



National report on Work Package 1:

Sweden

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A. 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?

	Sport sector		
Government	Yes	x	
	No		
NGO	Yes	xx	x
	No		

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

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

	Three other sectors		
Government	Yes		
	No		
NGO	Yes	x	
	No		

Summary:

All 15 organizations are involved in a variety of activities. The governmental organizations are mostly involved in distributing grants, publications (scientific and popular science), educational activities or work with lobbying. The NGO organizations offer various “hands on” physical activities to their members. The sports NGO organizations offer mainly physical activity while NGOs from the social and health sector offer physical activity among other health promotion activities. There are no other differences between sectors.

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?

		Sport sector		
Government	Increase			
	Same			
	Decrease			
	Not clear	x		
NGO	Increase	x	xx	
	Same			
	Decrease			
	Not clear			

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

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

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

Summary:

Most organizations plan to increase their activities on various levels. One governmental organization in the social sector states the demographic situation as a reason. Another organization in the health care sector on the governmental level is in the process of implementation and therefore their activities in the form of educational activities will increase. The most common reason of the NGO organizations is that their members and public demand more activities.

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?

		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			

		Three other sectors		
Government	Yes			
	No			

	Not clear			
NGO	Yes			
	No			
	Not clear			

	Not clear			
NGO	Yes			
	No			
	Not clear			

Summary:

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?

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

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

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

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

Summary:

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?

Summary:

The governmental organizations in all sectors, except the sport sector, state that they cannot see any effect on the individual level, but all of them mention an increased interest for the issue. The organization in the sport sector sees effects on the individual level through the research they allocate money to, for example increased vascular health and prevention of fractures. The NGO organizations describe different types of effects, for example that physical activity in groups also gives other effects such as increased well-being and social interaction and less fear of intense exercise. Other organizations describe effects such as increased attendance of older people in classes and improved physical capacity.

- Are these activities being evaluated?

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

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

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

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

Summary:

There is variety of answers in regard to evaluation and there are no clear patterns between levels and sectors, except for the organizations in the health care sector where no organization evaluates on the governmental level, while they do on the NGO level. Types of evaluation methods given are: questionnaires, interviews, activity reports from local associations, comparison of rehabilitation offered between hospitals and physical capacity. A few organizations in the social sector on the governmental level are in the process of starting an evaluation, but this is not described further.

- Have there been unintended positive or negative effects?

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

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

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

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

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

Positive effects;

Summary:

The organizations on the governmental level have not seen any positive or negative effect or answers are unclear. One organization in the Health care sector on the NGO level reports improved and increased rehabilitation after heart disease and increased social interaction.

Negative effects;

Summary:

One organization in the Social sector on the NGO level reports that adverse events such as illness or death have occurred, another organization in the educational sector reports discomfort for certain patient groups during hydro therapy.

- Is the organization satisfied with the effects?

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

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

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

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

Summary:

The organizations are satisfied with the effects or there are unclear answers. There is no difference between sectors or levels except for the sport sector, where all except one answer were unclear. Few organizations report a specific reason, one states that they are satisfied with the increased opportunities for rehabilitation, others that the older people or local associations are pleased with the 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?

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

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

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

Summary:

The governmental level mentions research, demographic data, commission and legislations from government/parliament as important events. The NGOs mention incentive grants, decision taken in the National Assembly and the introduction of “physical activity on prescription”.

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

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

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

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

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

Summary:
 There is a variety of answers between sectors and levels. Some organizations on the governmental level state the same as above, such as a commission from the government/parliament, and the organization in the sport sector state the sport investigation in 1969 as an important event. Some of the NGOs mention the government bill of health promotion, other state the same event as above such as incentive grants.

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

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

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

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

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

Summary:
 Only one governmental organization reports that they engage in these activities due to public support or media interest and name the sport federation. A few of the NGO organizations have engaged more in these activities due to a demand from their members.

- Have there been any scientific results causing your organization to engage in such activities?

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

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

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

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

Summary:

All but one organization state that scientific results have affected their engagement in these activities. One result mentioned is a Swedish scientific summary “Physical activity in prevention and treatment of disease” which is the foundation for “physical activity on prescription”. Other publications mentioned are from the American College of Sports and Medicine and from the Swedish National Institute of Public Health.

III. GOALS

7. Does your organization have any goals regarding the activities for the promotion of physical activity and health among older people?

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

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

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

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

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

Summary:
 The most common goals in all sectors and levels are improved health, increased physical activity and preserved independency. One organization in the health care sector on the governmental level has a primary goal to increase knowledge and awareness in this issue. An NGO organization in the health care sector has a goal to increase the access to rehabilitation after heart disease but also that primary prevention should be offered to the public.

Are there any remarkable difference between the sectors?

Summary:
 No

- How important are these goals compared to other goals of the organization?

		Sport sector		
Government	Important	x		
	So-so			
	Not important			
	Not clear			
NGO	Important	x		
	So-so			
	Not important			
	Not clear	x	x	

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

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

Summary:

On the governmental level in all sectors the goals are so-so or not so important except the sport sector. The NGOs in the sport and health care sector report that the goals are important. It seems as though the goals are more important compared to other goals on the NGO level compared to the governmental level.

- Are these goals specific and concrete?

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

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

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

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

Summary:

There is a variety of answers in all sectors and levels regarding specific and concrete goals. Few organizations report the concrete goals, however. One educational organization states the curriculum for the students, other goals are increased access and prospects as well as organizing conferences.

- Are these goals relevant and realistic?

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

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

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

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

Summary:

Most organizations state that their goals are realistic and relevant but few expand on the issue. One NGO organization states they are relevant since they are based on research, another that the goal is to offer regular training to targeted groups.

- Are these goals shared/agreed upon within the organization?

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

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

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

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

Summary:

Also here, there is a variety of answers between sectors and levels. Two organizations on the governmental level state that the goals are shared, the rest state no or give unclear answers. All but one NGO organization state that the goals are shared within the organizations or they give unclear answers. Some of the NGOs state that goals have been decided on in the National Assembly and are therefore shared, a commercial sport club state the employees must follow the decisions from the management.

IV. OBLIGATIONS

8. Does your organization have any obligations regarding the activities for the promotion of physical activity and health among older people?

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

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

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

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

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

Summary:
 Most organizations on the governmental level state that they have obligations in this issue, types of obligations mentioned on this level is commission from the government and the government bill. There is a larger variety of answers on the NGO level. Some NGOs mention letters of regulation, internal obligations and a task such as the “third mission” to spread research results to the public.

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

Summary:
 Some of the NGOs state that since they are a popular movement they are free from external obligations.

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

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

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

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

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

Summary:

The obligations regarding physical activity and health among older people are not clear from answers in several interviews. Both NGOs in the social sector and two organizations on the governmental level state that these obligations have the same importance. In the other sectors it is lower or not clear from answers.

- Are there intra-organizational obligations/expectations?

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

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

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

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

Summary:

Most organizations on the governmental level state that they have intra-organizational obligations such as education, promote research, “be one step ahead” and internal network for health promotion. Most NGOs also have intra-organizational obligations such as implementation, expectation from members and action plans to follow.

- Are there external obligations/expectations coming from international or national political institutions?

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

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

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

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

Summary:

Most organizations on the governmental level state external obligations such as EU program of health promotion, government bill, expectations from policy makers on the regional and local levels. On the NGO level the organizations state external expectations rather than obligations such as expectations from politicians on the national, regional and local level. There is an increasing demand that NGOs shall participate more in the health and social care system.

- Are there external obligations/expectations coming from the media or the public?

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

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

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

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

Summary:

Organizations on the governmental level state obligations/expectations such as the sports federation, lobbyists, other organizations, and media. Most of the NGOs that report expectations refer to their members as part of the public.

- Are there external obligations/expectations coming from science?

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

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

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

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

Summary:

Most organizations in all sectors and levels state that there are expectations from science except for the NGOs in the sport sector that say no or give unclear answers. Types of expectations on the governmental level are translation of research, contribution to research and participation in conferences. On the NGO level they state expectations such as co-operation, grants, and participation.

V. RESOURCES

9. Does your organization have resources allocated to the activities for the promotion of physical activity and health among older people?

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

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

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

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

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

Summary:

All organizations in the social sector on the government level state that they have enough resources for the activities that are planned. Two organizations in the sport sector on the NGO level also state that they have enough resources to continue the work they have set up to do.

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

Summary:

Most organizations relate to lack of funding and they claim that if they had more money they could do even more, they always need to prioritize. One organization in the health care sector on the governmental level states that since the older population is large and growing, they should receive more money.

- Describe these resources in comparison with other resources of your organization.

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

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

Summary:

The organizations on the governmental level that give a clear answer, state that the resources are worse. Only two NGO organizations state that the resources are the same.

- Are leadership and responsibilities defined regarding the activities?

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

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

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

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

Summary:

Most organizations on both levels state that the leadership is defined. One organization on the governmental level states that it is not clear which department in the organization that should be responsible for this issue.

- Are relevant parts of the organization included in decision-making processes regarding the activities?

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

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

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

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

Summary:

Also here, there is variety of answers especially on the governmental level but they do not expand the answer. Several of the NGOs state the National assemblies as a reason.

- Are there sufficient finances to carry out these activities?

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

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

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

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

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

Summary:

The governmental organizations that state that they have enough financial resources are funded by the government or from a regional level. A few NGOs state that they have enough financial resources, they receive money from funds and members. Some state that they have money available, but more is needed.

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

Summary:

The reason for insufficient financial resources is that more is needed but they do not expand on the issue. One organization says that voluntary work has decreased and that this has affected their finances. Another organization says that 80% of the budget is ear-marked for children and youth activities.

- Is there enough and adequately qualified personnel to carry out the activities?

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

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

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

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

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

Summary:
 One organization on the governmental level states that they have enough competence to perform the activities planned, another that they have enough for the time being but that they will need more in the future. A few NGOs are satisfied and state that they have adequate personnel and if not they ask for external help.

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

Summary:
 Several organizations on the governmental level state they have enough personnel but sometimes lack personnel with adequate knowledge. Several of the NGOs state that they have adequate personnel, but that they need more staff.

- Are these activities carried out on the basis of a problem and needs assessment?

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

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

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

		Three other sectors		
Government	Yes			
	No			
	Not clear			
NGO	Yes		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:
 Only two organizations on the governmental level state that the activities are based on problem and needs, one of them does not expand on the issue and the other claims that they are responsible by regulation to assess the problems and needs of the population. The NGOs state the demands from their members as a reason.

For the organizations without problems and needs as a trigger for action, how come this is not the case or are there maybe other things mentioned that causes the organizations to carry out activities?

Summary:
 Several of the organizations on the governmental level give unclear answers, but one organization in the health care sector states that it is the commission from the government that causes their engagement. Only one organization on the NGO level states no and the reason given is that they are a commercial company.

- Is the organization able to adjust these activities, if necessary, quickly to new situations/events?

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

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

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

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

How can organizations adjust quickly to new situations?

Summary:

Most organizations on all levels and sectors state that they quickly can adjust to new situations or give unclear answers, but most organizations do not expand on the issue. Two organizations on the governmental level state that they get external help if needed to be able to adjust quickly. A few NGOs expand on the reason and state that they are used to adjust, they work with development or they have a plan on how to adjust.

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

Summary:

Only one organization on the governmental level says no and state that the reason is that it is up to the government. One NGO organization describes long decision path ways as a reason.

- Are international or national (political) organizations supporting these activities?

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

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

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

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

Summary:

A majority of the organizations state that they are supported politically. All but one of the governmental organizations state that they have support from politicians on several levels since most of them work on commission from the government. The NGOs in the health and social care sectors feel that they have support but one organization says that the support is more verbal than practical.

- Are the media or the public supporting these activities?

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

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

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

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

Summary:
 Governmental organizations describe support from other organizations or that media points out problems that they need to address. NGOs describe situations such as increased interest from media both on the national and local levels, that they argue and lobby for increased health and that older people as part of the public appreciate and attend to their activities.

- Is science supporting these activities?

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

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

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

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

Summary:
 Governmental organizations state support in the form of co-operation with science. The NGOs state support in the form of new knowledge and cooperation.

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)?

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

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

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

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

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

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

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

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

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

B. Summary of focus group meeting

Ten older people participated in the focus group, five men and five women. Two men and two women were not engaged in organized physical activity. All participants were, however, engaged in pensioners' organizations. The participants were between 66 and 79 years of age. The mean age of both men and women was 72.

Summary of the focus group meeting

Organizations

The following organized activities were mentioned by focus group participants: walking, curling, boule, gym, table tennis, water gymnastics, weight training, qi gong, Nordic walking etc.

The following unorganized physical activities were mentioned: take both long and short walks, mowing lawns, shovelling snow, building on the house etc. They also mentioned the possibilities that the neighbourhood offers, such as in the north of Stockholm, where there are easily accessible good green open spaces which stimulate to physical activity.

The following organizations were mentioned regarding where to go to participate in organized activities: Pensioners' organizations, gyms and sports clubs, municipality centres such as senior gatherings, Stockholm hiking club, associations such as "Outdoor life for everyone" and ski clubs.

Almost everyone also stated that there are plenty of opportunities to practice physical activity in their vicinity if they want. Some even said that there is so much to choose from that they hardly know how to prioritise.

Structural needs and barriers

The following reasons were mentioned when they talked about why they would rather go to clubs and organizations aimed at older people:

- *I believe that even if you are looking for it, it takes some time to come and see people too and say hello to each other. That never happens in the gym. You go there, train hard, go home.*
- *It is too hard for us, it also applies to the Stockholm hiking club, ski clubs and associations such as "Outdoor life for everyone". There are so many things where the tempo is a little too high. Therefore, we believe that the way it is in pensioners' organizations, it is absolutely the best.*
- *It is too tough in ordinary gyms, it is tough there.*
- *I think so. If you go to a gym, those sitting there, they sit and just pump, puh, then I go home and never come back again. It is a little too hard in some way. What we have, it's quieter, each one taking it in its own pace. It's OK there too but it is not as stressful to see them. You can imagine 35-year-old guys who sit there and we are there with them, it doesn't feel good.*

On the question whether it would be interesting to be able to go to these places if they adapted their activities the group is a little divided. On the one hand, they believed that those organizations are not so interested in adapting their business. On the other hand, they indicated that it still would be

nice, but only if it was clear that there were particular senior slots so that everybody who was there could practice on quite equal terms. This is also important from a social angle. They want to get to know and spend time together beyond the actual training.

Other possible barriers cited are that the premises could be difficult to enter for older people such as stairs, no lift, high thresholds, etc. One of the participants said: *I think, to be physically active, you must be healthy. You can not, almost otherwise. It's very difficult. Sometimes special treatment is needed. It is, I think it is difficult to solve.*

The price of the activities is still the single biggest determining factor in whether they participate in activities. Although they mentioned social interaction as almost as essential as the physical activities, it is still the economy, which in the end determine if they participate or not. Here they mentioned, public swimming pools, that they feel are expensive, but it is something they would visit more if possible. Similarly, in public swimming pools they demanded water gymnastics tailored for older people. The following quotation sums up both the desire for accessibility, physical conditions and social interaction, whether pools or regular association and sports clubs:

- *You do not want it really hard but also in our age you want to become sweaty. For there are many people who do not even manage that. Therefore it will be so rough like if you will then be in a gym with those who are from, we say, 20-55 years, like when I was active.*
- *Maybe water gymnastics if offered. Often, it is limited this water gymnastics.*
- *The social interaction is a need and to come down there every Tuesday and Thursday and meet everybody, I think this is a need. How are you? Well, today it is difficult.*

Individual needs and barriers

As previously mentioned, physical conditions is one determination for participation, that in principle one must be healthy. This indirectly means that many activities are easier to attend to if you belong to the younger-older group. Since the price is also crucial, you can see the economy as a decisive factor in whether the elderly can participate in organized physical activity or not. In addition to these two factors, also gender is mentioned as a factor. A number of participants mentioned activities which are largely made up of women. They believe this can be derived from social gathering, and women have often also in previous years been “responsible” for that. This also seems to be something that remains even when older people live alone. One of them said: *One difference I have noticed that single women - often widows, they are very interested to get a social network and contacts and attend the activities. By contrast, single men, they are not as active. There is a difference. Yes, but the offer applies equally much for men and women. Sure. I do not think that it's any group is a priority, but it is dependent on type of activity.* They think that men exercise by chopping wood, shovelling snow and do constructing work at home. In terms of organized activities they mention golf as a male activity. The men who were in the focus group were unusually active and they thought they were not representative of men in general.

Thus, the following factors would, for this group, be crucial for being physically active:

1. Economy
2. Age
3. Gender
4. Marital status

C. Summary of feedback workshop

All the organizations that took part in the interview survey were invited to the workshop as well as one organization that came up as a suggestion at the focus group meeting. However, only six organizations were represented during the workshop plus one that participated in a part of the discussion via telephone. Five of the six organizations were on the NGO level. The participant that took part on telephone came from the governmental level.

Participants

Birgitta Brännström Forss, Kristianstad municipality, *Kristjan Oddsson*, Swedish School of Sport and Health Sciences, *Caroline Sardh*, SATS sports club, *Annika Gärderud*, Friskis and Svettis sports club, *Annelie Norberg*, the Swedish Rheumatism Association

Organizers

Kerstin Frändin, Karolinska Institutet, *Elisabeth Rydwik*, Karolinska Institutet, *Malin Svanberg*, Karolinska Institutet, *Sten Boström*, Swedish Pensioners' Association

Memory Notes

Kerstin Frändin presented the PASEO project and the different work packages. Elisabeth Rydwik and Malin Svanberg presented the results of the interviews and the focus group meeting.

Presentation of participants

Each participant presented themselves and the work they do in the field of physical activity:

The representative from the Kristianstad Municipality talked about her efforts to get older people to look at costs of exercise and the like as an investment instead of just something that is expensive. The Swedish School of Sports and Medicine wants to encourage more outdoor activities such as walks etc.

The sports club Friskis and Svettis have the experience that their older members don't want to go to just "senior classes" but that they are asking for classes, that are tailored and in a slower pace.

The group discussed "Physical activity on prescription" and the best way to do follow ups for each individual. One answer was to increase the engagement among health professionals.

The group also discussed if there is a demand for mixed age groups but concluded that it can differ depending on organizational affiliation.

Discussion

Among other things, the following issues were highlighted:

How can we strengthen the cooperation between the organizations and make contacts?

How can we strengthen the capacity of those involved in the issue at an individual level?

Kerstin Frändin presented the thought on how to build a national alliance and asked if there were any additional parties that could be included in an alliance, and the participants came up with the following proposals:

- All nation-wide Pensioners' organizations
- The Healthy City Network
- Adult Learning Associations
- The Swedish Tourist Board
- Disability organizations
- Someone on the national level who is involved in the "Physical activity on prescription"

Emmy Nilsson from the National Institute of Public Health was not able to participate in person but took part in the discussion by means of telephone. She informed the group of their recently conducted pilot conference, addressed towards politicians, research and development units, culture and leisure, social services departments and the like, for the creation of regional networks to promote education at local and regional level, to "educate coaches". The education can include items such as supportive attitude, motivational talks, "physical activity on prescription", behavioural changes in lifestyle and preventive home visits. These networks are meant to invite a large number of professions and the courses can be of different length, anything from 2-days training courses in folk high schools to longer university courses.

A discussion followed in the group, and it was concluded that it is important to have knowledge of courses that already exist in the area. Birgitta Brännström Forss also suggested that one should focus on educating seniors who can in turn coach other seniors. It is important to use the resources that already exist, both in the elderly themselves and in all those who work with the issue within voluntary associations.

Friskis and Svettis wanted to know more about what they can get out of being part of the alliance. They believe themselves that a pure knowledge-sharing between the organizations is the most important factor. SATS agreed with this and the two representatives will be anchoring the issue in their respective organizations and get back to the group.

Some pointed out that local conditions should not be forgotten, and mentioned in particular the difference between working with these issues in large and small cities.

Since several people, invited to the workshop, were unable to attend, a new workshop in Stockholm was set to September 29th, h 12.30-16. We hope that this date will fit everyone!

D. General conclusions of WP1

All organizations participating in this survey were engaged in activities related to physical activity and health in older people, and most of them planned to increase their activities. Type of activities varied between levels but not so much between sectors. On the NGO level there was a small variation between the sport sector on the one hand and the health and social care sectors on the other, where the sport sector focused mainly on exercise and the others on exercise as well as on other health promotion activities. All organizations on the government level described effects such as an increased interest for the issue. The NGOs reported effects on the individual level such as increased wellbeing and social interaction, increased attendance and improved physical capacity. There is no clear pattern regarding evaluation between levels or sectors. Few of the organizations on the governmental level had evaluated the activities so far, but some of them are in the process of doing so. The NGO level described types of evaluation such as questionnaires, interviews, activity reports, and physical capacity. Few unintended positive and negative effects were reported. A positive effect could for example be increased opportunities for rehabilitation or increased social interaction. One organization reported that death or illness had occurred during activities, and another that discomfort had occurred for certain patient groups. Almost all organizations were satisfied with the effects, but few expanded on the issue.

Types of events that had occurred and affected their engagement was for example research, government bills, incentive grants, demands from members and the introduction of “physical activity on prescription”. Events on the national and international levels were similar. Demands from the public through members of the associations were mentioned as cause for engagement.

Almost all organizations had goals for promotion of physical activity. The most common goals regardless of sector or level were improved health, increased physical activity level and preserved independence. Other goals were increased knowledge and awareness and increased access to rehabilitation. The importance of goals in the organizations on the governmental level were so-so or not so important. On the NGO level on the other hand, the goals were more important. Most organizations reported their goals to be both concrete and realistic but few organizations expanded on the issue. Regarding the degree of agreement within the organizations, there was a variety of answers. Most of the NGOs however stated that the goals are shared.

Most of the organizations on the governmental level stated that they have an obligation to engage in these activities, but on the NGO level the variation was larger. In general, the governmental level is more affected by external obligations and the NGO level by intra-organizational obligations. Expectations from the public and science are affecting the organizations more compared to media.

There seems to be a lack of financial resources in most sectors. Some organizations on the governmental level lack adequate personnel but on the NGO level there seems to be a lack of staff. Most organizations claimed that if they had better resources they could do more, and also that resources for these activities and this target group are worse compared to other activities in the organizations. Most organizations stated that the leadership is defined. Regarding the decision-making process the answers varied between levels and sectors, but there are no clear patterns. Most organizations stated that they can adjust quickly to new situations, but do not describe how. A few mentioned that they recruit external help to be able to do so. A majority of the organizations stated

that they have political support regardless of sector and level, and also the public and science is supportive. Most of the organizations reported that they cooperate with science.

The final conclusion is that there are many activities going on in Sweden, but that there is a need of further cooperation between sectors and levels. The building of a national alliance can hopefully increase and spread activities even further. One of the problems we are facing is that many of the organizations, especially on the governmental level, can recommend activities but lack the authority to influence the regional and local levels.