within the organization.

Summary:
None of the organizations mentioned disagreement upon the goals. In several cases the agreement upon goals within the organization was highly emphasized.

IV. OBLIGATIONS

8. Does your organization have any obligations regarding the activities for the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No	x	
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	
	No		x
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations with obligations, summarize the type of obligations.

Summary:
institutional policies (decisions made by the board – to create a manual of activities under the ISCA project, obligations to the accepted program of the organization – to keep the exercise programs for specific age groups); obligations emerging from received grants (to document the use of the subsidy); international agreement (agreement between CR and WHO regarding the formulation of health profiles for seniors)

For the organizations without obligations, summarize why there is an absence of obligations.

Summary:
as a state organ, the organization does not have any obligations (unless they are e.g. proposed by the government to a certain action); it is not the role of the organization

- Are these obligations/expectations important compared to other obligations of your organization?

	Sport sector		
Government	higher importance		
	same importance		
	lower importance		
	Not clear	x	
NGO	higher importance		
	same importance	x	x
	lower importance		
	Not clear		

	Health care sector		
Government	higher importance		
	same importance		
	lower importance		
	Not clear	x	x
NGO	higher importance		
	same importance		
	lower importance		
	Not clear		

	Social care sector		
Government	higher importance		
	same importance		
	lower importance		
	Not clear		x
NGO	higher importance		
	same importance		
	lower importance		
	Not clear	x	

	Three other sectors		
Government	higher importance		
	same importance		
	lower importance		
	Not clear		
NGO	higher importance		
	same importance	x	
	lower importance		
	Not clear		

Summarize the importance of obligations regarding the activities for the promotion of physical activity and health among older people compared to other obligations.

Summary:
When the organizations are aware of any obligations they tend to consider them to be equally important as their other obligations. These obligations are in balance with other obligations.

- Are there intra-organizational obligations/expectations?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		
	No		
	Not clear	x	x
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes		
	No		
	Not clear	x	

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

Summarize the type of intra-organizational obligations/ expectations.

Summary:
 decision by leadership within organization (decisions made by the board annually and then by executive committees made once in two months); institutional policy (internal statutes; internal documents, we have to follow; exercise programs and organization rules we have agreed on)

- Are there external obligations/expectations coming from international or national political institutions?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes			
	No			
	Not clear	x		
NGO	Yes	x	x	
	No			
	Not clear			

		Health care sector		
Government	Yes			x
	No			
	Not clear	x		
NGO	Yes			
	No			
	Not clear			

		Social care sector		
Government	Yes			
	No			
	Not clear			x
NGO	Yes			
	No			
	Not clear	x		

		Three other sectors		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear		x	

Summarize the type of these obligations/expectations coming from political institutions.

Summary:
 requests from another institution (participation in the ISCA project); participation in international meetings; membership in international organizations; development of strategies in compliance with WHO and EU

- Are there external obligations/expectations coming from the media or the public?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes			
	No			
	Not clear	x		
NGO	Yes	x	x	
	No			
	Not clear			

		Health care sector		
Government	Yes			
	No			
	Not clear	x	x	
NGO	Yes			
	No			
	Not clear			

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes		
	No		
	Not clear	x	

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No	x	
	Not clear		

Summarize the type of these obligations/expectations coming from the media or the public.

Summary:
 expectations from members (because our whole membership is formed by public); cooperation with health insurance companies

- Are there external obligations/expectations coming from science?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		
	No		
	Not clear	x	x
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes		
	No		
	Not clear	x	

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

Summarize the type of these obligations/expectations coming from science.

Summary:
 study results (efforts to follow scientific results and evidence); consulting activities with professional committees; cooperation with schools of sport at universities in research

V. RESOURCES

- Does your organization have resources allocated to the activities for the promotion of physical activity and health among older people?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations with recourses, summarize the type of recourses.

Summary:
The only mentioned type of resources is finances: financial budget (resources from the state budget); financial support from private company (partial support from insurance company); membership fees; finances from EU grants

For the organizations without recourses, summarize the reason for the absence of recourses.

Summary:
no resources allocated specifically to these activities – the recourses are a part of general budget

- Describe these resources in comparison with other resources of your organization.

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Better		
	Same	x	
	Worse		
	Not clear		
NGO	Better		
	Same		x
	Worse	x	
	Not clear		

	Health care sector		
Government	Better		
	Same		
	Worse	x	x
	Not clear		
NGO	Better		
	Same		
	Worse		
	Not clear		

	Social care sector		
Government	Better		
	Same		
	Worse		
	Not clear		x
NGO	Better		
	Same		
	Worse		
	Not clear	x	

	Three other sectors		
Government	Better		
	Same		
	Worse		
	Not clear		
NGO	Better		
	Same		
	Worse		
	Not clear	x	

Summarize the resources allocated to the activities for the promotion of physical activity and health among older people compared with other recourses.

Summary:

financial resources for other activities have in most cases higher priority; financial resources for these activities are very limited; there are budget cuts

- Are leadership and responsibilities defined regarding the activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes	x		
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

		Health care sector		
Government	Yes		x	x
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

		Social care sector		
Government	Yes			
	No			x
	Not clear			
NGO	Yes	x		
	No			
	Not clear			

		Three other sectors		
Government	Yes			
	No			
	Not clear			
NGO	Yes		x	
	No			
	Not clear			

Summarize these responsibilities and leaderships defined within your organization.

Summary:

internal guidelines; executive committee within the organization that is responsible for seniors; personnel assigned to tasks; methods experts helping with programs; department dealing with these activities; administrator responsible for these activities; at the local level dependent on volunteers

- Are relevant parts of the organization included in decision-making processes regarding the activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes			
	No			
	Not clear	x		
NGO	Yes	x	x	
	No			
	Not clear			

		Health care sector		
Government	Yes			x
	No			
	Not clear		x	
NGO	Yes			
	No			
	Not clear			

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

Give a summary of relevant parts included in decision-making processes.

Summary:
all parts of the organization that are responsible for money and the program are involved; it is the principle the organization works on; established committee; no one is excluded from the process

- Are there sufficient finances to carry out these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes		
	No	x	x
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No	x	
	Not clear		

For the organizations with sufficient finances, what are these concrete budgets and if possible, summarize the allocation of these finances.

Summary:
sufficient finances within each subsidy program

For the organizations with insufficient finances, summarize the reasons or problems given.

Summary:
constant lack of finances; not sufficient resources to cover all needs; not sufficient finances to secure all activities

- Is there enough and adequately qualified personnel to carry out the activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes		x
	No	x	
	Not clear		

	Health care sector		
Government	Yes		
	No	x	
	Not clear		x
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations with enough and qualified personnel, give an overview of the available personnel and of the qualifications.

Summary:
sufficient number of qualified personnel (for the age category of seniors)

For the organizations with a lack of personnel and insufficiently qualified personnel, summarize the main problems.

Summary:
staff not qualified for tasks (no experts specifically dealing with seniors, still needs to be developed education of specialists working with older age groups); lack of personnel, and as for their qualification, they are usually people with training in health care, they are not experts on PA itself; professional requirements not given;

- Are these activities carried out on the basis of a problem and needs assessment?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		x
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

For the organizations that do carry out activities on the basis of a problem and needs assessment, summarize these problems and needs.

Summary:
 need to prolong active aging; aging of population; important role of feedback (there is constant control of what programs are provided and the feedback we get on them); the subsidy program is based on the analysis of public health (it is done every year and on the agreed priorities of the government in relation to the support of NGOs); general assumption (physical activity is important, recondition is important)

For the organizations without problems and needs as a trigger for action, how come this is not the case or are there may be other things mentioned that causes the organizations to carry out activities?

Summary:
 ---not applicable ---

- Is the organization able to adjust these activities, if necessary, quickly to new situations/events?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes		
	No		
	Not clear	x	

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

How can organizations adjust quickly to new situations?

Summary:
 organizational structure (the organization can flexibly adopt, it is due the system of the organization that consist of 42 regions with its offices that involve organization team, the organization can flexibly react to new situations)

Summarize why some organizations aren't able to adjust quickly?

Summary:
 financial limitations; not sufficient number of qualified personnel; year-long cycle of activities; fixed dates

- Are international or national (political) organizations supporting these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes		
	No		
	Not clear	x	
NGO	Yes	x	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		x
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations supported by these other organizations, summarize the type of support.

Summary:
provide access to important networks; providing financial support; enabling access to international meetings

- Are the media or the public supporting these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

	Sport sector		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes	x	
	No		x
	Not clear		

	Health care sector		
Government	Yes		x
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

	Social care sector		
Government	Yes		x
	No		
	Not clear		
NGO	Yes		
	No	x	
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

For the organizations supported by the media or the public, summarize the type of support.

Summary:
low or sometimes negative support by media (the knowledge of journalists is low, and they tend to inform on events not in a professional way, they bring negative advertising to that); articles mentioning the activities, interviews

- Is science supporting these activities?

Fill in the following table by putting an 'x' in the right cell, only for the organizations which are engaged in activities.

		Sport sector		
Government	Yes			
	No			
	Not clear	x		
NGO	Yes			x
	No	x		
	Not clear			

		Health care sector		
Government	Yes			x
	No			
	Not clear	x		
NGO	Yes			
	No			
	Not clear			

		Social care sector		
Government	Yes			
	No			x
	Not clear			
NGO	Yes			
	No	x		
	Not clear			

		Three other sectors		
Government	Yes			
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear		x	

For the organizations supported by science, summarize the type of support.

Summary:
receiving information on new scientific results (it is necessary to ask for them); cooperation with universities (grant projects)

Intersectoral structures

10. With respect to the promotion of physical activity and health among older people, with which other sectors is your organization cooperating (please do not indicate your own sector)?

Fill in the following table by putting an 'x' in the right cell, for all the organizations , thus 15 X's.

Sport sector									
		health		(sport)		social		other	other
Government	1		x				x		x
	2	x							
	3					x			
	4								
	5								
NGO	1						x	x	
	2	x	x						
	3								x
	4								
	5								

Health care sector									
		(health)		sport		social		other	other
Government	1								
	2				x	x	x		x
	3			x					
	4								
	5							x	
NGO	1								
	2				x		x		
	3								
	4								
	5						x		

Social care sector									
		health		sport		(social)		other	other
Government	1			x					
	2				x			x	
	3		x						
	4								
	5	x							
NGO	1								
	2			x	x				
	3								
	4		x						
	5	x							

Three other sectors									
		health		sport		social		other	other
Government	1								
	2			x					
	3	x				x			
	4								
	5								
NGO	1					x			
	2								
	3							x	
	4	x			x		x		
	5		x						

11. In the context of the promotion of physical activity and health for older people, we consider an intense cooperation with the following sectors desirable in the future:

Fill in the following table by putting an 'x' in the right cell, for all the organizations , thus 15 X's.

Sport sector									
		health		(sport)		social		other	other
Government	1		x				x		
	2								
	3	x				x			
	4								
	5								
NGO	1						x		
	2					x			
	3								
	4		x						x
	5	x							

Health care sector									
		(health)		sport		social		other	other
Government	1								
	2						X		
	3				X	X		X X	X
	4			X					
	5								
NGO	1								
	2								
	3								
	4			X	X				
	5					X		X	

Social care sector									
		health		sport		(social)		other	other
Government	1			X					
	2				X				
	3								
	4		X						
	5	X							
NGO	1								
	2			X				X	
	3				X				
	4								
	5	X	X						

Three other sectors									
		health		sport		social		other	other
Government	1			X					
	2	X							
	3					X			
	4								
	5								
NGO	1								
	2								
	3					X		X X X	
	4	X							
	5								

B. Summary of focus group meeting

The focus group meeting of the PASEO project (work package 1) with seniors was held at the Faculty of Physical Culture at Palacky University in Olomouc on Tuesday, June 16, 2009. In total, 12 seniors were invited to the meeting, and nine attended. The three who did not come, did not state any reason. The requirements stated in the matrix for the focus group were almost covered. There were five participating male seniors and four female seniors. As for the age categories, four of them were in the age category of 60-70 and five of them were above the age of 70. In the former age category, there were two participants who engaged in some physical activity programs and two who were not participating in any program. In the later group, there were three seniors participating in a physical activity program and two non-participating.

The participants discussed organizations which offer and promote activities to seniors. The participants could identify several organizations but at the same time they stated that majority of the organizations do not focus only on seniors and neither their primary aim is to provide activities to seniors.

The participants have agreed there is an overall lack of programs and offers of physical activity to seniors. Most of sports and physical activity programs are offered at fitness centers but these are rather commercially oriented and generally target younger populations. Seniors moreover would not feel comfortable there. They would prefer exercising in groups of their peers, which also brings the effect of increased social contact for people of their age. They have also noted that once there are some programs aimed exclusively for seniors, they tend to be usually for prices, the seniors cannot afford.

C. Summary of feedback workshop

The workshop of the PASEO project (work package 1) was held at the National Institute of Public Health in Prague on Tuesday, June 23, 2009. There were 13 representatives of organizations attending the workshop: two representatives of the National Institute of Public Health (Health sector-Government), a representative of the Ministry of Health, The Department of Public Health (Health sector-Government), two representatives of the Czech Association of Sports for All (Sport sector-NGO), two representatives of The Czech Sokol Organization (Sport sector-NGO), a representative of the Czech Touristic Club (Tourism (other) sector-NGO), and two representatives of the Association for the physically disabled (Social sector-NGO). Two representatives of other organizations who promised their attendance did not come without giving a reason. Program of the workshop consisted of four issues following the description of action within Work package 1 of the PASEO project.

After presenting the PASEO project and its goals to participants in the first part of the session, the second part regarded presenting additional information on the enhancement of physical activity in seniors by the representatives of the organizations addressed in the project. The information provided concerned various aspects, such as events as campaigns carried out regarding the promotion of physical activity to seniors, statistics on submitted projects in the area, committees that exist and are addressing this issue and finally conferences where the issue of PA enhancement in seniors is also addressed.

Majority of participants agreed that the Czech Republic is missing connections between sectors, especially between the sector of sports and health sector. Participants have agreed that there some actions or events that could secure strengthening of the capacities for the promotion of PA to seniors. They have primarily stated the necessity to increase mutual sharing of the information between sectors and organizations. This could be done e.g. through participation in joint projects or a common webpage. Further, the organization could cooperate in forming recommendations for the ministries, which would serve as a base in creating requirements of subsidy grants at the ministries. Increased cooperation between the organizations could also, according to the participants, bring better chances in obtaining grant both from the Czech ministries and EU funds. The organizations should be also more involved in education so that professional preparation of teachers, lectors and other personnel involved in this field is enhanced.

Participating organizations have agreed to further cooperation (in a continued dialogue) in the PASEO project and the alliance to be formed. The participants discussed which organizations should be addressed in order to connect the individual sectors on the government and NGO level. They were considering which steps would be efficient once the alliance is formed.

D. General conclusions of WP1

Eight out of fifteen interviewed organizations are engaged in some activity with regard to the promotion of physical activity and health among older people. These activities range from providing financial support (ministries) to organizing various projects enhancing health. These organizations intend to maintain at least the current level of activities and if possible to increase it during next year. The main perceived limitation is financial resources allocated to these activities from the state budget. In majority of these organizations, older people are one of the target groups. No specific difference between the sectors is apparent.

Four out of seven organizations which are currently not engaged in activities with regard to the promotion of physical activity and health among older people plan to engage in activities next year. These activities range from the involvement in legislation process to the involvement in projects focused on health enhancement or aiming to increase the quality of life in seniors. Specific problems or barriers which obstruct these organizations from engaging in such activities are lack of conception; lack of human resources; lack of ways how to address seniors, and how to address wide public; lack of demand; and technocratic thinking.

There were various effects mentioned. The health effects that were stated in the interviews are increased health in population, reduction of civilization diseases, better quality of life. The social effects identified were the enhancement of senior status in society, increased social contacts among seniors, and bringing people together. Among the economic effects noted was increased productivity. Some educational effects and motivational effects were also named such as bringing new members, increasing responsibility. These are seen by organizations as main effects which the activities with regard to the promotion of physical activity and health among older people have had or are expected to have.

Long term concept to support health in the organization; participation in international projects; demographic development of the society (increasing number of seniors in population); long lasting tradition; generally decreasing level of PA in the population; governmental programs (or statements); programs (or regulations) of the organizations are the concrete situations or events that cause the engagement of an organization in activities with regard to the promotion of physical activity and health among older people.

International and national political situations (membership in the EU, recommendations coming from the EU, the WHO, international games and competitions organized for seniors; international years of seniors; international congresses) could cause the engagement of organizations in activities with regard to the promotion of physical activity and health among older people. Media have no influence and science only limited one (science is generally regarded as a source of information; strategies were developed based on scientific results).

The goals of activities with regard to the promotion of physical activity and health among older people which were mentioned by interviewed organizations were primarily health oriented goals (health improvement); strategic goals (personnel training); socially oriented goals (to provide social contact); to emphasize the question of PA in seniors (attract more attention); to strengthen rights and opportunities for the handicapped (including e.g. recondition programs); to involve seniors in activities. No remarkable differences were observed between sectors. These goals have a priority in

majority of organizations (together with goals focused on children) or they have equal importance. The organizations mostly consider their goals relevant and realistic because they feel that they are able to carry out the intended activities successfully and thus meet the goals.

Among the type of obligations which were named in the interviews are institutional policies such as obligations emerging from received grants and international agreements. Furthermore, the interviewees named intra-organizational obligations (decisions made by leadership within the organization and institutional policies); and external obligations (expectations coming from international or national political institutions; the participation in international meetings; the membership in international organizations; development of strategies in compliance with the WHO and the EU). There were no obligations coming from media, and there were only limited expectations coming from science.

The only mentioned type of resources is finances: financial budget (resources from the state budget); financial support from private companies (partial support from an insurance company); membership fees; finances from EU grants. Majority of organizations have agreed that financial resources for activities with regard to the promotion of physical activity and health among older people are very limited. Organizations stated constant lack of finances not allowing them to cover all needs and to secure all activities. Moreover, there is lack of personnel and qualified personnel for the field of physical activity and health in older people.

Responsibilities and leaderships was defined within majority of organizations and the structure was ranging from internal guidelines to organizational units or sections such as executive committees within the organizations that are responsible for seniors; personnel assigned to tasks; method experts helping with programs; departments dealing with these activities; administrators responsible for these activities. On the local level these activities are frequently dependent on volunteers.

The Czech Republic is missing connections between sectors, especially between the sector of sports and health sector. An increase of mutual share of information between sectors and further cooperation is understood as an opportunity to increase capacities. The cooperation between sectors could enhance better grant policies, increase opportunities to obtain finances from various subsidy resources and enhance education and knowledge in the area of physical activity and health of seniors.

Participating organizations in the PASEO workshop have agreed to further cooperation (in a continued dialogue) in the PASEO project. They believe that in order to secure successful mission of the national alliance, the representation of all interested sectors both on the governmental and non-governmental level is necessary. Therefore, the participants have agreed that the institutions to be addressed are: The Association of Health Insurance companies, municipalities, e.g. the National Network of Healthy Towns, and Ministry of Social Affairs.

Representatives of older people stated organizations offering activities and promoting them to older people. However, majority of the mentioned organizations and institutions are not primarily aimed at providing physical activity to seniors, however seniors form a numerous (in some cases even major) part of customers or members. Seniors stated there are not enough programs of physical activity only for seniors available. They would welcome health oriented, regular exercise in peer-groups, in senior-oriented physical environment and would welcome an offer that would have special

prices for seniors in sports facilities and clubs. The representatives of older people have also pointed their experience with unqualified personnel in fitness centers, especially unqualified staff and instructors to work with seniors. There was an overall consensus that there are generally not enough offers and possibilities regarding physical activity programs for older persons or in participants' surrounding environment.