



National report on Work Package 1:

National Institute of Public Health, Poland



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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
	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	x	
	No		
NGO	Yes	x	x
	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: All the respondents claimed that their organization is engaged in activity with regard to the promotion of physical activity and health among older people. Physical Activity is the main activity for both government and NGO organizations from sport sector. Health care sector often recommend physical activity, however it is not directly involved in activities combined with physical activity. It often recommends physical activity as a part of primary, secondary and tertiary prevention. The social care sector often treats physical activity as a form of social integration or prevention of disability and social exclusion.

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	x		
NGO	Increase	x		
	Same			
	Decrease	x		
	Not clear			

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

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

		Three other sectors		
Government	Increase	x		
	Same			
	Decrease			
	Not clear			
NGO	Increase	x		
	Same	x		
	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: Most of respondents from both NGOs and governmental sector claimed that during the next year their organizations are planning to increase the activities with regard to the health promotion and physical activity among older people. From those who declared to increase the activity, most indicated the previous successes. However, one of NGO experts said that the need of increase of activities is caused by previous difficulties.

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 participants claimed that their organizations are engaged in activities for the promotion of physical activity and health among older people.

- 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: All the participants claimed that their organizations **are** engaged in activities for the promotion of physical activity and health among older people.

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 majority of respondents declared that the activities have raised the awareness of aging people. Respondents from public sector claimed that the activities have improved health rates. As an additional effect developed infrastructure and recruited attendees were indicated. One of the experts noticed that the activities help participants to better organize their life.

- 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			
	No		x	
	Not clear		x	

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

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

Summarize the type of evaluations given.

Summary: It is clear that in all government organizations the activities have been evaluated. On the other hand, in NGOs they are not always evaluated.

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

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

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

For the organizations which experienced unintended effects, summarize.

Positive effects;

Summary: Most of respondents noticed unintended positive effects of the campaigns. The most commonly reported was changing the attitude of older people towards the physical activity. They were explaining how the physical activity changes the attitude of older people and can give them the sense of life.

Negative effects;

Summary: There were no negative effects reported.

- 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	
	No			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		x	
	No			
	Not clear			
NGO	Yes		x	
	No			x
	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: The majority of experts from governmental organizations are satisfied with the effects of the activities. In the contrary some of the experts from NGOs are not satisfied. There was opinion that there are still not enough people willing to take part in the activities. On the other hand there were some NGOs that were very content with successes of the activities. One of the NGO respondents from sport sector was proud of 2639 people who exercise in 159 groups in 55 centers organized by the NGO.

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

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

Summarize the type of situations or events mentioned by the organizations

Summary: The most commonly reported situation that caused the organizations to get involved in activities with regard to the promotion of physical activity and health among older people was demand of population. Some experts from NGOs indicated such reasons as their eagerness to share the knowledge and experience or to help with improving the life quality of older people. Experts have also confirmed that they had often the support both in media (e.g. press articles) and societies.

- 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		
	Not clear	x		
NGO	Yes			
	No	x	x	
	Not clear			

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

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

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

Summarize the type of political situations reported by the organizations.

Summary: Some of experts claimed that their involvement in the activities resulted from scientific studies (e.g. scientific conference "Zawsze Aktywni" in Gdynia or report on scientific research).

- 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	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		x	
	No		x	
	Not clear			

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

Summarize the type of public support or media situations.

Summary: Most of respondents, especially from sport sector indicated that they have got the support. Some of experts were talking about articles or demand from the society.

- 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			
	Not clear	x		
NGO	Yes			
	No	x		
	Not clear			x

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

Summarize the type of scientific results.

Summary: e.g. doctoral dissertation or conference

III. GOALS

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

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

Summary: All the organizations have certain goals regarding the activities for the promotion of physical activity and health among older people. Those are among the others: to recruit attendees or raise awareness.

Are there any remarkable difference between the sectors?

Summary: The organizations from health care sector obviously reported that their aim is to improve health. On the other hand for organizations from sport sector the aim is to recruit attendees.

- 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	x		
	Not important			
	Not clear			

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

		Three other sectors		
Government	Important	x		
	So-so			
	Not important			
	Not clear			
NGO	Important	x		
	So-so	x		
	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: Obviously for all participants from sport sector the goals are important when compared to other goals in the organization. For one of the NGO it was the one and only goal.

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

Summarize these concrete goals.

Summary: Nearly all of respondents claimed that the goals are specified through number of attendees.

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

Summarize how relevant and realistic these goals are.

Summary: this question often provoked participants into vivid discussion. Those from NGOs pointed, that if they had no relevant and realistic goals, they would not get the funds for the projects. Other told about previous successful projects.

- 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	x	
	No			
	Not clear			

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

Summarize the degree of agreement within the organization.

Summary: Here also almost all participants agreed that these goals are shared within the organization.

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

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

Summary: The experts from governmental organizations indicated that they have obligations combined with National Legislation.

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

Summary: The NGOs often do the voluntary work.

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

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

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

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

	Three other sectors		
Government	higher importance		
	same importance	x	
	lower importance		
	Not clear		
NGO	higher importance	x	
	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: For all organizations the goals have the same or higher importance.

- 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	
	No	x	
	Not clear		

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

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

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

Summarize the type of intra-organizational obligations/ expectations.

Summary: The intra-organizational obligations exist mainly for governmental organizations.

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

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

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

Summary: Also the external obligations exist mainly for governmental organizations.

- 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		
NGO	Yes	x		
	No	x		
	Not clear			

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

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

Summary: Some respondents felt increased obligations by the public.

- 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			
	No			
	Not clear	x	x	

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

		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		x	
NGO	Yes			
	No		x	x
	Not clear			

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

Summary: Not clear what the expectations are.

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	
	No	x	
	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	x	
	No	x	
	Not clear		

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

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

Summary: The public sector has specific resources allocated to the activities (financial budget).

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

Summary: The majority of NGOs have no specific resources (voluntary work).

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

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

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

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

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

Summary: Governmental organizations have the same or even smaller amount of resources in comparison to other resources of the organizations. NGO have often no specific resources.
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- 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	x	
	No			
	Not clear			
NGO	Yes	x	x	
	No			
	Not clear			

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

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

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

Summarize these responsibilities and leaderships defined within your organization.

Summary: In many organizations leadership and responsibilities are defined by internal guidelines.

- 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		
NGO	Yes			
	No	x	x	
	Not clear			

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

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

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

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

Summary: Only big (governmental) organizations have other parts included in decision making 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	x	x	
	Not clear			
NGO	Yes			
	No	x	x	
	Not clear			

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

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

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

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

Summary: The majority of experts from governmental organizations stated that the finances are sufficient to carry these activities. There were some opinions though that there were some budget cuts due to financial stagnation.

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

Summary: On the contrary most of the NGOs have a general shortage of resources.

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

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

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

Summary: Some experts mainly from governmental organizations claimed that there are enough well qualified personnel in their organizations.

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

Summary: It seems that for many organizations lack of funds result in lack of well qualified personnel. (e.g. the organization is unable to hire enough trainers for all people who want to attend exercises)

- 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	
NGO	Yes			
	No			
	Not clear	x	x	

		Health care sector		
Government	Yes		x	
	No		x	
	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		x	
NGO	Yes			
	No		x	x
	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: e.g. rise in mortality and morbidity rate for certain diseases

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	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	x
	No		
	Not clear		

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

How can organizations adjust quickly to new situations?

Summary: All the respondents claimed that they are able to adjust the activities when needed. This might be done by employing new staff and or forming partnerships when funds are available.

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

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

Summary: The support is mainly by sharing contacts and providing access to information.

- 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	
	Not clear	x	

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

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

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

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

Summary: The successes in the organized activities often result in (mainly local) media coverage.

- 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	x	
	No		
	Not clear	x	

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

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

Summary: The support is done mainly through consultancy.

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

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

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

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

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

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

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

B. Summary of focus group meeting

National Institute of Hygiene in Poland, as a partner of PASEO project, in May-July 2009 has undertaken a research in order to assess existing capacities for physical activity among sedentary older people. As the first step, focus meeting interviews with older people have been organized by the Institute. The aim of these meetings was to identify what their needs are, which organizations they consider important for their issues and what capacities might have to be created to better address their needs. The research has been conducted in four groups (two male groups - 12 people each, and two female groups– 10 and 7 people). Respondents were above 60 years old (half of the group was older than 70). Below there are the conclusions of the interviews.

- When asked how they spend their time, only two from among 40 people have indicated spontaneously the participation in a program promoting physical activity among older people (that was dance classes). Among the most common answers were:
 - the everyday duties combined with physical activity (shopping, cleaning)
 - playing with grandchildren
 - working in summer house
 - walking
 - bicycling

Less often:

- Nordic walking (this activity was recalled by one man – he does it with his wife, the walking sticks were both by his children)
- climbing the stairs

Only few of them reported regular physical exercises.

Older people did not declare the need to improve their physical activity. However, most of them claimed that the activities are necessary to keep them healthy and to improve the standards of living. In one of the male groups some of the respondents admitted limitations in their fitness, efficiency, low endurance and weak movement precision. Those constraints were characterized as very nagging. In the same time respondents admitted that many of the older people does not understand the importance of physical activity to keep the health in consequence does not recognize the needs in this area.

- When asked to indicate existing programs promoting physical activity among older people, respondents indicated community centers, PE centers and swimming pools. They have also pointed out University of the Third Age and the Polish Tourist Country-Lovers' Society (PTTK) as particular institutions. The activity which was most often pointed out was swimming. Also gymnastics or dancing were indicated.

In one of the four groups the respondents were not able to indicate any institution that promotes physical activity among older people in Poland. They said that in the past their physical activity was organized by their working place. Nowadays they have to pay for everything.

Some expressed their opinion that the physical activity is organized by the community only for young people. The old people are omitted (and less supported).

From among more than 40 respondents, only few of them took part in this kind of activities.

- As a barriers for the old people to be involved in that kind of activities the following where indicated:
 - small number of classes and not suitable hours (there were some opinions that the number of programs is categorically insufficient).
 - difficulties in subscribing for reimbursed classes for old people (long waiting period, complicated formalities, need of the medical opinion on physical abilities, not enough information). There were also opinions that one can be only admitted “by chance”
 - insufficient number of programs that are appropriate for older people – e.g. gyms are not suitable for older people, because the exercises offered are too hard for them.
 - activities not affordable for elderly people
 - facilities are not adjusted for old peoples’ requirements – the facilities are often located in a long distance from public transport, there are not adjusted for the people with disabilities.

The other type of barriers where resulting of the age and physical abilities of the respondents.

- low physical form due to disabilities (e.g. hypertension and other cardiovascular diseases, loco-motor system impairment)
- “the shame of being unfit, awkward, bad looking” – caused by stigmatization (e.g. “it is not proper for older people to go to the swimming pool”). Therefore it is very important for them to take part in activities that are designated only for their age group, to not feel embarrassment.

In one of the groups there were some voices claiming that older people have no time to take part in such activities, because they have their own duties, as taking care of their grandchildren.

One of the man confessed that he is not interested in such activities, as he does not want to “act as sportsmen”.

- When asked about entities that should promote health by organizing physical activity for older people the respondents indicated:
 - health service
 - housing association
 - governmental organizations
 - local governments
 - Churches and other associations
 - NGOs
 - Social Insurance Institution (ZUS)

Respondents reported increasing difficulties in acquiring funds respectively to previous year. Additionally, the EU programs happen often only once and are not continued.

- They pointed insufficient promotion of the activities (informal information on the offers, lack of programs' promotion)
- At the end one of the ladies claimed that for “some politicians aging population is a problem not a challenge”.

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)

The third step of the work package was a national feedback workshop. It was hosted by National Institute of Hygiene – National Institute of Public Health and took place on 30th of June 2009. The representatives of both governmental and non-governmental organizations were participated. As some of the experts could not come (e.g. because of long travelling distance), finally the workshop was participated by seven experts. The preliminary results of interview and focus group study were presented and discussed. The participants found the latter particularly interesting. They have vividly commented the opinions of older people. They were also talking about their own experience in the field of organizing physical activity programs. The NGOs' representatives were talking about funding of their activities and discussing about the collaboration. The meeting was not only the occasion to talk about strengthening capacities. It was a platform to exchange experiences and has built partnership relations.

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.

Although the study had mainly quantitative, there are some overall conclusions that might be drawn:

- there are a lot of constructive and positive activities that are undertaken with regard to the promotion of physical activity and health among older people. Most of them are driven by people who feel passion and mission in work they are doing.
- There are not always sufficient funds and other resources to conduct such activities.
- Older people from on focus groups reported that there is unsatisfactory number of the activities. On the other hand the experts claimed that they sometimes have problem to recruit adequate number of participants for the organized activities. Ergo, there might be a problem with promotion of the activities.
- The study on intersectoral structures has shown that there is still little cooperation between sectors. However, the experts expressed that there is a big capacity to cooperate.