



## **National report on Work Package 1:**

*FRANCE*

**Coordination of Project:**  
*Anne VUILLEMIN*

**Research Assistant:**  
*David CASTEGNARO*

## 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	x
	No		
NGO	Yes	x	x
	No		

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

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

	Three other sectors		
Government	Yes		
	No		
NGO	Yes	x	xx
	No		

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:

- *Most of the organizations encourage older people to practice regular physical activity:*
  - *through physical activity promotion (health message, prevention, pleasure, social contact...),*
  - *by implementing adapted physical activity*
    - *workshops (balance, memory),*
    - *programmes or sessions.*
- *The main actors in the social sector and health sector are the mutual insurance organizations of health (in addition to the compulsory social security) and retirement insurance organizations. Their activities are part of a comprehensive prevention approach in terms of health and aim at maintaining social relationships for successful aging. In general, these organizations subcontract the physical activity practice with the sport sector. The sport sector is in charge of operational aspects related to the actual content of the adapted physical activities and their pedagogical aspects.*

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	x
	Same		
	Decrease		
	Not clear		
NGO	Increase	x	x
	Same		
	Decrease		
	Not clear		

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

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

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

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 objective of all organizations interviewed is undoubtedly to increase their activities during the next years.*
- *A will justified by the current demographic trends and the influx of younger retirees.*
- *No specific difference between the sectors was noticed.*

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		
NGO	Yes		
	No		
	Not clear		

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

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

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

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

Summary:

*All the organizations interviewed are currently engaged in activities for the promotion of physical activity and health among older people.*

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		
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

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

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

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

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

Summary:

*Not applicable*

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:

*For all organizations, the regular practice of physical activity contributes to successful aging. In addition to benefits on physical health, it allows older people to regain confidence in themselves and encourages them to go out their homes. The importance of the maintenance of a social role and social relationships was emphasized without exception. In addition, several organizations emphasized the interesting benefits obtained with people aged over 85 years. The consequences of these health benefits and decrease of dependency is the potential decrease of public health costs.*

- 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	x	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

**Summarize the type of evaluations given.**

Summary:

*The activities with regard to the promotion of physical activity and health among older people are generally assessed through surveys conducted by the organizations. An evaluation of the physical capacities, for example, is planned at the beginning and at the end of the program. All these activities are evaluated and based on indicators to measure achievements in terms of physical capacities. The evaluations are made on the basis of assessments made by doctors, sport educators, psychologists and an analysis of the situation of the person on the basis of all data collected during the sessions. These evaluations are not always published in an official report but serve to adapt the content of the sessions to each individual.*

- 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	x	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

**For the organizations which experienced unintended effects, summarize.**

**Positive effects;**

Summary:

**Negative effects;**

Summary:

*As they found confidence, the elderly tend to go more out their homes. As a consequence, they take more risks and there is an increase of the number of falls. However, these falls may be less serious if the elderly learnt to fall and get up in a balance workshop for instance.*

- 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	x	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

**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:

*Very positive results and satisfaction regarding the benefits on health (physical, mental and social) in elderly.*

*At the social level, the sport has brought a very positive dynamic in retirement homes. The social partners have also clearly stated that the overall prevention was a priority. No specific difference between the sectors was noticed*

## 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		
	No situations or events named	x	x
	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	x	x
	Not clear from answer		

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

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

Summarize the type of situations or events mentioned by the organizations

Summary:

Most of the organizations from the sport sector mentioned historical events

- *The Popular Front in 1935 years, which gave more free time to people*
- *The need for outdoor activities after the 1950s,*
- *The evolution of sports federations to take account of outdoor sports in the 1990s.*

- 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		
	No	x	x
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

**Summarize the type of political situations reported by the organizations.**

Summary:

*Several organizations answered "no" because they were already engaged in activities of promotion of physical activity and health among older people before international or national political situations or events. For the organizations which answered "yes" we can cite:*

- *the National Plan "Bien Vieillir (Aging Well), which was at the origin of national and regional initiatives for many organizations. This national plan was launched in 2003 by the State Secretariat of Elderly and the Ministry of Sports for the period 2003-2005 and pursued for the period 2007-2009.*
- *the politics of conservation of the autonomy of the elderly led by the national retirement pension fund (Caisse Nationale d'Assurance Vieillesse – CNAV).*
- *the agreements of objectives between the sports federations and the State Secretariat of Sport which facilitates the projects targeting the elderly.*

- Have 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	x	x
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

**Summarize the type of public support or media situations.**

Summary:

*Medical campaigns on the benefits of sport on health in the 1970s. Campaigns within the framework of the national nutrition health program against sedentarity or to promote physical activity have caused several organizations to engage in such activities. These campaigns did not target specifically the elderly.*

- 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	x	
	No		x
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

**Summarize the type of scientific results.**

Summary:

*For many organizations, the scientific results have come not only strengthen their belief in the value of activities already developed. We can cite the results described in the repository of the National Institute for prevention and health education (INPES) on falls prevention as well as the collective expert review on physical activity and health from the National institute of health and medical research (INSERM).*

### 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	x
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

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

Summary:

*It may be qualitative goals such as preventing the dependence and the loss of autonomy. It may also be quantitative goals such as bringing more sedentary people to practice physical activity. Regarding the objectives pursued by the organizations, it was found that in general they revolved around: the prevention of aging, the prevention of social disruptions, the wish to prolong independent living at home: In summary, to preserve capacities as long as possible and to accompany the loss of autonomy.*

Are there any remarkable differences between the sectors?

Summary:

*In the health sector and social sector the objectives are: to establish networks and build partnerships to promote physical activity among elderly and to start prevention as soon as possible to be more effective.  
In the social sector, the objectives are part of a comprehensive prevention approach in terms of health and aim at maintaining social relationships for successful aging.  
The objectives of the sport sector relate to the organization of physical activities*

- 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	x
	So-so		
	Not important		
	Not clear		
NGO	Important	x	x
	So-so		
	Not important		
	Not clear		

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

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

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

*Compared to other goals of the organization, these goals are given priority.  
Most of the time, these objectives are in the long term.*

- 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	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

**Summarize these concrete goals.**

Summary:

*As the objectives are quantitative and qualitative, organizations choose specific and concrete indicators to achieve.*

- 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	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

**Summarize how relevant and realistic these goals are.**

Summary:

*There are several main objectives (e.g. develop prevention to prepare for aging), which are divided into strategic objectives (i.e. several possible levers) which themselves are divided into action.*

- 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	x	x
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

**Summarize the degree of agreement within the organization.**

Summary:

*The goals are shared within the organization as far as there is a good coordination at the territorial level. All the actors are gathered in order to present, explain and discuss the objectives determined. Thus, the guidelines can be implemented more quickly.*

#### 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	x	x
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

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

Summary:

*Concerning the obligations of the organizations, we can identify 3 major types: those relating to the comfort and safety of the practices; those relating to the needs of the elderly (to meet their present needs and anticipate their future needs), and finally those relating to the requirements for the qualification of the trainers and stakeholders. They must be specifically trained in the activities for the older people.*

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

Summary:

*For the retirement insurance organizations, the social action sector supports these initiatives. The social partners decide to devote 0.6% of all contributions to the actions of a social nature. For the organizations heading "other sectors" (e.g. media), the concept of obligation is not appropriate.*

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

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

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

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

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

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

Summary:

*For the organizations of the sport sector, the obligations linked to physical activity for older people are more important than others. This is because the organizations surveyed are often specialized in these activities. For the social sector organizations, other obligations are more important and binding as far as physical activity for older people is an activity among the panel of activities they offer.*

- 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	x	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

Summarize the type of intra-organizational obligations/ expectations.

Summary:

*Intra-organizational obligations are identified through the regional plan of public health developed from public health priorities proposed by the Regional Conference of Health and implemented by the regional group of public health. It is necessary to add the "sport program" of the Secretariat of State in charge of Sport. There is also a requirement of consistency between the qualification of the staff of retirement homes and the qualification of the staff of sports.*

- 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	x	x
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

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

Summary:

*At the national level, there are obligations of this type only when the activities are integrated in programs funded by political institutions (eg plan "aging well"). It is essentially financial obligations.*

- 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	x		x
	Not clear			
NGO	Yes	x		x
	No			
	Not clear			

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

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

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

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

Summary:

- 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	x		
	No			x
	Not clear			
NGO	Yes	x		x
	No			
	Not clear			

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

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

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

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

Summary:

*Most of the programs developed have a scientific validation.*

*Organizations try to apply the criteria and recommendations made by scientific community.*

## V. RESOURCES

9. 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	x
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

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

Summary:

*These are mainly grants, contributions, made available infrastructures for physical activity for free. Also note that for many organizations, the activities are based on a large mobilization of volunteers. This is an important dimension in their good working order.*

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

Summary:

*The resources don't exist nationally for the coordination of national projects.*

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

		Health care sector		
Government	Better			
	Same		x	x
	Worse			
	Not clear			
NGO	Better			
	Same			x
	Worse			
	Not clear			x
		Three other sectors		
Government	Better			
	Same			
	Worse			
	Not clear			
NGO	Better			
	Same			
	Worse			
	Not clear		x	xx

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

Summary:

*The activities for the promotion of physical activity and health among older people represent on average about 20% of the budgets.*

- 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			x
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

	Not clear		
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	Not clear		
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**Summarize these responsibilities and leaderships defined within your organization.**

Summary:

*The leadership comes generally to the professional and the responsibilities are assumed by the legal entity. It is national and regional targets. The leadership is focused on activities development.*

- 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	x		
	No			x
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

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

Summary:

*Actions and tasks are usually decided and validated within the boards or committees of directors.*

- 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			x
	No	x		
	Not clear			
NGO	Yes	x		
	No			x
	Not clear			

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

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

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

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

Summary:

*Funds come from the retirement insurance organizations, insurance funds, local authorities. But innovation in recent years is the intervention of the mutual insurance organizations of health.*

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

Summary:

*Physical activity for the older people is still unclassifiable between the sport sector, the social sector, and the health sector. It lies a little in each area. Institutions approved the actions but fail to categorize the organizations and therefore do not actually help.*

- 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	x	
	Not clear		
NGO	Yes	x	
	No		x
	Not clear		

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

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

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

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

Summary:

*Organizations work with geriatricians, psychologists, educators. Regarding educators, very few trainers in physical activity attended a specific course on the older people. Much time is needed to train them.*

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

Summary:

*The same as mentioned above. In addition, it's not always easy to find trainers interested in physical activity for elderly.*

- 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	x	x
	No		
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

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

Summary:

*The activities undertaken are generally based on a problem and needs assessment in order to move closer to the needs of the public and societal trends. For organizations interviewed it involves working with scientists, sociologists, which will enable them to anticipate trends.*

*There is an emergence of needs that we are able to identify, focused on the territories, which enable organizations to be more relevant at the time to implement their actions.*

*Experience shows that only a strong networking and proximity for the promotion of physical activity among sedentary older people.*

**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:

- 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		x
NGO	Yes	x	x
	No		
	Not clear		

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

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

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

### How can organizations adjust quickly to new situations?

Summary:

*The organizations say they are generally able to adapt their activities to new situations, but more or less quickly.*

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

Summary:

- 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	x	
	No		x
	Not clear		
NGO	Yes	x	
	No		x
	Not clear		

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

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

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

	Not clear		
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	Not clear		
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**For the organizations supported by these other organizations, summarize the type of support.**

Summary:

- *The State through the Ministry of Health and Sports (grants for the development of sport),*
- *The “Caisse nationale d’assurance vieillesse (CNAV) (national fund pension)*
- *The “Caisse régionale d’assurance maladie (CRAM), (regional fund of health insurance)*
- *The Regional Council (at the regional level)*
- *The General Council (at the departmental level).*
- *The local authorities (municipalities)*

- 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		x
	Not clear		
NGO	Yes		
	No	x	x
	Not clear		

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

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

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

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

Summary:

*The media make the link with the public and enhance the action but mainly in the local or regional press.*

- 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	x	
	No		x
	Not clear		
NGO	Yes		
	No	x	x
	Not clear		

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

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

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

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

Summary:

*There are scientists who support these activities but they are not involved often enough and there are few partnerships.*

## 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			
	2						x		
	3	x	x						
	4								
	5								
NGO	1					x			
	2								
	3	x	x				x	x	
	4								x
	5								

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

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

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

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

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

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

## B. Summary of focus group meeting

In total, 14 subjects) participated in the focus group meeting (10 women and 4 men).

Dr. Elfeki Mhiri (Ministry of Health and Sports) introduces policy of the ministry as regards physical activity for older people: promoting physical activity and sport for the older people is a priority of the Secretariat of State for Sports.

The meeting was designed to gather evidence of discussion around three major themes:

- the organizations: 2 major complementary types of actors were identified: organizations which implement physical activities and organizations of health promotion which promote health through physical activity. Many organizations offer possibilities for physical activity and the question is not which organizations should offer more but how to offer in better conditions (infrastructures, training of physical activity educators...), to coordinate the offer, to inform the elderly and convince the most sedentary to practice and practice regularly.
- the needs / barriers: the major remarks concerned the large offer provided but the lack of coordination. In addition, the “new elderly” wanted to try various physical activity and not only traditional and they like changing. However, the needs depend on the characteristics of the elderly population which is heterogeneous. The barriers were mostly identified in the rural area regarding the offer and accessibility as well as the problem of motivation which is common to everybody. The relationships with the trainers during physical activity sessions as well as their competencies may also influence the older persons.
- the capacities: sports federations, insurance, Center of Preventive Medicine, local authorities: We need to change attitudes within local authorities but the investment is closely linked to the conviction of the importance of physical activity for everyone.

### **C. Summary of feedback workshop**

16 subjects participated in the feedback workshop (10 from the sport sector, 2 from the health sector, 2 from the social sector and 2 from other sector).

We presented the results of national survey regarding the actions taken by the organization, the events that led the organization to engage with the older people, the objectives of the organizations, the obligations to which the organizations are subject, the resources available to carry out the activities, and the cooperation between organizations and health sector, social, sport. The experiences prove that only a strong networking and proximity allows the implementation of actions for older people. The promotion of multisectoral work is the main issue of the workshop. Many volunteer organizations were identified to engage in a dialogue on physical activity promotion both from the sport sector, the health sector and the social sector. Some other organizations such as internet magazine dedicated to gerontology or local gerontological center of information and coordination intend to join us.

## **D. General conclusions of WP1**

*There is willingness for the promotion of PA among sedentary older people in France. Actors in different sectors are convinced of the need for a strong networking and proximity for the promotion of physical activity among sedentary older people.*

*Public institutions approve these actions but many organizations (Government or NGO) lack of financial resources to develop these actions at the local level). There is also a lack of financial resources at the national level for coordination of national projects.*

*Therefore, the EU-sponsored PASEO project is very much welcomed by the French actor for the promotion of physical activity among sedentary older people.*