



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

# *SPAIN*

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## A. Template for the summary of the 15 interviews

### I. ACTION

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

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

	Sport sector			
Government	Yes	X	X	X
	No			
NGO	Yes	X	X	
	No			

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

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

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

Summarize the 15 answers by using the following sub questions;

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

#### Summary:

The representatives of the interviewed organisations expressed that their organizations are immersed in programs of the promotion of physical activity and health among older people. The most mentioned regional program was “El Ejercicio Te Cuida – Exercise Looks After You”, in which participate the sports, health and medical assistance sector.

Nevertheless there are other actions like workshops, events (massive walking or dancing parties), group activities, training programs for health professionals of the community (health professionals, teachers and professionals who practice in Non-profit Organizations), financial assistance for non-profit associations, promotion campaigns, distribution of materials, interventions in the media... which insist in the recommendation on physical exercise among elderly like as a way to improve and prevent very different physical problems. Sport sector and social sector are the most active. Both have their own programs. Social sector usually brings gymnastics and dancing in nursing homes (public and private) and centres for elderly; and the local and Sport sector usually brings conventional exercise sessions (yoga, maintenance, etc.) for elderly. However, the previous mentioned Exercise Looks After You program is leading the intersectoral implementation.

To point out some differences, the “other sectors” do not take part in the promotion of physical activity among older people or they do it in a very discreet way as is the case of the tourist sector with some program of balneotherapy, walking to visit villages or similar programs.

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			X
	Same			
	Decrease			
	Not clear			

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

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

Summarize the 15 answers by using the following sub questions;

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

Summary:

The general intention is to increase the activities because all of the interviewees consider priority the fight against obesity and other health problems related with sedentarism (among elderly people for example is very important: fall prevention, mental problems, etc.) . This increase is also justified by the efficiency of these activities as the increasing demand by the population. With this in mind, we have to set out that some programs are self-financed with the savings caused by the notable health improvement of the users of the programs.

As regards to the other sector, their expectation to increase the programs for the promotion of physical activity and health are the same as at present because they do not conceive these as an own responsibility although they believe in the benefits of these for society.

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	xx		X
NGO	Yes			
	No			
	Not clear			X

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

Summary:

These organizations think about to take part in some way in these actions for activities for the promotion of physical activity among older people establishing synergies between different sectors, although it is not clear how to carry out these relations and interactions between the sectors. However, they believe they are not involved directly, but when they are asked for some possible programs they are open to new initiatives.

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			

		Health care sector		
Government	Yes			
	No			
	Not clear			
NGO	Yes			

	No		
	Not clear		

	No		
	Not clear		

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

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

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

Summary:

At first sight they do not noticed any barriers to engage in activities of activities for the promotion of physical activity in other sectors. Well, there is one, the additional budget required. They could help but other sector departments think that sport is competence of other sectors. Therefore, there is a non-expressed barrier, a lack of inter-sectoral view. An illustration, building department has cooperated to build some facilities but for this department it is just a building but it is not a sport action.

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.3**

Summary:

The main desired effect by these programs is the increase of the physical exercise level and the so caused improvement of health in elderly people. The motor, affective and cognitive capacities are favoured so that we are improving the health-related quality of life. In the social care are increasingly interested in preventing or delaying disability and functional dependence, and the health sector on reducing health care resources (drugs and general practitioner visits).

- 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	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			

\*in terms of number of users

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

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

\*in terms of number of users

**Summarize the type of evaluations given.**

Summary:

Interviewers report that most activities are evaluated standing out that this evaluation is an important item for the efficacy of the program. However, most of public programs are evaluated on basic basis such as number of users or some basic questionnaires about satisfaction according to regional plans. However, the Exercise Looks after You is a well evaluated program from a interdisciplinary perspective: biomedical, social and economic environment. The programs enjoy periodic evaluation and the data are treated with the purpose to issue periodic reports which show the positive results of these programs.

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

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

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

**Positive effects;**

Summary:

The results of the programs have generated positive effects at biomedical, social and employment level, whereas cost effective. The great media impact was unexpected and included in the strategic health plans it is a changing cultural changing tool of the organization and political as municipal support.

Another unexpected effect was that it has favoured the interest groups and the participatory movement of the actions of promotion of health, obtaining a multiplicative effect in the action generation. The participation in health favours the acquisition of knowledge and skills and also that there are carried out a larger number of activities.

### Negative effects;

Summary:

The experts do not point out any negative effect.

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

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

Please give a summary based on the following questions;

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

Summary:

The majority of the interviewed experts are pleased with the effects of these programs, partly due to the great demand and the visibility in the population. Nevertheless the experts point out that they cannot stay at this level and that they have to go further and still increase the promotion programs.

Other sectors are not clear about the effects of those programs because they do not have first-hand information about results and conclusions. Nevertheless and hearing to their common sense they consider that these are positive actions for society.

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

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

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

Summarize the type of situations or events mentioned by the organizations

Summary:

The interviewed organizations point out concrete situations which causes programs of promotion of physical activity and health like:

- Framework of becoming strategic planning, established basically by the Health Plan of Extremadura or Plan of health education framework in Extremadura.
- Completion of the research about priority aspects of health education where the physical exercise was considered a priority aspect to boosting.
- The Spanish National NAOS (Nutrition, Physical activity and obesity prevention) strategy where this regional ministry took part in the elaboration and also in different activities.
- Socio-health needs of elderly, economic sustainability of the healthcare system and increasing number of elderly voters.
- Coordination meetings with the health centres of the district.
- Information about the benefits of physical exercise in elderly people.
- There is a new Intersectoral Regional Committee for Elderly involving all sectors included in the current study and representatives of elderly that could be a platform for developing new initiatives.
- The "Big Opportunity" in Spain, we have recently initialized the implementation of a new law named "Prevention of Dependence and Promotion of Autonomy". More concrete, the Regional Government of Extremadura started few months ago the new autonomous Service for attending it and one of the first purposes is to write a Plan for Aging and Promotion of Autonomy in which Active Aging is a key aspect. The opening meeting was hold in June, and it will be working from September 2009.

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

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

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

Summary:

The experts point out the existence of processes and political strategies like the NAOS Strategy, passed the 09th February 2005, or the framework of the strategic health planning.

So, an older population pyramid has an impact on political actions addressed to a more and more older population sector

The National law for promoting the autonomy and preventing dependence in 2008.

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

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

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

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

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

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

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

**Summary:**

The impact in the media happens at later date to the action of the interviewed organizations, which causes an interest and a major sensitivity in the media. In fact, it is a key factor for stakeholders and politics, the high social visibility of the programs.

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

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

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

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

**Summarize the type of scientific results.**

**Summary:**

Some of the programs are based on a previous clinical trial (Exercise Looks After You) or reviews of good practice in other regions which caused the starting of the program at the general population level.

On the other hand they do not consider appropriate in the public health sector to make recommendations based on only one scientific research but in systematic revisions. However, interviewers usually agree with the need and benefits of physical activity and active aging.

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

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

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

Summary:

The goals of the organizations are in this line to increase the levels of physical exercise in the population with the final purpose to favour health related quality of life and the economic sustainability of the socio- health care system and to slow down also the physical worsening of the elderly, as is possible, and to prevent the social isolation boosting the interrelation between elderly people. They are for active aging.

Are there any remarkable difference between the sectors?

Summary:

Public sector usually seeks the social visibility of programs in population, and they have to pay more professional resources or cooperate with NGOs. The Sport sector regard physical activity good itself but social and health sector regard it as a medium for their purposes.

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

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

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

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

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

Summary:

The organizations agreed that the mentioned goals are priority or very important for them

The other interviewed sectors do not declare on the subject because they do not have programs either goals, but they point out the importance of the same for the other organizations.

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

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

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

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

**Summarize these concrete goals.**

Summary:

There exist general goals with regard to the strategic plans and other specific goals regarding the different programs and activities (some are mentioned at the first page) which are carried out to promote physical exercise (also for elderly persons).

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

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

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

Summary:

Yes

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

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

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

**Summary:**

All organizations emphasize that the goals were shared with the organization, apart from the pointing out of the existing coordination between different organisations which permit a strengthen in the actions of promotion of physical exercise.

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

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

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

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

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

Summary:

To favour the realisation of physical exercise in elderly persons with the purpose to improve their health and to prevent different health problems. That is why it is an obligation of the regional administration to generate and to maintain programs of promotion and monitoring of healthy physical activity among the population. The private sport companies do not have to do that, but there is business.

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

Summary:

They believe they are not responsible of these "classical" goals in other sectors, and private companies do not have to do that, it is business.

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

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

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

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

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

The promotion of physical exercise at all ages and primarily is priority in elderly persons although it is not the most priority in some sectors like the health and social sectors and so it is fixed up in the regional plans.

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

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

**Summarize the type of intra-organizational obligations/ expectations.**

Summary:

There exist intra-organizational obligations and expectations with the purpose of obtaining a major boost for activities for the promotion of physical activity with regard to this matter, attracting of elderly people to integrate them into specific programs, etc.

- 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		x
	No		
	Not clear		

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

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

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

Summary:

It is important to emphasize that the major responsibilities and competencies in Spain have the autonomous regions, that is why on principle there are not any national and international obligations, but there are external obligations like the established by the NAOS Strategy, Law for the prevention of Dependence and promotion of autonomy or WHO Recommendations addressed to all of the countries, regions and localities in areas of the promotion of physical activity and health

- 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	X
	No		
	Not clear		
NGO	Yes		X
	No		
	Not clear		

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

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

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

Summary:

There are obligations derived from the yearly campaigns established by the government at national level like for example the campaigns against obesity and sedentism. The press strengthen also the activities with interventions. Elderly is a major component of media users so mass media is pressed to report their activities, including physical exercise.

- 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	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	x	
	No		x
	Not clear		
NGO	Yes		x
	No		

	Three other sectors		
Government	Yes		
	No		
	Not clear		
NGO	Yes		
	No		

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

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

**Summary:**

It is important that the initiatives have previous scientific support which advice about the starting. Pilot experiences and positive results base also the recommendations in a safe way to put into practice in the programs. Health, social and sport sector promote several research plans addressed to adapt or evaluate pilot studies at regional level. The National government also grant some of them. So they are promoting, supporting and willing to research and implement them, but it is quite difficult to implement them because of limited resources.

On the other hand, it is important to include in the promotion programs evaluation measurements of the results designed to prove that the practice of healthy physical activity improves quality of life, reduces the consumption of medicaments and the number of doctor's visits amongst other things.

On the other hand, two of participants are focussed on offering physical activity just as a service (one in nusing homes and other in sport –gimnasiun company), not in science.

## 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	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	x	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 with recourses, summarize the type of recourses.

Summary:

There is willingness to promote physical activity in elderly, but it is difficult to prioritize it in the general budget. However, there are some huge programs we previously cited (Exercise Looks after You, gyms at nursing homes, etc.) and some economic institutions –Savings Banks- invest a part of their benefits in programs for elderly because law of savings banks makes them to invest in social programs. Most of competencies and resources are managed by regional and local administrations in Spain. They count also on health and sport professionals (human resources) devoted to these tasks.

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

Summary:

The promotion of physical activity and health are not considered in the line of work of these sectors, they point out that this is a typical responsibility of other sectors (social or sport sectors has to invest) One of participant is a representative of elderly, so they ask for public services.

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

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

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

	Three other sectors		
Government	Better		
	Same		
	Worse		
	Not clear		
NGO	Better		
	Same		
	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 sports sector spends an important item for the promotion of physical activity and health in programs addressed to elderly persons. This item is similar to the item of other areas of sport environment. However, these relevant amounts of resources are gained in the intersectoral government meetings, so sport sector manage most of resources but these sector obtained it by gaining the support of the others.

As for the health and social sector, the budgetary items are smaller than the items of other typical environments of these sectors. Nowadays, there are two trends to invest most of budget in daily classical care, or a new increasing view promoting active aging and prevention for optimizing resources from public health, social and sport sectors.

- 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	xx	x
	No		
	Not clear		

	Health care sector		
Government	Yes	x	x
	No		
	Not clear		

NGO	Yes	x	x
	No		
	Not clear		

NGO	Yes		x
	No		
	Not clear		

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

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

**Summarize these responsibilities and leaderships defined within your organization.**

Summary:  
There are monitoring committees formed by a director of the most involved sectors. There are the Regional Committees of Sport, and this for Elderly.

- 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	x
	No		
	Not clear		
NGO	Yes		x
	No		
	Not clear		

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

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

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

Summary:  
Yes,  
In light of the previous question, there are committees formed by directors and technicians responsible for the decision-making and the implementation of the processes. The plans and general strategies usually involves intersectoral responsible that assess and review the drafts of general

plans, and the specific-exercise for elderly budget requires intersectoral and interlevel (regional and local level) agreements. However, the final prioritization of resources and the implemented programs are usually made by stakeholders based on political decisions.

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

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

	Social care sector		
Government	Yes		
	No	x	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 with sufficient finances, what are these concrete budgets and if possible, summarize the allocation of these finances.

Summary:

The economic resources are limited so undoubtedly the number of activities could be higher if there were more resources. Social and health sector do not have to many resources for sport issues because it is not a major specific competence.

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

Summary:

The promotion of physical activity and health are not considered in the line of work of these sectors, they point out that this is a typical responsibility of other sectors . Social and health sector do not have to many resources for sport issues because it is not a major specific competence.

- 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	x

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

	No		
	Not clear		

	No		
	Not clear		

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

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

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

Summary:

The organizations emphasize the good professional qualifications apart from the specific ongoing education, but they point out that the increase could entail the realization of a higher rate of activities and to make an effort to increment the technical rigor. There is a variety: regional sport sector programs usually employs university graduates for giving exercise sessions, but local and social sector employs “cheaper” (sport monitors, etc.) and “voluntary” personnel.

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

Summary:

The cost of qualified personnel. Social and health sector could prioritize employing personnel for non-sport activities.

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

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

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

Summary:

Based on the problem of increasing ageing of society and on the demand of the population to deal with the increasing expense of resources associated to the ageing of society and a pilot clinical trial. The main focus is to reduce the health care of elderly. In fact, sports, social and health sectors have contracted assessment from university.

**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:

The equity of their services (tourism, etc.) and social visibility.

- 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
	No		
	Not clear		

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

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

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

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

Summary:  
Yes, they report that are usually doing it.

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

Summary:  
However, structural changes for the implementation of new programs requires hard work for administrative and granting issues.

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

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

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

Summary:  
They are searching for it. Some of programs has public recognitions of these activities at national (Prizes or recognitions of good practices from Sport or Health Ministeries) and international level (European Union. Accepted presentations in workshops or international congress)

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

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

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

Summary:

Yes, as we mentioned before, the media impact was remarkable and the media support these activities. They usually announce the new activities and the results by newspapers, regional TV, blogs, and they have some sectoral journals (health, sports, etc.) published by regional government. The private gymnasium lacks mass media impact compared with public programs.

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

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

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

Summary:

Yes, in conferences, workshops, good practice reports, etc., and a considerable increase of scientific publications is expected from now on. However, there is a high number of activities without scientific support.

## 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			
	2	x				x			
	3	x				x			
	4								
	5								
NGO	1							X tourism	
	2							none	
	3								
	4								
	5								

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

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

	5								
--	---	--	--	--	--	--	--	--	--

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

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

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

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

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

	5							
--	---	--	--	--	--	--	--	--

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

Three other sectors									
		health		sport		social		other	other
Government	1							none	
	2							none	
	3								
	4								
	5								
NGO	1								
	2								
	3								
	4								
	5								

## B. Summary of focus group meeting

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

**A total of 8 persons (5 women and 3 men) participated in a focus group to identify their needs and hear their views on the matter at hand. Participants came from government (7) and another from a sport company developing public events as NGO (1). From the government, 4 come from sport sector, one from health sector and two from social sector. Other persons decline their participation because of the coincidence of holidays and urgent issues. However, they were willing to cooperate in further actions. Participants discussed the most frequent topics in his talks usual, the degree of information and training for older people, their favorite sport for elderly related activities, etc..**

**One of the prominent findings was that elderly are more interested in health and sport issues in their talkings, but they usually choose activities related to social groups and travelling. Therefore, stakeholders are seeking for sport activities that could offer social attractive and visibility (mass media impact). Stakeholders reported that this point contrasts with professional interest on pure health, social care or new technologies. Following the issue, said a high percentage of items that a preference for older people interviewed, are the sport followed by other topics such as documentaries, news, etc.**

**Stakeholders are willing to cooperate with other sectors but they reported administrative difficulties to get financial resources. However, they agreed with the intersectoral management of the program Exercise Looks After You for combining intersectoral efforts. This could be a reference for further programs. There are other professionals (nurses, physiotherapists, etc.) that would like to contribute more to sport strategies.**

**They are lacking that the National nutritional and physical activity strategy named NAOS are not effectively addressed to elderly (the plan included it, but the implementation is focussed in children). This could be a good cooperative point: combine sport and nutrition.**

**The representatives of social sector are very concerned about the promotion of exercise for preserving the functional autonomy and independence of elderly.**

**They refer the opportunity to develop this willingness to participate in the framework of Regional Committee for Elderly and the new Plan for Active Elderly that will be drafted in the next months. This is a relevant issue because they regard sport as tool of active aging not as health-sport goal itself.**

**We did an additional focus group with a group of elderly people (n=4 men and 4 women) for participatory point of view.**

**They outlined their interest in health related sport with social issues, in group. In addition to the stakeholders and professionals focus, in general, he noted the willingness of people to receive training. In this regard, a high percentage of participants expressed a willingness to receive training in topics related to nutrition and eating habits, habits with health, with health or physical activity, leisure and recreation that can help improve your lifestyle and health-related physical activity.**

They asked for increase the number of sport events (inter-municipal walks, regional non-highly competitive elderly olimpics –dancings, track & field, etc.) for promoting social interactions among old people from different municipalities. This remarks the social potential of sports.

## 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)

**A total of 8 experts participated in a focus group in order to hear their views on the promotion of physical activity and health in older people. The issues presented on the table are summarized in the following two areas:**

### **LIMITATIONS ON ITS DEVELOPMENT**

**Today's society, and in the older population in particular, suffers a lack of sports culture and habit, and others determined by the conceptual confusion still present in local politicians, professionals, media, ... linking the concepts of physical activity, exercise and sport, ignorance and distrust caused by rejection of these subjects and their relatives, and a negative mentality towards the practice of physical activity.**

**So far, authorities have not included among its priorities for investment in facilities, resources and programs to promote physical activity for the elderly, but instead on the promotion of sport.**

**As for the industry professionals physical activity and sport detected a little specific training in the curricula in physical activity with older people, a lack of labor regulation at the legislative level of the functions of each of the industry, and exclusion from the health sector of the figure of the professional physical activity and sport as part of multidisciplinary teams that challenge cooperation with different health entities.**

**Moreover, the range of activities aimed specifically at this sector of the population is limited and almost exclusively public, no planning medium to long term, suffers a shortfall in the design of some programs that have negative consequences and will not permit responses to new groups. These weaknesses arise in times of difficulty posed by the existence of highly heterogeneous groups with a wide range of ages, and geographical dispersion of the region that prevents the interconnection between activity groups. Finally, it is important to emphasize the absence of medical examinations prior to initiation of programs for the elderly.**

**Finally, highlighting the unsuitability of some areas and resources (lighting, paving, materials, safety, access ,...) as a result of budgetary constraints of local authorities.**

## **POTENTIAL FOR FUTURE ACTION**

Extremadura is a region with a larger population will increase important given the trend towards population aging (due to increased life expectancy) and the return of emigrants retirees or retirees (for the welfare and quality of life).

Given this, there is increasing social awareness about the benefits of the practice of physical activity and exercise in the elderly population, the result of the role played by multidisciplinary teams (family physicians and other specialists) from social or health care support the use of physical activity to improve various parameters of health in the elderly; the numerous studies and research, promoted by the University of Extremadura, among others, supporting the benefits of health on physical exercise in older and the strong impact of media advertising campaigns on the importance of health, the picture, the benefits of physical activity, social relations, etc.. or transmission by word of mouth from users, friends and family on welfare caused by the practice of physical activity.

Therefore, it is becoming increasingly consolidated the existence of groups dedicated to greater physical and sporting activities, whatever their nature, including the ride or walk as one of the most prevalent in the elderly especially in the nuclei countryside.

There is a tendency among practitioners of physical activity and better prepared for their recognition by the majority of municipalities where they carry out their duties.

The increase in Extremadura community sports facilities and the network of Senior Day and joined with the improvement of management policy, provide clear opportunities for future development of physical activity in older people.

They refer the opportunity to develop this willingness to participate in the framework of Regional Committee for Elderly and the new Plan for Active Elderly that will be drafted in the next months. This is a relevant issue because they regard sport as tool of active aging not as health-sport goal itself.

Finally, to emphasize the development of this document, as well as the commitment of public institutions with established programs (Vitalization Sports) and new initiatives (the exercise careful), as strong point for the development of physical activity in older people.

## 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.

Firstly, most of sport and socio-sanitary competencies in Spain are implemented and managed at regional and local level so we should address effective proposals to regional levels. In addition, the public sector is dominant offering physical activity programs in elderly in the region of Extremadura. However, some private companies are managing public infrastructures for developing some of these programs.

Sport, health and social sector reported they should promote physical activity in elderly to offer them active aging for improving the satisfaction of elderly, social visibility of programs and health related quality of life to rationalize the health and social care costs. As far as most sport programs in elderly have mass media impact the public sector are interested in managing it directly. However, private sector is willing to cooperate in the sport market for elderly. In contrast representatives of other sectors think that they do not have to deal with sport for elderly. However, when we mentioned examples (e.g., sport education in the universities for elderly, adapted walking paths in nature , etc.) they could do they were open to cooperate.

Most of experts and police makers are satisfied with the activities for elderly that are being carried out, but when they listened about new initiatives they were open-minded if they gather enough resources to carry them on. In fact, they (public and private sector) reported that the main barrier is the difficulty to obtain resources due to low willingness of elderly to pay. They reported the Exercise Looks After You program as a good practice of intersectoral cooperation to promote physical activity among elderly and to gather resources because of cooperative intersectoral job.

Therefore, the regional scenario in Extremadura offers four major issues to promote physical activity in elderly: a) willingness to promote active aging sectoral programs but also to cooperate among sectors, b) close example of good and successful example with Exercise Looks After You, c) regarding physical activity as a good way to reach visibility in mass media and population, d) emerging nest of jobs. Sector involved (sport, health and social) and other sectors (tourism, mass media, transport, natural environment and education) were open-minded when we suggested some new possibilities from their sector, so a network arising new proposals could dynamize the health enhancing physical activity in elderly. Nevertheless, the economic crises we are facing have limited the expectative of new programs, but the cooperative work could help to solve it by rationalizing investment. They regard monitoring activities for enhance the political and social impact of interventions.

On the other hand, the regional scenario offers three major opportunities in next months: a) regional government has recently created a new autonomous service for attending elderly, disabled socio-sanitary care, and preventing the loss of dependence, and they have two years for the next elections, b) there is a new developed Intersectoral Regional Committe for Elderly that could help to lead the new proposals, c) it has been recently created an expert group to draft a Regional Plan for Active Aging that includes experts from sport sector also, and the representative of PASEO has been invited to participate.

