



National report on Work Package 1:

'PORTUGAL'

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	xx	x
	No		
NGO	Yes	x	x
	No		

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

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

	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: Most of the organizations have physical activity programs for the elderly. The health sector works more with the promotion of Physical activity through information campaigns and one organization is funding some activities. The social sector is mostly worried about social problems like isolation, nutrition, and home care.

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

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

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

		Three other sectors		
Government	Increase			
	Same	x		
	Decrease			
	Not clear			
NGO	Increase	x	x	
	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: Most of the organizations pretend to increase the activities to reach all the people in the surroundings. Political reasons, success of the activities and the ageing of the population are the most important reasons given.

The most important difference is that in the governmental organizations political reasons are more frequent.

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	x		
	No			
	Not clear			
NGO	Yes			
	No			
	Not clear			

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

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	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: Educational physical activity programs for the health sector (physicians and nurses) so they can prescribe physical activity for the elderly. Physical activity programs in institutions for the elderly.

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	x	
	No		
	Not clear		
NGO	Yes		
	No		
	Not clear		

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

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

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

Summary: there are other priorities at the moment. Lack of resources and political issues.

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: more people are now engaged in physical activity, many have now more autonomy, they need less medical care and they are more sociable. We want to improve the life quality of the elderly.

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

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

Summarize the type of evaluations given.

Summary: Activities are frequently evaluated by the increasing number of participants, feedbacks by the participants are often received and satisfaction questionnaires are sometimes taken. In some cases there are evaluations of the physical fitness in the beginning and at the end of the program. In cases involving fund application a special team is designed to evaluate the process.

- 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	x		
	Not clear			
NGO	Yes			
	No			x
	Not clear	x		

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

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

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

For the organizations which experienced unintended effects, summarize.

Positive effects;

Summary: the adherence to the programs was surprisingly high. 100% of full satisfaction in a satisfaction questionnaire.

Negative effects;

Summary: In some cases they were unable to reach all of the interested people.

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

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

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

		Three other sectors		
Government	Yes	x		
	No			
	Not clear			
NGO	Yes	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: The organizations are generally satisfied with the results because of the program success, the expectations are being exceeded.
The actions taken by the health sector are difficult to measure, so they are not clear about their effects.

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	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			

		Health 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			
	Not clear from answer			

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

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

Summarize the type of situations or events mentioned by the organizations

Summary: change in the political policies, the aging of the population, European projects, interest in health, new people's arrival, National health plan, partnerships.

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

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

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

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

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

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

Summarize the type of political situations reported by the organizations.

Summary: Mayors' interest in physical activity and in the elderly. National Health plan that defines aging as one of the priority areas of intervention.

- 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	XX	
	No			
	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			

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

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

Summarize the type of public support or media situations.

Summary: The public request for more programs, and the media divulgation of the physical activity program as a major goal of the political party in charge. Social responsibility of organizations.

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

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

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

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

Summarize the type of scientific results.

Summary: the frequent results on the benefits of physical activity in the elderly. Results from a PhD in the population. Health, Ageing and retirement surveys.

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	xx	
	No			
	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			

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

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

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

Summary: Reach as many people as possible, increase the number of participants in the physical activity programs, improve health and autonomy, students formation. The objectives are not specific.

Are there any remarkable difference between the sectors?

Summary: the educational sector is mostly worried about the students formation.

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

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

	Not important		
	Not clear		x

	Not important		
	Not clear		

		Social care sector		
Government	Important			
	So-so			
	Not important			
	Not clear			
NGO	Important			
	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: The sports sector define their goals as important, or more important than, the other goals. The education sector, represented here by two sports faculties, sees these goals as important. The health sector look at all of the population so the activities for the elderly are as important as the other groups they work.

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

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

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

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

Summarize these concrete goals.

Summary: the goals are defined according to the program objective in the educational sector. In the social care sector the organization wants to provide activities to all of the institutionalized people there.

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

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

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

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

Summarize how relevant and realistic these goals are.

Summary: The goals are realistic and they are being achieved each year, but in some sectors they depend on the resources availability and they're about to fail. The goals are relevant because they look to reach more and more people and therefore improve people's health.

- 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	xx	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			

		Social care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes	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: in some sectors that depend on the political will, the objectives are defined by the technicians based on the needs of the population but the final decision is up to the Mayor. In Health sector a multidisciplinary team defines the objectives based on the national health plan. In other organizations objectives are shared.

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	xx
	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		

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

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

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

Summary: Political / Governmental, Social, Moral obligations. As they represent institutions that are expected to provide and look for the people's well being. Educational obligations as they represent a renamed organization that train students to teach elderly classes.

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

Summary:

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

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

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

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

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

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

Summary: More often these obligations have the same importance as others as the organizations look to reach all of the population groups equally. In some cases the importance is higher due to the characteristics of the organization that is mostly directed to the elderly or because the organization sees these age group as a special/risk population.

- 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	xx	x
	No		
	Not clear		
NGO	Yes	X	
	No		x
	Not clear		

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

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

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

Summarize the type of intra-organizational obligations/ expectations.

Summary: The organizations expect us to reach more people every year and to increase the satisfaction of the participants which will translate into more satisfaction with the actual government. In the educational sector the students expect the organization to increase the number of older people participating in the Physical activity programs so they can train the teaching skills.

- 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	xx	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	
	Not clear			

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

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

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

Summary: As governmental institutions some of these organizations have political expectations as they are responsible for national / regional health and for communities.

- 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	xx	x	
	No			
	Not clear			
NGO	Yes	X	x	
	No			
	Not clear			

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

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

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

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

Summary: As the programs grow and became more known people are starting to expect more each year and they contact us to learn more about the programs and to participate. As people become more literate and learn more about health they expect more from the organizations. But the majority of the population does not expect organizations to promote health and physical activity they only

look for treatment of diseases from the health sector, from the social sector only home support, like nursing and nutrition.

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

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

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

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

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

Summary: Educational organizations are expected to produce some results on the health benefits of different physical activity programs in this population. Some organizations are involved in programs that act as a sample for scientific research, for example analyze the modifications induced by a certain type of exercise.

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	xx	
	No			
	Not clear			
NGO	Yes	X		
	No			
	Not clear	x		

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

		Social care sector		
Government	Yes			
	No			
	Not clear			

		Three other sectors		
Government	Yes	x		
	No			
	Not clear			

NGO	Yes	x	
	No		
	Not clear		

NGO	Yes		x
	No	x	
	Not clear		

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

Summary: Teachers, facilities rent and maintenance, program divulgation (flyers, print, mailing), gifts, new equipment and material, bus to drive people from their homes to the gym, staff working in the sports department.

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

Summary: Some organizations have their own facilities or are lending city facilities for free, some have teachers for free as a part of the formation programs in physical activity for the elderly.

- 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	x	
NGO	Better	X		
	Same			x
	Worse			
	Not clear			

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

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

		Three other sectors		
Government	Better			
	Same			
	Worse		X	
	Not clear			
NGO	Better			
	Same	X	x	
	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: the majority of the organizations describe their resources as same as the others because some of them are used for several purposes. Sports sector from some city hall sees their resources as better because they have special buses to pick up the elderly, because their sector have more people working than others, because they have better and paid facilities. In one case the resources were classified as worse because there aren't enough people.

- Are leadership and responsibilities defined regarding the activities?

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

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

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

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

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

Summarize these responsibilities and leaderships defined within your organization.

Summary: generally there is one or two persons who are responsible for the physical activity in this age group and everything goes through them and then they decide who is going to be in charge of what according to the needs.

- 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	Xx	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		

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

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

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

Summary: Mayor's, directors of the organization, scientific committee, management.

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

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

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

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

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

Summary: In Oeiras municipality human resources cost 89 000 Euros that is not all. Generally the funding comes from the central government in the health sector, in sports sector it comes from fees and from the municipality, in the social sector fees and government support and in other sectors money comes from the central government budget for education and from some funding of the European union.

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

Summary: a large number of the organizations mentioned a lack of financial resources so they can't grow and sometimes can't accomplish their objectives. In some cases when the funding finishes the activities will probably end unless they get another fund.

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

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

		Social care sector		
Government	Yes			

		Three other sectors		
Government	Yes			

	No		
	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	No	X	
	Not clear		
NGO	Yes	x	x
	No		
	Not clear		

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

Summary: in sports sectors there are many people working around 300 to 500 people, working not only with the elderly but with physical activity in general, mostly physical education technicians.

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

Summary: It is often mentioned a lack of personnel because there are lots of things to do and the responsible for physical activity in the older people also have responsibilities in other areas and they can't handle everything. Generally the main reasons given are related to insufficient finance and to other priorities than older people's physical activity. There was a cultural problem also mentioned.

- 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	x	
NGO	Yes		
	No		x
	Not clear	x	

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

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

	Three other sectors		
Government	Yes	x	
	No		
	Not clear		
NGO	Yes	x	x
	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: The ageing of the people in the community. The importance of the elderly in political issues. The increasing free time that these people have available and the need to do something with it. The need for scientific results that reinforces the benefits of physical activity in this age groups. The growing autonomy of the elderly.

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

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

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

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

How can organizations adjust quickly to new situations?

Summary: Depend on the situation. But in past events they manage it successful. The staff are very adaptable.

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

Summary: lack of resources

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

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

		Social care sector		
Government	Yes			
	No			

		Three other sectors		
Government	Yes	x		
	No			

	Not clear		
NGO	Yes	x	
	No		
	Not clear		

	Not clear		
NGO	Yes	x	
	No	x	
	Not clear		

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

Summary: there is financial support available although not always specific for these age groups and there is also physical resources like the facilities that are used in the programs.

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

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

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

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

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

Summary: Often there is a divulcation of the activities in the national or local media. There is a case were a private organization is funding the promotion of physical activity based on their social responsibility and they use the media to communicate this.

- 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	x
	Not clear		
NGO	Yes		
	No	x	x

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

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

		Social care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes	x		
	No			
	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: There is financial support from national and international scientific organizations and also human resources available. Also some organizations mentioned that the scientific results are a way to trust their work and whenever a new result on the benefits of physical activity is announced that acts like a different type of support to their actions: making everyone to trust and believe it.

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

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

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

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

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

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

Three other sectors									
		health		sport		social		other	other
Government	1								
	2								
	3								
	4	x							
	5			x		x			
NGO	1								
	2								
	3		x		x		x		
	4	x				x		x	
	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 focus group was composed by 11 participants.

The male group was composed by 3 active and 2 inactive persons; two of them were more than 70 and 3 were less than 70 years old of age.

The female group was composed by 3 active subjects two of them with less than 70 years and by 3 inactive, two of them with more than 70 years old.

The organizations offering activities to older persons are the city Hall by its sports division, the sports faculties and there are also offers in the private sectors, namely health clubs, health clinics through physiotherapy and social foundations. Some doctors also try to promote physical activity and in the senior universities there is a yoga class.

People are most engaged in the activities promoted by the city hall and by the sports faculties because the programs are almost for free and the elderly get to know lots of people in their communities. Some of them also practice in health clubs and clinics because these facilities are better and have qualified personnel. The distance of the facilities to the homes is also an important factor when participating in activities provided by the private sector.

More activities should be offered by the day centers, community halls, sports associations, even schools are mentioned because of the distance to the older people homes. The presence of teachers in the infrastructures and classes in the open parks and near the beach should be offered.

The needs by the elderly mentioned are basically autonomy in everyday life. They refer the decrease of the age related physical limitations, increase of mobility, the absence of diseases, weight loss issues, and enjoyment and social interactions. To engage in more physical activity more infrastructures, material and free programs are mentioned. Although it wasn't directly mentioned we could find out that more education on the benefits of regular physical activity should be presented to the elderly. We recommend the physicians or the priest to talk about it due to the importance of these figures to the older people as they represent the Knowledge and everything they say it's true and good.

There are many people who are not engaged in physical activity, and the barriers often mentioned by this age group are related to health. They are afraid of injuries, they are not confident in their abilities and we can notice a lack of will and energy. Older people who do not engage in physical activity frequently say that they are sick, they are in pain, they can't do this or that because their age and they don't see any need for physical activity as they thought they are already active doing the housework.

The persons participating in physical activity programs mentioned the need for specific programs according to their physical activity level and they also mentioned this as a barrier if they can't accomplish all the tasks they were asked to. Transport to the facilities is also referred as a need since time and distance are frequent barriers to physical activity. The absence of infrastructures and monitoring is also mentioned as a barrier for more activity.

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 workshop was conducted with 10 participants: two from the health sector, four from the sports sector, one from the social sector and three from other sectors.

We start the workshop with the presentation of the general results of success of the current programs and the satisfaction of the organizations. An often mentioned problem of lack of finances and human resources for the programs to grow was also addressed.

The discussion of the possibilities included the need of a larger contribution of the Social and Health sectors as they are a key mean to reach a large number of elderly people. A higher interaction between all of the sectors could promote health through physical activity and could make the programs and activities available to all of the older population in the communities.

It was mentioned that the educational sector should provide formation to the elderly and also to the technicians dealing with them these age groups on the benefits of physical activity and the risks of sedentary behaviors. It was also mentioned that schools and faculties with sports courses could open free classes to the elderly in the community so the students can practice and the elders benefit from that. The senior universities should include a physical activity class as a mean to improve older person's mobility.

The local governments were recommended to provide infrastructures and facilities in the community that can target a large part of the population to promote mobility and implement physical activity programs in those facilities in free from competition hours. They could disseminate flyers or other forms of physical activity promotion in the mail boxes of the community, in their community centers. They could also implement activities in all the day and community centers.

The health sector should look more to the prevention of diseases instead of the treatment and despite the knowledge that investing on prevention also in the elderly could make the sector save some money they prefer to invest primarily in children. The suggestions, and given the great influence power of the doctors in older people, are that physicians and nurses recommend the practice of physical activity as key factor for health, and the medical centers have brochures and wall papers on the benefits of regular practice of physical activity. So that can be accomplished the physicians must be given some formation in the sports area so they could know what to recommend or to have a sports technician working in the medical center (after the doctor's

appointment where physical activity was recommended) that prescribe physical activity according to each person's capabilities and suggest places where people can get their activities. We think that this is a major area of intervention in the physical activity promotion.

The social workers that are frequently involved with older persons are of great influence too. They should promote workshops on the benefits of regular physical activity for all and some events with the several groups or communities participating in physical activity programs. The social programs in the community or even at people's home should include some type of physical activity. They could also provide transport to the facilities and information. All social institutions must provide physical activity programs according to the institutionalized people's functionality.

In the private sectors with social responsibility some ideas brought up were related to the offer of some equipment and materials for the classes or even some services like prints, design of a brochure, etc. Also the organizations could place their name in the brochures or materials as marketing to the companies. Some discounts for the elderly in sports related equipments and activities were also referred in this workshop. Another good idea was the publicity of the programs in the public transports as they are the preferred way to travel by the older people.

Science and pharmaceutical organizations are another area of interest for example if they fund some activity they could, for example, use the results of health and fitness tests taken place several times during the program to work on.

Moreover, the media should make a bigger investment in the physical activity and health related programs and news. The media reach everybody and the elderly spend lots of time in the morning and after lunch watching TV, so these hours could be used to promote an active lifestyle and enhance the people who choose to be active.

The governmental organizations are the ones showing more will to continue a dialogue on this issue and as a final result of the workshop two main ideas remain: a higher investment/importance placed on the elderly physical activity are needed as well as more interactions between the sectors. This should elevate the potential health benefits of the activities and the number of people using the programs.

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.

The most important capacities for the promotion of physical activity in the elderly, at the moment, are the programs implemented by the local governments but physical activity programs provided by sports faculties also involve a large number of people. Moreover, in some cases we can find a tight association between faculties of sports and local governments in the promotion of physical activity.

The governmental organizations are the ones showing more will to continue a dialogue on this issue as they have more means.

The less explored sectors are the health and social sectors that could give an essential contribution on the promotion of physical activity as they are more recognized as trusted by the elderly and they are a means of excellence to reach these age groups. Actually, as mentioned in the workshop the interaction between all of the sectors (health, sports, social, educational, etc) is the key to a well recognized and well conducted physical activity program that should be widely spread.

The private sectors of sports and well being should also invest a little more as the older people are getting more autonomic, they have money they want to spend, they have lots of free time so it's a good investment.

The most common barriers to the growth of the programs are the lack of financial and human resources that doesn't allow the organizations to include more people in their programs. But with the right interactions, more could be accomplished as the costs could be reduced for each organization and more people could be involved if some ideas mentioned in the workshop were put into action.

In the elderly point of view we found a cultural barrier because people don't understand the importance or need for physical activity as a way to improve health and maintain the so wanted mobility, autonomy and quality of life. Lack of confidence in the capability to perform some activities and frightening of injuries are the most common barriers to physical activity as well as the time and distance. Therefore an educational program on the risks of sedentary behaviors and the benefits of physical activity to this population, provided by social, educational and health sectors, is an important step as well as a good conducted campaign in the media especially in the many hours that the elderly usually watch TV. Doctors, priests and social workers have fundamental roles in the implementation and maintenance of the activities as they are well recognized and reliable to the elderly so if they promote physical activity it's guaranteed that the elderly would engage in it.

In conclusion: a higher investment/importance placed on the elderly physical activity as a way to improve health is needed as well as more interactions between the sectors. This should elevate the potential health benefits of the activities and the number of people using the programs.