



National report on Work Package 1:

LITHUANIA

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	X	X
	No			
NGO	Yes	X	X	
	No			

	Health care sector			
Government	Yes		X	X
	No			
NGO	Yes			
	No		X	X

	Social care sector		
Government	Yes	X	X
	No		
NGO	Yes		
	No	X	X

	Three other sectors				
Government	Yes	X	X	X	X
	No				
NGO	Yes				
	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:

From 17 organizations taking part in the interview, only 4 were currently not engaged in any activity with regard to the promotion of physical activity. However, most organizations stated that they do not distinguish older people as a separate segment in their activities. The governmental institution and NGOs from sport sector promote physical activity through the events (competitions, championships, festivals) and activities of federations, associations and clubs. There are several organizations that work directly with older people, e.g. senior sports association "Five Rings". Governmental organizations from health, social care and other sectors are involved in these activities indirectly through development of different legal acts and normative documents (e.g. National strategy for the promotion of physical activity), adaptation of infrastructures for the disabled and people with functional limitations, territory planning, training of specialists, allocation of funding in the State budget.

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

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

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

		Three other sectors	
Government	Increase		
	Same	x	x
	Decrease	x	
	Not clear		
NGO	Increase		
	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 governmental institutions do not plan to decrease these activities but these plans could be modified because of the budget cuts and unclear situation about participation of other sectors (municipalities) in these activities. On the other hand, the functions and activities of ministerial institutions are strictly regulated by legal acts and they find it difficult to introduce new activities. The main obstacle for the increase of these activities is very limited funding that could even decrease in the next year because of the current economic crisis.

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		

		Health care sector	
Government	Yes		

	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

	No		
	Not clear		
NGO	Yes	X	X
	No		
	Not clear		

	Social care sector		
Government	Yes		
	No		
	Not clear		
NGO	Yes	X	X
	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:
 NGOs find these activities important and are willing to get involved in them but they are concerned about the possibilities for funding and availability of funding sources where they could submit projects related to this topic. The NGO from health sector are interested to start educational activities about the benefits of PA among older people and work with different segmented groups (sedentary, physically active and those who were physically active in the past) in order to respond to their specific needs. The NGO from social care sector is interested to get involved in these activities because of the benefits for its own members.

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	X	X
	Not clear		

	Social care sector		
Government	Yes	X	X
	No		
	Not clear		

	Three other sectors		
Government	Yes		
	No		
	Not clear		

NGO	Yes		
	No		
	Not clear		

NGO	Yes		
	No		
	Not clear		

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

Summary:

Lack of foundations and funding programmes that would finance projects related to the promotion of physical activity among older people. There is a general lack of understanding what could be done specifically in this area and how people could get involved in these activities. There is also a need for some general guidelines and transfer of good practice from other countries.

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:

The supported projects with regard to the promotion of physical activity among older people received positive feedback from participants and interest to continue these initiatives. The attitude of politicians is undergoing changes regarding this issue and economic benefits for the state in promoting PA among older people are envisaged with regard to the reduction of costs for health care. Physical activity has the effect of social integration in the community reducing social exclusion. Through media the society becomes more aware. The experience of other EU countries in the promotion of physical activity could help to stimulate municipalities to establish special PA promotion programmes enabling to use the EU structural funds more effectively in this area.

- 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	x		
NGO	Yes			
	No			
	Not clear	x	x	

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

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

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

Summarize the type of evaluations given.

Summary:

The Department of Physical Education and Sport carries out sociological surveys every four years. Adult education centre evaluates its activities through the feedback questionnaires with opinions from participants.

- 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	x	x
NGO	Yes			
	No			
	Not clear		x	x

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

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

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

For the organizations which experienced unintended effects, summarize.

Positive effects;

Summary:

Negative effects;

Summary:

- 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	x	
NGO	Yes		
	No	x	
	Not clear	x	

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

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

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

After the regaining of Lithuania's Independence more attention was given to the promotion of PA and people's motivation and not only to high performance sport. There were new projects focused on social role of sport. The promotion of PA is included in the State long-term development strategy. The funding is not used effectively and clubs that receive funding do not meet the level of expectations. The potential is not realised in this area and the problem itself still does not receive proper attention. Physical activity is underappreciated in the society and different health indicators prove it.

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	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	x

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

		Three other sectors	
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	x	

Summarize the type of situations or events mentioned by the organizations

Summary:
 International and national legal documents: the Nice Declaration, “Sport for All” Declaration; EC White Paper on sport, annual health report, health indicators, etc.
 Political parties often are very active about these activities during the election campaigns but give priority to other issues after elections.

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

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

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

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

Summarize the type of political situations reported by the organizations.

Summary:
 Certain international and European resolutions and legal documents caused organizations from sport and health sectors, e.g. the Nice Declaration, “Sport for All” Declaration; EC White Paper on sport, EC public health report.

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

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

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

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

Summarize the type of public support or media situations.

Summary:

According to the organizations from sport sector, media pays greater attention to elite sport and sport achievements. Only special Sport for All events oriented to people with disabilities receive proper attention. Most of the articles on the promotion of physical activity among older people are published in specialized periodicals. In the opinion of most organizations media could have a more active role in informing and educating society about the opportunities available with regard to physical activity and its benefits.

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

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

		Social care sector		
Government	Yes			
	No			

		Three other sectors		
Government	Yes	x		
	No			

	Not clear	x	x
NGO	Yes		
	No		
	Not clear		

	Not clear	x	x	x
NGO	Yes			
	No			
	Not clear			

Summarize the type of scientific results.

Summary:
 Both international, especially from Scandinavian countries, and national research results prompted a great number of organizations start these activities. The differences between the European countries and very low health indicators related to physical activity and nutrition in Lithuania raised the concern in different governmental organizations to direct their attention to this area. In particular, scientific results and the work of scientists prompted the Parliament to initiate the development of the national health enhancing physical activity promotion strategy.

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	x
	No			
	Not clear			
NGO	Yes	x		
	No			
	Not clear	x		

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

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

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

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

Summary:
 The organizations do not separate older people from other segments and raise general goals for physical activity, like the creation of favorable environment for physical activity and recreation, integration of the disabled through these activities. The goals are implemented according to the national legal acts and on the basis of allocated financial resources. Part of the organizations are more oriented to youth motivating that healthy habits are formed in this early stage and determine human behaviour for all lifetime.

Are there any remarkable difference between the sectors?

Summary:
Differently from the organizations in health, social and other sectors, the organizations in sport sector have defined clear goals regarding the promotion of physical activity. All organizations do not distinguish older people as a separate group of population. In the goals of most organizations physical activity is related to disease prevention and social integration.

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

	Three other sectors				
Government	Important				
	So-so				
	Not important				
	Not clear	X	X	X	X
NGO	Important				
	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:
Most organizations state that the promotion of physical activity is very important, however, they do not think that older people should be distinguished as a separate group in this area. For organizations from sport sector, the priority lies in physical activity among children and youth. In their opinion of NGOs, physical activity in general is not a priority to the governmental institutions and its benefits are underestimated.

- 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	X	
	Not clear	X	
NGO	Yes		
	No		
	Not clear	X	X

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

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

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

Summarize these concrete goals.

Summary:
Most of the respondents did not answer this question. Some organizations stated that they do not distinguish older people as a separate segment in their goals and strategic objectives regarding the promotion of physical activity.

- 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		
	No		
	Not clear	X	X
NGO	Yes		
	No		
	Not clear	X	X

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

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

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

Summarize how relevant and realistic these goals are.

Summary:
Most of the respondents did not answer this question.

- 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	x	
NGO	Yes		
	No		
	Not clear	x	x

	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		
	Not clear		

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

Summarize the degree of agreement within the organization.

Summary:
The organization engaged in the promotion of physical activity among older people share these goals within the organization.

IV. OBLIGATIONS

- 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	x	
	Not clear		
NGO	Yes		
	No	x	x
	Not clear		

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

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

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

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

Summary:
 Most governmental organizations have clearly stated obligations with regard to the promotion of physical activity, in the main strategic development documents, e.g. National health programme. These obligations include funding of different projects and initiatives, control of the effective use of financial resources, provide better services for older people. Educational institutions have specific obligations in training and upgrading specialists who work directly with different age groups, including older people.

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

Summary:
 The organizations that do not have any direct obligations to the promotion of physical activity among older people realize the need for establishing a single institution that would be responsible for this area. NGOs usually work on the basis of individual projects and they do not have any long-term obligations except the ones defined in those projects. Governmental institutions from tourism, transport and education sectors assume that more obligations should come from the Ministry of Social Security and Labour where the national ageing programmes would include different needs of older people. The insufficient cooperation between municipalities and business sector was also mentioned among the lacking obligations in the area of the promotion of physical activity.

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

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

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

	Not clear	x	x
NGO	Yes		
	No	x	
	Not clear	x	

	Not clear		
NGO	Yes		
	No		
	Not clear		

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

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

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

Summary:

Some institutions indicated that they closely cooperate with kindred organizations on the issue of the promotion of physical activity. The governmental institutions mentioned obligations coming from different international and European Community strategic documents and resolutions, like the Community action programme for public health or the UN Convention of the Rights of Persons with Disabilities. However, some organizations indicate that more pressure is needed from the European institutions, because it would have a positive effect on governmental institutions and political parties causing greater obligations to these activities.

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

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

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

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

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

Summary:

Most of the respondents did not answer this question. Some of the organizations noted that there is insufficient pressure from media and information about these activities is usually disseminated through different annual reports.

- 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	x	x
NGO	Yes			
	No			
	Not clear	x	x	

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

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

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

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

Summary:
The respondents did not answer this question.

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

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

		Social care sector		

		Three other sectors			

Government	Yes	x	
	No		
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

Government	Yes	x	
	No	x	x
	Not clear	x	
NGO	Yes		
	No		
	Not clear		

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

Summary:
 Part of the organizations allocate financial resources and coordinate programmes which finance different events related to sport and physical activity. The funding is also allocated to the development of infrastructures, e.g. cycle routes, walking paths, sports facilities. However, the primary focus of the government is on the construction of large-scale multifunctional sports arenas. The resources allocated in this area also include equipment for research and training. The organizations from health sector note that financial resources for the promotion of physical activity are very limited. Most of NGOs engaged in these activities complain about the lack of financial resources.

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

Summary:
 Some organizations lack financial and human resources in general and because of this shortage they give priority to other activities, e.g. non-governmental sports organizations receive only one third of the needed money and they allocate these funds to elite sport.

- 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				
	Worse				
	Not clear	x	x	x	
NGO	Better				
	Same				
	Worse				
	Not clear	x	x		

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

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

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

	Worse		
	Not clear		

	Worse				
	Not clear				

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

Summary:

None of the respondents answered this question.

- 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		
	No		
	Not clear	X	X
NGO	Yes		
	No		
	Not clear	X	X

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

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

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

Summarize these responsibilities and leaderships defined within your organization.

Summary:

None of the respondents answered this question.

- 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		
	Not clear	X	X
NGO	Yes		
	No		

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

	Not clear	x	x
--	-----------	---	---

	Not clear		
--	-----------	--	--

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

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

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

Summary:

Most of the respondents did not answer this question. One organization noted that the head of a special division working in this area is included in the decision making when it is related to the promotion of physical activity, e.g. decision to participate in certain projects.

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

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

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

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

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

Summary:

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

Summary:

The greatest part of organisations indicated that finances are insufficient for these activities because of the general shortage of funding. A number of organisations note that the lack of funding is related to the economic crisis and budget cuts.

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

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

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

Summary:

Most of the governmental organisations state to have adequately qualified personnel, including experts of specific fields, scientists from Universities holding academic degrees who are familiar with the problems related to physical activity and older people and who are able to carry out analytical studies in this area. For these activities they create work groups inviting experts from different fields and representing different groups of interest.

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

Summary:

Several NGOs mentioned that they are unable to employ full-time employees and rely exceptionally on the voluntary work of its members who have too many obligations, therefore these organisations do not have the potential needed to work in this area. Several governmental institutions note that well-qualified specialists move to private sector where they are offered higher salaries.

- 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	X	X
NGO	Yes			
	No			
	Not clear	X	X	

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

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

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

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

Summary:

None of the respondents answered this question.

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:

None of the respondents answered this question.

- 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	X
	No		
	Not clear	X	
NGO	Yes		
	No		
	Not clear	X	

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

	Social care sector		
Government	Yes		
	No		

	Three other sectors			
Government	Yes			
	No	X		

	Not clear	x	x
NGO	Yes		
	No		
	Not clear		

	Not clear	x	x	x
NGO	Yes			
	No			
	Not clear			

How can organizations adjust quickly to new situations?

Summary:
Most of the organizations assume that they can quickly adjust to new situations but these changes usually depend on financial resources.

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

Summary:
Several organizations note that the decision making process is very strict and they cannot adjust quickly to new situations.

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

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

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

Summary:
Governmental organizations from sport and health sectors assert that they receive proper support from international organizations and that they have established good channels of communication with them. However, political parties usually provide or promise their support only before the elections, while after the elections they give priority to other areas and issues. Part of NGOs have strong cooperation with governmental institutions and receive their support.

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

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

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

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

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

Summary:
Greater part of organizations indicated insufficient support coming from media.

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

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

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

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

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

Summary:

Only part of the organizations indicated about strong ties of cooperation with scientific centres. In the opinion of certain organizations, scientific institutions could play a more active and vital role in the promotion of physical activity, providing evidence from the research and teaching different methods how to work with older people in the area of physical activity.

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		<i>environment</i>	<i>education</i>
Government	1					x			
	2		x						
	3	x	x	x	x	x			x
	4								
	5					x			x
NGO	1								
	2								x
	3	x	x						
	4					x		x	
	5								

Health care sector									
		(health)		sport		social		<i>environment</i>	<i>education</i>
Government	1								
	2								
	3					x			
	4			x	x	x			
	5								x
NGO	1			x		x			
	2								
	3			x		x			
	4								
	5								

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

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

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		environment	agriculture	education
Government	1									
	2									
	3									
	4								x	
	5	x	x	x		x	x			x
NGO	1									
	2									
	3									
	4					x		x		
	5	x	x			x				x

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

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

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

B. Summary of focus group meeting

Please make a summary of the most important findings and conclusions of the focus group (max 2 pages). Please do not forget to mention the number of participants (refer to their position in the matrix of the focus group)

The Participants in the Focus group meeting listed the following organisations that are involved in the promotion of physical activity among older population in Lithuania: organisation “Sport for All”, a number of associations, Lithuanian Gymnastics Federation, the sports club for seniors, the organisation “Five Rings”.

The main motives of participation in the activities of these organisations are health enhancement and general physical fitness. Some older people on their own gather together older population for walking, swimming and other activities. On the other hand, municipalities do not allocate the necessary financial means, only organise onetime events such as community sports festivals. Each municipality has a sport division that should take care of the promotion of physical activity. A similar initiative should also come from the Ministry of Health Care.

There should be established a special organisation that would take care of the promotion of PA among older people, because it is their concern that older people have to seek by themselves the activities they could be involved according to their age and fitness. There is a need to encourage people, invite and prompt them to take care about their health not only when they become ill.

There is a lack of information about sport facilities that are freely accessible for the retired population. For instance, Kaunas skating-rink “Ledo arena” can be accessed for free by older people but people do not know about it. There should be a well-equipped infrastructure close to where older people live where they could jog, play badminton or tennis, etc. There is also a lack of educational and information campaigns as well as favourable conditions for physical activity because sports and fitness clubs, that offer a wide range of services, are very expensive.

The most important thing that needs to be done is to set simple playgrounds for sports in the parks adapted to people’s different needs where young and old people could exercise and move. NGO’s and governmental institutions do not offer safe health enhancing activities, like Nordic walking or certain folk games, that would have a great success among older people.

To conclude with, in the opinion of the group of older people, the current situation with regard to the promotion of physical activity among older people is by no means satisfactory. On one hand, there is a lack of safe outdoor spaces for physical activity in the places where older people reside. On the other hand, municipalities practically do not organise or promote physical activities but they mostly implement only single onetime events. If these conditions are more favourable, older people would be able attract their neighbours to these activities and, in their opinion, physically active population could increase up to 75 percent.

C. Summary of feedback workshop

Please make a summary of the most important findings and conclusions of the workshop (max 2 pages). Please do not forget to mention the number of participants (refer to their position in the matrix that was applied to selected the representatives for the interviews)

D. General conclusions of WP1

Please make a summary and make your final conclusions regarding the existing capacities for the promotion of physical activity among sedentary older people in your country.