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**Report on the development of capacities for
physical activity among sedentary older
people**

Final report of work package 4 of the PASEO Project

**Behavioural and Societal
Sciences**

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Summary

The general objective of the PASEO project is to strengthen capacities for the promotion of health through physical activity among sedentary older people. The objective of work package 4 (WP4) was to monitor the capacity building process initiated by national alliances that were forged during work package 2, and which developed Catalogue of Actions (CoA) during work package 3.

In order to do so process, output and outcome indicators were developed by the work package leader for which associated partners (AP) and collaborating partners (CP) had to collect data through online questionnaires for Alliance partners, prepare minutes of alliance meetings and update the CoA.

First, AP and CP had to organize regular meetings of the alliance and prepare minutes of these meetings. All most all AP's succeeded in this objective. For some alliances only 1 meeting was organized. Although CP's were assumed to take a leading role in the alliances, most meetings were still organized and prepared by AP's, if not in coordination with CP's. Participation in the meetings was high and most (time during) meetings were spent on discussing progress of planned actions. Satisfaction levels of alliance members on different aspects of the meetings were high (at least 70% of the participants rating them as satisfied), and most even increased during WP4 showing improved function of the meetings.

For the second indicator, output, the alliance and the CoA were evaluated. In most countries the alliances remained as they were forged during WP2 and in some cases even grew larger. The level of satisfaction of alliance members with the alliance was high on most aspects and remained relatively stable. There were some concerns on the level of commitment and willingness to work together, although still more than 50% of the alliance members thought this was satisfactory. The CoA was also judged as satisfactory by most alliance members, although the level of concreteness and innovativeness of actions was considered less satisfactory. About 75% of the predefined actions by alliances were carried out as planned. When including those that started later or with a changed format, this number rises to more than 80%. Lack of resources was the main reason for not carrying out the actions as planned. During the actual implementation phase barriers to implementation grew according to alliance members which would be as expected.

The third indicator, outcome, deals with the actions and capacities. Around 40% of the actions were realized within WP4, about 30% partly. Again lack of resources (funding) was the most important barrier. Most of the actions that weren't realized are being continued by the alliances. The intersectoral capacities were improved during the PASEO project. All alliance existed of organizations of different sectors. As would be expected with the topic of aging and physical activity promotion, the health and sport sector were best represented, but many alliances included interesting sectors such as the social sector, environment and media, leading to innovative actions in this field. Most participating organizations indicated that participation with the project lead to new (projects with new) contacts and collaborations. The intra-organizational

capacities increased according to most members. Especially an increase in planned activities, newly formulated goals on the topic of physical activity promotion and especially cooperation with new sectors. Most organizations had a strong intention to continue (with)in the alliances and with its actions.

In conclusion it was clearly shown that during the implementation phase, alliances succeeded in carrying out the agreed upon Catalogue of Actions, resulting in increased intersectoral and intra organizational capacities in the field of physical activity promotion for sedentary older people.

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1 Introduction

The PASEO Project

The general objective of the PASEO¹ project is to strengthen capacities for the promotion of health through physical activity among sedentary older people. Capacity strengthening is primarily focused on building inter sectoral structures (i.e. structures linking organizations across sectoral boundaries) and intra organizational means for the promotion of physical activity among sedentary older people. Mechanisms to strengthen capacities are intended to be sustained after the project has ended.

The project started in January 2009 and is funded by the European Commission. At the start, the PASEO project group included 15 participating European nations. Nations are represented by a scientific institution (associated partner, AP) and a (non-) governmental institution (collaborating partner, CP).

In order to reach the general objective of the PASEO project, four content related work packages (WP) and three organizational work packages have been specified. The first three content related work packages aim at assessing capacities (WP1), building an alliance (WP2) and develop capacities (WP3). The fourth work package is aimed at monitoring the development of capacities for the period of 1 year. The first three content related work packages are described in more detail below.

Work Package 1 (WP1)

'Assessing existing capacities for physical activity among sedentary older people'

WP leader: Catholic University of Leuven (KU Leuven), Belgium

Duration: January - June 2009

The objective is to obtain an overview of existing capacities for the promotion of physical activity among sedentary older people in the participating nations. All partners (1) conducted qualitative interviews; (2) hosted focus group meetings with older persons to better identify their needs and points of view, and (3) organized a national feedback workshop.

Deliverable: cross-national report on existing capacities

Work Package 2 (WP2)

'Building national alliances to strengthen capacities for physical activity among sedentary older people'

WP leader: Porto University, FADEUP, Portugal

Duration: July - December 2009

The objective of WP2 is to set up national or (where appropriate) regional alliances to strengthen capacities for health promotion through physical activity among sedentary older people, or to extend the scope of suitable existing alliances by this issue. An alliance is defined as 'a partnership between two or

¹ PASEO stands for: building policy capacities for health promotion through Physical Activity among **SE**dentary **OL**der people.

more parties that pursue a set of agreed upon goals in health promotion' (WHO Health promotion glossary).

Deliverable: collection of minutes of constituent meetings of national alliances.

Work Package 3 (WP3)

'Developing capacities for physical activity among sedentary older people through national alliances'

WP leader: University of Erlangen-Nürnberg (UERL), Germany

Duration: December 2009 - September 2011.

The objective of WP3 is to conduct a cooperative planning within the national alliances to strengthen capacities for physical activity promotion among sedentary older people. The associated and collaborating partners will jointly prepare and moderate a series of 5-6 alliances meetings. In case where an existing national alliance is extended, the process and the meeting agenda will be discussed and agreed upon together with the alliance coordinator. Result of this work package is a Catalogue of Action (CoA) describing the planned activities.

Deliverable: report on catalogues of actions of the national alliances.

Figure 1 describes the relationship and timeline of the different work packages.

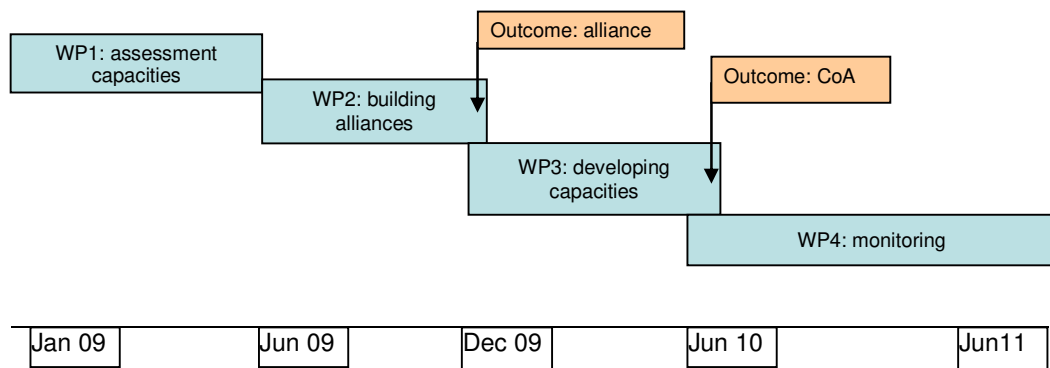


Figure 1 Overview of PASEO project

Work Package 4 (WP4)

'Monitoring the strengthening of capacities for physical activity among sedentary older people'

The objective of WP4 is to monitor the capacity building process initiated by the national alliances over the period of one year.

To reach this objective the associated and collaborating partners will help organize the regular meetings of the alliance (3-4 times per year) in order to support the implementation process of the Catalogue of Actions (CoA). The associated partners will prepare minutes of the meetings and monitor the implementation process. Where possible, the associated and collaborating partners will provide assistance to the alliance members in the strengthening of their capacities for physical activity promotion for sedentary older people. This might include providing scientific advice, fostering a continued discourse between organizations, and establishing contacts suited to overcome barriers to implementation.

The starting point of WP4 is the alliances which were forged at the end of WP2 and who developed a catalogue of actions at the end of WP3 (see figure 1). The implementation of this action plan and the development of capacities of participating organizations are monitored in WP4. The evaluation framework of the WHO for the implementation of the Global Strategy on Diet and Physical Activity will be adapted for this purpose. For each of the dimensions specified by the Global Strategy (policy input, policy process, policy output, policy outcome), indicators will be derived, and necessary data to monitor these indicators will be collected. Organizations represented in the alliances will be requested to assist in collecting the relevant data.

This report describes the methods, results and conclusions on the development of capacities during the PASEO project.

2 Methods

As stated earlier, based on the evaluation framework of the WHO for the implementation of the Global Strategy on Diet and Physical Activity, indicators were derived for the following three relevant dimensions:

- policy process: progress in the processes of change;
- policy output: outputs or products that come about as a result of the processes;
- policy outcome: ultimate outcomes of an action on the short term (e.g. increased knowledge), intermediate (e.g. change in behaviour) or long-term (e.g. reduction in percentage of sedentary older adults).

Indicators were chosen which covered these dimensions and were feasible to monitor in order to facilitate data collection in 15 different countries. Table 1 lists the three dimensions, indicators and data collection methods.

Table 1 Overview of indicators and monitoring methods

Dimension	Indicator	Method	Respondent	Period
Process	Minutes of national alliance meetings	Online questionnaire	AP	October 2010 through July 2010
Output	Catalogue of actions	(extended) form used for WP3	AP	July 2011
	Evaluation of planning process & output	Online questionnaire	Participants national alliances AP/CP	December 2010
Outcome	Evaluation of capacities, implemented action, strength of coalition	Online questionnaire	Participants national alliances AP/CP	June/July 2010

Measurements

1. Minutes of national alliance meetings: detailed information for every meeting of the national alliances was collected through an online questionnaire including items on organizational aspects, main purpose of the meeting and covered topics, results, satisfaction of the AP/CP and a short summary.
2. catalogue of actions: an update of the catalogue of actions as delivered at the end of WP3 was made including items on the level of implementation of each action and reasons for not carrying out as planned, realization of the intended output/goal and continuation of the action.
3. Two questionnaires on the impact of the PASEO project intended for all participating organizations in the national alliances. The first questionnaire covered items relating to satisfaction with the planning process, catalogue of actions and the alliance. Also some items dealt with the relevance of the alliance for their own organization. The second questionnaire evaluated the satisfaction with the activities of the alliance, level of participation by the respondents own organization,

satisfaction with the alliance and impact of the alliance on the respondents own organization. For both questionnaires, Associate Partners contacted the alliance partners and asked them to fill out the online questionnaire. In some cases AP's also provided a translation of the questionnaire to facilitate response.

All questionnaires and data collection sheets can be found in appendix A.

Results presented are mostly related to the work done in WP4, during the implementation phase. A part of the results cover the final stage of WP3 which dealt with the cooperative planning process resulting in a Catalogue of Actions of each alliance. This process and its outcome (alliance and CoA) are evaluated with the first IMPACT questionnaire, filled out by alliance partners. The second IMPACT questionnaire deals with the work during WP4 which lasted for 1 year. Associated partners were also asked to register the minutes of every meeting that took part during this period and update the CoA (see also figure 2).

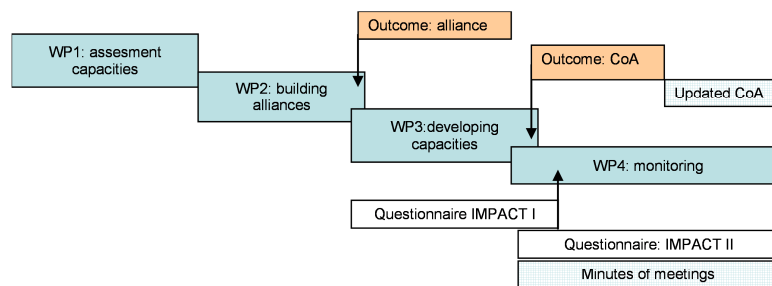


Figure 2 Overview of PASEO project and WP4 activities

Results will be described in the following order:

1. Process: meetings
2. Output: progress and status of actions by the alliance, evaluation of the alliance
3. Outcome: outcome of actions and outcome of capacities (intersectoral and intra organizational).

Appendix B describes which data were used for these topics.

During the report the following actors will be mentioned:

- Associated partner (abbreviated as AP): Scientific partner of the project, usually a university or knowledge institute;
- Collaborating partner (CP): implementation partner of the project, usually a ministry;
- Alliance partner: national or regional organisations united in the alliances which were forged during WP2 of the PASEO project. Not a member of the PASEO project.

3 Results

3.1 Response to questionnaires

Table 2 reports on the response to the questionnaires. The first two questionnaires had to be filled out by the Associate Partners, the last two by the alliance partners (after being forwarded by AP's).

Table 2 Response to questionnaires and data collection during WP4

	Number of completed meeting Questionnaires	Update of CoA	Number of completed IMPACT Q	Number of completed IMPACTII Q
Austria	3	Yes	13	8
Belgium	4	Yes	9	5
Czech Republic	3	Yes	8	9
Finland	5	Yes	14	11
France	2	No	23	15
Germany	2	Yes	14	1
Greece	3	Yes	3	2
Italy	1	No	12	0
Lithuania	4	Yes	11	10
Netherlands	3	Yes	7	8
Norway	3	Yes	14	11
Poland	0	No	7	1
Portugal	1	Yes	3	3
Spain	3	Yes	1	5
Sweden	3	Yes	9	11
total	40	11	148	100*

*65% of respondents who answered the second IMPACT questionnaire have also answered the first

Obviously the number of completed meeting questionnaires was related to the number of alliance meetings that was held in a specific country. All but one country (Poland) completed at least one meeting questionnaire. All but three countries (France, Italy and Poland) completed an update of the CoA. The number of response to the two IMPACT questionnaires depends on the number organizations represented in the national/regional alliances (for an overview on these numbers see table 8). As can be seen in most cases the response to the second questionnaire was less than to the first.

3.2 Process: meetings

Concerning the process, AP's were asked to register the number of meetings held during WP4. Table 3 gives an overview of the number of meetings for which all participating organizations were invited. Over the period of 1 year the number of meetings per country ranged from 1 to 5. It was also asked if there were any additional meetings held during WP4 at which only some organizations took part. As can be seen in table 3, in about half of the countries this was the case. No data was collected on these meetings.

Table 3 Number of (extra) meetings per alliance/country during WP4

	Regular	Extra meetings*			
		Between organizations	AP + other	CP+ other	other
Austria	3	3	3	3	
Belgium	4	2	3	2	
Czech Republic	3	1			
Finland	5		5		
France	2	1	1		
Germany	2				
Greece	3				
Italy	1				1
Lithuania	4				
Netherlands	3	1			
Norway	3	2	1		1
Poland	NR**				
Portugal	1	1			
Spain	3				
Sweden	3	2	1		

* Meetings with a part of the alliance

**Not reported

On average, 39% of participating and invited organizations were absent during the 40 registered meetings. Most reasons mentioned for being absent was being occupied (83%), without a reason (57%) and lack of priority for the meeting or lack of budget for attendance (both 20%).

As can be seen from table 4, most meetings were prepared by the AP's of the PASEO project. Collaborating partners prepared discussion and the agenda (most of the time together with the AP) and provided locations for the meetings. The other participating organizations were mostly involved in the discussion and/or address speech.

Table 4 Preparation of meetings (all countries combined, n=40) by AP, CP or other organisations (% of meetings)

	AP	CP	Other org
Overall responsibility	71%	15%	15%
Location*	51%	43%	12%
Agenda	90%	37%	15%
Presentation	93%	15%	17%
Address/speech	83%	32%	20%
Discussion	90%	51%	39%

*most of the meetings were held at the location of the CP (45%, followed by AP, 35% and other organizations (10%))

In 88% of the meetings AP's acted as the moderator (in 28% of the meetings together with the CP, in 10% of the meetings together with one of the other organisations). Table 5 shows that there was a variety in the main purpose of the meetings. Discussion progress was the primary purpose in most meetings, followed by the planning of activities. Most time during the meetings was spent

on the activities of the CoA (either discussing the progress, brainstorming new ideas or planning of the activities).

Table 5 Contents of meeting: primary purpose and time spent on different items (n=40)

	Primary purpose (% of meetings)	Average time spent (% of total meeting time)
Planning of activities	15%	31%
Brainstorm on new ideas	2%	30%
Dividing tasks	5%	16%
(re)creation of CoA	5%	29%
Discuss progress	42%	37%
Evaluate activities	7%	26%
Explore financing options	2%	17%
Strengthening alliance	10%	24%
Other*	12%	19%

*Other primary purposes include planning the evaluation of the elderly, changing lead to collaborating partner and discuss follow-up after PASEO project

In both IMPACT questionnaires it was asked in what way organizations contributed to the meetings. Apart from attending, this was mostly by participating in the discussion and putting forward ideas for projects.

Table 6 Contribution to alliance/meetings (during WP3 and WP4) in % of alliances

	WP3 (n= 130)	WP4 (n=84)
Attend meetings	85%	98%
Participate in discussion	92%	88%
Put in ideas for projects	75%	64%
Offer facilities (i.e.location)	23%	23%
Content (i.e. presentation)	5%	Not asked
(co)-chair	3%	Not asked
other	2%	Not asked

Finally, in both IMPACT questionnaires participating organizations were asked to rate their satisfaction with several aspects of the meetings they attended. As can be seen in table 7, all were rated satisfactory with around 70% or more being (very) satisfied. Between WP3 and WP4 the level of satisfaction slightly increased.

Table 7 Satisfaction with meetings by alliance partners (% satisfied/very satisfied)

	WP3 (n=136)	WP4 (n=84)
Chair	85%	88%
Number of meetings	70%	81%
Contents	71%	79%
Practical aspects (time/location)	82%	86%
Level of participation from alliance partners	76%	74%
Input/ideas from alliance partners	76%	82%
Level of discussion between alliance partners	71%	75%
Support by chair/PASEO partners during process	75%	82%

3.3 Output

3.3.1 *alliance*

During WP2 associated (AP) and collaborating partners (CP) worked together on forging an alliance with several partners on the topic of physical activity and older persons.

Table 8 describes the number of organizations per country, divided per country at the start of WP3 as well as the development during WP4.

Table 8 Number of partners per alliance/country

	Number of partners*	
	at WP3	at WP4**
Austria	16	16
Belgium	?	20
Czech Republic	9	8
Finland	15	15
France	18	NR
Germany	15	0
Greece	9	8
Italy	5	11
Lithuania	15	19
Netherlands	13	12
Norway	19	16
Poland	7	NR
Portugal	5	5
Spain	9	8
Sweden	14	11

* including 1 AP and 1 CP

** unclear whether or not AP/CP are included

Several AP's reported that organizations joined during WP4, including Lithuania, France and Belgium. AP's who reported organizations dropping out include Norway, The Netherlands and Sweden. The status of the alliance in Germany is unclear.

At the end of WP3 and at the end of WP4 alliance partners were asked to rate their satisfaction with several aspects of the national or regional alliances. As can be seen in table 9, the highest level of satisfaction both in WP3 and WP4 was with the variety of the members of the alliance. The lowest satisfaction levels were given to the level of commitment among members and their willingness to work together (in both work packages). Apart from a higher level of urgency during WP4, most aspects of the alliance were judged equally satisfactory during both work packages.

Table 9 Satisfaction of alliance partners with aspects of the alliance during WP3 and WP4 (% very good/good)

	WP3 (n=132)	WP4 (n=84)
There is enough variety among members	83%	82%
There is enough commitment among members	57%	56%
All relevant organizations are presented	70%	66%
All relevant sectors are presented	71%	74%
All members are willing to work together	55%	61%
All members have enough experience and know how to participate	63%	65%
All members share the urgency for the problem	61%	72%

Alliance partners were asked to indicate in which way they participated within the alliance. Responses are mentioned in table 10.

Table 10 Contributions to alliance by partners (% of partners)

	N=84
Work on activities	35%
Develop projects/proposals	36%
Present information	56%
Disseminate information on topic alliance	41%
other	11%

Two AP's reported that during a meeting a conflict arose. One was a discussion about the way forward (join another organization or not) and one regarding (lack of) collaboration between the organizations.

3.3.2 *Output: Catalogue of Actions*

During WP3 alliance partners worked together to create a catalogue of actions (CoA) describing, in detail, what actions were to be undertaken during the next year. This CoA contained a description of the action, its innovative nature, the intended goal/outcome of the action, which organization takes the lead or participates, what resources are needed and available, when the implementation will be finished and whether the action will be evaluated.

In the first IMPACT questionnaire participating organizations were asked to rate their satisfaction with this CoA. As can be seen in table 11, at the end of WP3 organizations were most satisfied with the contents and the number of specified actions but less with its concreteness and innovative nature.

Table 11 Satisfaction alliance partners with CoA at the end of WP3 (n=133)

	% good/very good
Number of specified actions	68%
Contents of specified actions	72%
Concreteness of specified actions	50%
Innovative nature of specified actions	54%
Overall satisfaction	65%

In table 12 the number and progress with the actions in the CoA's is specified per alliance (see also appendix C). As can be seen more than 80% of the

defined actions has been carried out as planned with only a small part starting later or being changed.

Table 12 Number of actions and status per country

	Number of actions defined	Done (%)	status			
			Not started	Started later	changed	continue
Austria	9	7 (78%)	2			5
Belgium	4	3 (75%)	1			2
Czech Republic	10	9 (90%)	1			8
Finland	6	6 (100%)				6
France*	-					
Germany	2		2			0
Greece	6	2 (33%)	2	2		0
Italy*	-					
Lithuania	7	6 (86%)		1		7
Netherlands	6	3 (50%)	2		1	4
Norway	10	8 (80%)	1		1	8
Poland*	-					
Portugal	4	3 (75%)	1			2
Spain	7	5 (71%)	1		1	5
Sweden	7	6 (86%)	1			2
Total	78	58 (74%)	14 (18%)	3 (4%)	3 (4%)	49 (64%)

*No update of CoA reported

When asked for reasons for not carrying out the action as planned, in almost all cases lack of resources was mentioned (table 13). Lack of participation from organizations (either in taking the lead or taking part) was a reason for not carrying out the action in half of the alliances.

Table 13 Reasons for not carrying out the action as planned

	number
Appointed organizations did not take the lead	3
Appointed organizations did not take part in the implementation of the action	3
Resources were not (made) available	12
Other reasons*	6

* includes lack of support by providers, not high on the priority list and change in the political situation (i.e. elections and change in government).

Participants of the alliance were asked if they were satisfied with the progress at the end of WP4. A little bit more than 71% of the organizations indicated to be satisfied to very satisfied. Only a small percentage (around 6%) was dissatisfied to very dissatisfied.

All participating organizations were asked which aspects they thought would have the most negative effect on the implementation of the CoA before (at the end of WP3) and after (at the end of WP4). Figure 3 shows these results. At the

end of WP3, resources were deemed to be the most negative aspect for implementation. Looking back at the end of WP4, resources again were judged the most negative aspect, even more so than before (reaching almost 50%), which is also the case for time. The cooperation by partners was judged as being the most positive aspect to the implementation of actions.

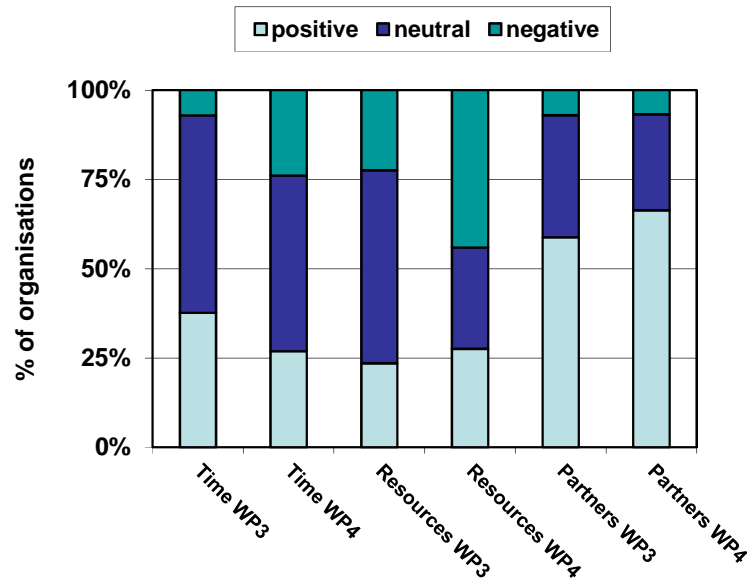


Figure 3 Impact of aspects on implementation of actions

3.4 Outcome

3.4.1 actions

AP's were asked to register in the update of the CoA what the main results of the meetings/actions were. The following list provides an overview of registered actions and results.

1. Functioning of the alliances
 - acquire funding for the alliance (activities)
 - network structuring
 - develop a (shared) vision
 - realize (new) alliance/association or extend network with new sectors/members
 - new action plan
 - monitor actions
2. Activities aimed directly at older adults
 - develop project proposals/carry out a (pilot) project to motivate older adults to be physically active
 - develop toolbox for general public
 - organization of theme day (older adults, PA, WHO)
 - select/screen older adults for PA programs

- reach older persons via all available channels to inform them on PA
- 3. Activities aimed at intermediates
 - education/course development aimed at staff
- 4. Dissemination
 - dissemination of knowledge on PA (i.e. good practices, website development, instructional DVD)
 - organize meetings/conference
 - identify and evaluate successful programs for dissemination
- 5. Policy influencing
 - lobbying to raise awareness with relevant stakeholders and specifically identified target groups such as the media, policy makers and teachers
 - contribute to governmental action plans on PA
 - bring together/interaction between stakeholders
 - support approval of PA in parliament

Described actions included those targeted internally at the functioning of the alliance, those targeting older adults directly or those aimed at intermediates. Next there are actions aimed at disseminating information to different groups and those specifically aimed at influencing policy.

Also AP's were asked to indicate whether the intended output/goal of the planned actions was realized. Of the 78 actions registered, AP's indicated that 31 (40%) of the actions was realized, 33 (42%) partly and 14 (18%) not at all. Most reasons stated for not (entirely) realizing the outcome included that preparation was still in progress (usually related to acquiring funding), lack of resources (usually funding), the implementation is still in progress and changes in participating organizations (i.e. withdrawals).

3.4.2 capacities

3.4.2.1 Intersectoral

One of the goals of the PASEO project was to strengthen capacities by building inter sectoral structures (i.e. structures linking organizations across sectoral boundaries). In order to see whether with the forged alliances this objective was reached, participating organizations were asked some questions into their background.

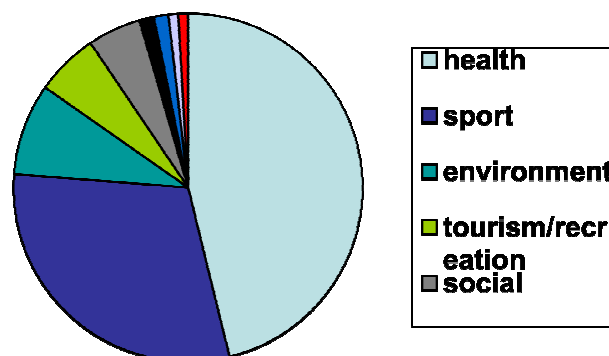


Figure 4 Sectors in which alliance partners are working (n=148)

Figure 4 shows that organizations from the health (70% of organisations) and sports sector (45%) are best represented, but also many other sectors (between 13 – 1 %). When looking at the number of represented sectors per alliance, most countries had 5 different sectors represented. Two countries had only 1 sector and two countries only two.

Table 14 presents data on the background showing that most organizations had a background in the area of science, closely followed by policy making (both governmental as well as non-governmental).

Table 14 background of alliance partners (ranked, n=148)

	Number of organizations
Science (university/research institute)	52
Expert on PA and/or older adults	43
Policy making/Government	41
NGO related to PA and/or older adults	32
Private sector related to PA and/or older adults	10
Other	8
Public Health/Welfare	5
Older adults representative	4
PR/Media	3

Most participating organizations worked on a national level (47%), followed by regional (31%) and local (22%).

Alliance partners were also asked whether they made new contacts/new collaborations as a result of joining the alliance. In total 67 out of 84 alliance partners indicated this was the case (80%).

3.4.2.2 *Intra-organizational*

The second way of strengthening capacities within the PASEO project focuses on intra-organizational capacities. In order to evaluate this aspect, participating organizations were first asked to indicate in which way they contributed to the alliance, apart from attending meetings, during WP4 as shown in table 15.

Table 15 Contribution to alliance/meetings (WP4) % of alliances (n=84)

Contribution	% of partners
Put in ideas for projects	63%
Work on activities	35%
Develop projects/proposals	36%
Present information	56%
Disseminate information on topic/alliance	41%

When asked in what way the alliance has an effect on their daily work/organization 80% said it had lead to new contacts and for 62% of the organizations to new actual collaborations. In addition 13% of partners indicated it had resulted in (extra) options or (new) projects (35% of partners).

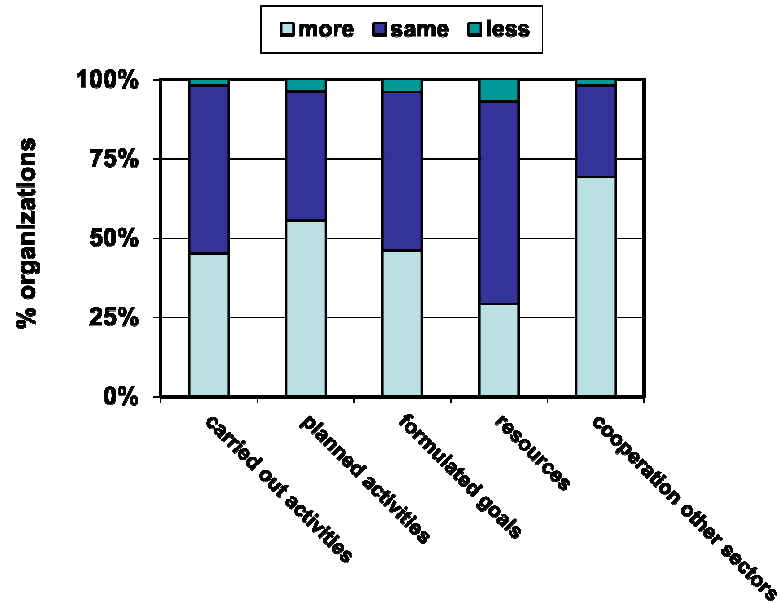


Figure 5 Changes as a result of participation in the alliance (% organisations, n= 84)

When asked in what way participation in the alliance had an effect on their organization, more than 50% of organizations indicated it increased the cooperation with other sectors and their number of planned activities on the topic of PA promotion. Around 45% of the organizations indicated that during WP4 they had formulated new goals on this topic. The smallest increase in intra-organizational capacities was seen in resources. For most organizations these stayed the same.

4 Discussion and conclusions

The objective of WP4 was to monitor the capacity building process initiated by the national alliance. In order to reach this objective AP's and CP's had to organize regular meetings of the alliance (3-4 times a year) and prepare minutes of these meetings. All most all AP's succeeded in this objective. For some alliances only 1 meeting was organized. Given the diversity of the alliances and planned activities, a different approach was to be expected. Only one AP failed to report on the organized meetings.

In order to monitor the implementation process of the Catalogue's of Actions (CoA) as developed during WP3, several indicators were developed. First the process was monitored by collecting minutes of the meetings. Although CP's were assumed to take a leading role in the alliances, most meetings were still organized and prepared by AP's, if not in coordination with CP's. Participation in the meetings was high and most (time during) meetings were spent on discussing progress of planned actions. Satisfaction levels of alliance members on different aspects of the meetings were high (at least 70% of the participants rating them as satisfied), and most even increased during WP4 showing improved function of the meetings.

For the second indicator, output, the alliance and the CoA were evaluated. In most countries the alliances remained as they were forged during WP2 and in some cases even grew larger. The level of satisfaction of alliance members with the alliance was high on most aspects and remained relatively stable. There were some concerns on the level of commitment and willingness to work together, although still more than 50% of the alliance members thought this was satisfactory. The CoA was also judged as satisfactory by most alliance members, although the level of concreteness and innovativeness of actions was considered less satisfactory. About 75% of the predefined actions by alliances were carried out as planned. Including those that started later or in a changed format, this number rises to more than 80%. Lack of resources was the main reason for not carrying out the actions as planned. During the actual implementation phase barriers to implementation grew according to alliance members which would be as expected.

The third indicator, outcome, deals with the actions and capacities. Around 40% of the actions were realized within WP4, about 1/3 partly. Again lack of resources (funding) was the most important barrier. Most of the actions that weren't realized are being continued by the alliances. The intersectoral capacities were improved during the PASEO project. All alliances existed of organizations of different sectors. As would be expected with the topic of aging and physical activity promotion, the health and sport sector were best represented, but many alliances included interesting sectors such as the social sector, environment and media, leading to innovative actions in this field. Most participating organizations indicated that participation with the project lead to new (projects with new) contacts and collaborations. The intra-organizational capacities increased according to most members. Especially an increase in planned activities, newly formulated goals on the topic of physical activity promotion and especially cooperation with new sectors. One of the most

interesting results of the PASEO project is that most organizations had a strong intention to continue (with)in the alliances and its actions.

In conclusion it was clearly shown that during the implementation phase, alliances succeeded in carrying out the agreed upon Catalogue of Actions, resulting in increased intersectoral and intra organizational capacities in the field of physical activity promotion for sedentary older people.

Appendices

A: Questionnaires

B: Overview of data sources

C: Update on catalogue of actions from participating countries

WP4 PASEO Minutes Meeting National Alliances

1. Description

This questionnaire is intended to collect some key data on the alliance meetings during WP4 of the PASEO project. Please be sure to fill out one separate copy of this document for every alliance meeting that has taken place (i.e. if you have had five alliance meetings, we ask you to submit five filled-out templates)! You can open a new questionnaire via the same link in the e-mail.

1. Please state your name

2. Please state your country

 Austria Germany Norway Belgium Greece Poland Czech republic Italy Portugal Finland Lithuania Spain France Netherlands Sweden

2. Preperation of the meeting

3. For which meeting since the start of WP4 do you fill out this questionnaire?

this is meeting number

4. Who was mainly responsible for organising the meeting (more answers possible)?

 AP CP Both AP and CP Other organisation (please specify)

5. Did you prepare the meeting with the CP or another organisation to discuss its contents (more answers possible)?

 yes, by phone yes, in a meeting yes, by e-mail no

WP4 PASEO Minutes Meeting National Alliances

6. Who prepared the following aspects for the meeting (more answers possible)?

	AP	CP	Other organisation
Location	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Agenda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Presentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Address/speech	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Discussion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other (please specify)

7. What was the (primary) purpose of the meeting?

- planning of activities
- brainstorm on new ideas
- dividing tasks between organisations
- (re)creation of catalogue of actions
- discuss progress
- evaluate activities
- explore financing options
- strengthen alliance
- Other (please specify)

3. Meeting Minutes

8. What was the date of the meeting?

meeting MM DD YYYY
 / /

9. what was the location of meeting?

- at AP
- at CP
- at other alliance organisation
- Other (please specify)

10. How long did the meeting last?

- 1 hour <
- 1-2 hours
- >2 hours

11. How many alliance organisations?

took part

were absent

12. If organisations were absent what was the reason (more answers possible)?

- occupied
- no priority for this meeting
- distance to far
- (travel)costs too high
- does not feel committed to alliance or topic
- no reason given
- does not have time/budget to attend meetings
- Other (please specify)

13. Who moderated the meeting (more answers possible)?

- AP
- CP
- Other alliance organisation
- External moderator
- Other (please specify)

WP4 PASEO Minutes Meeting National Alliances

14. How many time was spent on the following items (% of time)?

planning of activities	<input type="text"/>
brainstorm on new ideas	<input type="text"/>
dividing tasks	<input type="text"/>
(re)creation of catalogue of actions	<input type="text"/>
discuss progress	<input type="text"/>
evaluate activities	<input type="text"/>
explore financing options	<input type="text"/>
strengthening alliance	<input type="text"/>
other	<input type="text"/>

15. Were there any unexpected events at the meeting?

yes

no

If yes, please specify

	5
	6

16. Were there open conflicts between organisations/representatives at the meeting?

yes

no

If yes, please specify

	5
	6

17. Were there any meetings between alliance partners outside the plenary meetings (more answers possible)?

no

yes, a meeting between two or more of the other alliance organisations

yes, between AP and one or more other alliance organisations

yes, between CP and one or more other alliance organisations

Other (please specify)

--

WP4 PASEO Minutes Meeting National Alliances

4. Short summary of the meeting

18. Please enter a short summary of the meeting

19. Please enter the main results of the meeting (e.g. agreement on new actions, task divided, plan made for carrying out an activity, information distributed etc.)

20. Has a new date been set for the next meeting?

yes

no

If not, please specify

5. when new meeting

21. When will the next meeting take place?

next month

within two months

within three months

within four months

within five months

within 6 months

6. Assessment of the meeting

WP4 PASEO Minutes Meeting National Alliances

22. Did the result of the meeting exceed or fall short of

your expectation

6

CP's expectation

6

23. How satisfied are you with this meetings results?

on a scale of 1 (very dissatisfied) to 10 (very satisfied)

6

24. Do you have any other comments you would like to make concerning this meeting?

5

6

7. Changes in the alliance

25. Were there any changes in the alliance since the last meeting?

- yes, one (or more) organisation(s) dropped out
- yes, one (or more) organisation(s) joined the alliance
- no, no changes

If yes, please specify

5

6

26. How many organisations are part of your alliance?

8. Thank you!

27. Do you have any other comments to make?

5

6

Thank you for your information!

1. Background information

1. What is your country?

- | | | |
|--|-----------------------------------|--------------------------------|
| <input type="radio"/> Austria | <input type="radio"/> Germany | <input type="radio"/> Norway |
| <input type="radio"/> Belgium | <input type="radio"/> Greece | <input type="radio"/> Poland |
| <input type="radio"/> Czech Republic | <input type="radio"/> Italy | <input type="radio"/> Portugal |
| <input type="radio"/> Finland | <input type="radio"/> Lithuania | <input type="radio"/> Spain |
| <input type="radio"/> France | <input type="radio"/> Netherlands | <input type="radio"/> Sweden |
| <input type="radio"/> Other (please specify) | | |

2. What is your background? (more answers possible)

- Science (university/research institute)
- Policy making / Government (sports/health promotion, urban development etc.)
- Expert on physical activity/sports and/or older adults
- NGO related to physical activity/sports and/or older adults
- Private sector related to physical activity/sports and/or older adults
- Other (please specify)

3. At what level do you (mostly) work?

- National
- Regional
- Local

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4. In what sector do you work? (more answers possible)

- Sport
- Health
- Urban planning
- Environment
- Tourism/recreation
- Other (please specify)

5. Were you actively involved in the PASEO project in the past two years? (more answers possible)

- No, not actively involved
- Yes, I am a partner (associated/collaborating)
- Yes, contributed with the interviews on assessing capacities in 2009 (WP1)
- Yes, I am part of an alliance on physical activity/older adults in my country/region (WP2/WP3)
- Other (please specify)

2. Satisfaction with the Planning Process

During the first half of 2010, national/regional alliances engaged in a planning process consisting of several meetings of alliance partners. The following questions ask your opinion on this process.

1. How many alliance meetings were you invited to and how many did you attend?

	invited	attended
number of meetings	<input type="text" value="6"/>	<input type="text" value="6"/>

2. How satisfied are you of the following aspects of this process?

	very satisfied	satisfied	neutral	dissatisfied	very dissatisfied
chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
number of meetings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
contents of meetings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
practical aspects (time/location)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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3. Please indicate how you rate the following aspects of the meetings you attended

	very good	good	neutral	bad	very bad
level of participation from alliance partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
input/ideas from alliance partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
level of discussion between alliance partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
support by chair/PASEO partners during process	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Catalogue of actions

As a result of these meetings a Catalogue of Actions has been drafted. The following questions ask your opinion on this.

1. How satisfied are you with the Catalogue of Actions as drafted by your national/regional alliance? Please rate the following aspects

	very good	good	neutral	bad	very bad
number of specified actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
contents of specified actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
concreteness of specified actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
innovative nature of specified actions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Overall satisfaction	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments

5

6

2. Do you think the following aspects will facilitate or hinder the implementation of the specified actions?

	positive effect	neutral	negative effect
available time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
resources (financial or staff)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
cooperation by partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments

5

6

4. Satisfaction with the alliance

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1. The following questions deal with the national or regional alliance. Please rate your satisfaction with the following aspects of your alliance

	very good	good	neutral	bad	very bad
There is enough variety among members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is enough commitment among members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All relevant organisations are presented	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All relevant sectors are presented	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All members are willing to work together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All members have enough experience and know how to participate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All members share the urgency for the problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments

5. Contribution by own organisation

the following questions cover your own organisation

1. In what way did you contribute to the meetings? (more answers possible)

- attend meetings
- participate in discussion
- put in ideas or projects
- offer facilities (i.e. location)
- Other (please specify)

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2. In what way will participation in the alliance have an effect on your daily work/your organisation? (more answers possible)

- (new) contacts
- (new) collaborations
- (extra) funding options
- (new) projects
- Other (please specify)

3. Do you feel that joining the alliance has been worthwhile for you or your organisation?

- yes
- maybe
- no
- don't know

4. Do you, and your organisation, intend to stay committed to this alliance? If not please specify

- Yes
- maybe
- no
- do not know

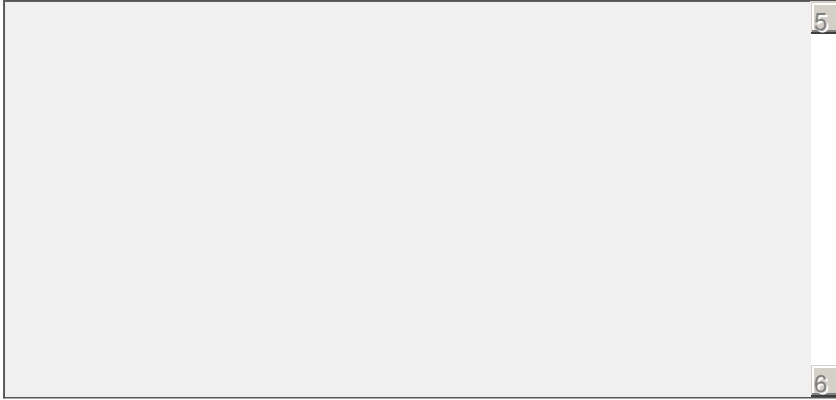
If not, please specify

6. Comments and Thank you

Thank you very much for your time and effort!

Impact of PASEO

1. Do you have any other comments?



1. Background information

1. What is your country?

- | | | |
|--|-----------------------------------|--------------------------------|
| <input type="radio"/> Austria | <input type="radio"/> Germany | <input type="radio"/> Norway |
| <input type="radio"/> Belgium | <input type="radio"/> Greece | <input type="radio"/> Poland |
| <input type="radio"/> Czech Republic | <input type="radio"/> Italy | <input type="radio"/> Portugal |
| <input type="radio"/> Finland | <input type="radio"/> Lithuania | <input type="radio"/> Spain |
| <input type="radio"/> France | <input type="radio"/> Netherlands | <input type="radio"/> Sweden |
| <input type="radio"/> Other (please specify) | | |

2. What is your background? (more answers possible)

- Science (university/research institute)
- Policy making / Government (sports/health promotion, urban development etc.)
- Expert on physical activity/sports and/or older adults
- NGO related to physical activity/sports and/or older adults
- Private sector related to physical activity/sports and/or older adults
- Other (please specify)

3. At what level do you (mostly) work?

- National
- Regional
- Local

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4. In what sector do you work? (more answers possible)

- Sport
- Health
- Urban planning
- Environment
- Tourism/recreation
- Other (please specify)

5. Were you actively involved in the PASEO project in the past two years? (more answers possible)

- No, not actively involved
- Yes, I am a partner (associated/collaborating)
- Yes, contributed with the interviews on assessing capacities in 2009 (WP1)
- Yes, I am part of an alliance on physical activity/older adults in my country/region (WP2/WP3/WP4)
- Other (please specify)

6. Did you fill out a similar online questionnaire (IMPACT of PASEO) in December 2010-February 2011

- yes
- no
- don't know

2. Satisfaction with the activities of the alliance

During the first half of 2010, national/regional alliances engaged in a planning proces consisting of several meetings of alliance partners resulting in a action plan/catalogue of actions. This was followed in the second half of 2010 and first half of 2011 with further work on implemenation of the ation plan. The next questions deal with the activities in the past year (august 2010 - june 2011).

Impact of PASEO II

1. What type of activities were undertaken during the past year that your organisation participated in?

- alliance meetings
- writing proposals
- surveys

Other (please specify)

2. How many alliance meetings were you invited to and how many did you attend?

	invited		attended
number of meetings	<input style="width: 80px;" type="text"/>		<input style="width: 80px;" type="text"/>

3. How satisfied are you of the following aspects of this process?

	very satisfied	satisfied	neutral	dissatisfied	very dissatisfied
chair	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
number of meetings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
contents of meetings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
practical aspects (time/location)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Please indicate how you rate the following aspects of the meetings you attended

	very good	good	neutral	bad	very bad
level of participation from alliance partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
input/ideas from alliance partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
level of discussion between alliance partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
support by chair/PASEO partners during process	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Progress on catalogue of actions

As a result of these meetings a Catalogue of Actions has been drafted. The following questions ask your opinion on this.

Impact of PASEO II

1. How satisfied are you with the the progress of the actions as drafted by your national/regional alliance?

- very satisfied
- satisfied
- neutral
- dissatisfied
- very dissatisfied

2. How do you think the following aspects contributed to the implementation of the specified actions?

	positive effect	neutral	negative effect
available time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
resources (financial or staff)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
cooperation by partners	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments

4. Satisfaction with the alliance

Impact of PASEO II

1. The following questions deal with the national or regional alliance. Please rate your satisfaction with the following aspects of your alliance

	very good	good	neutral	bad	very bad
There is enough variety among members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is enough commitment among members	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All relevant organisations are presented	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All relevant sectors are presented	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All members are willing to work together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All members have enough experience and know how to participate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
All members share the urgency for the problem	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Comments

5. Contribution by and result for own organisation

the following questions cover your own organisation

1. In what way did you contribute to the alliance? (more answers possible)

- attend meetings
- participate in discussion
- put in ideas or projects
- offer facilities (i.e. location)
- work on activities
- develop projects/proposals
- present information
- disseminate information on topic/alliance
- Other (please specify)

Impact of PASEO II

2. In what did participation in the alliance have an effect on your daily work/your organisation? (more answers possible)

- (new) contacts
- (new) collaborations
- (extra) funding options
- (new) projects
- Other (please specify)

3. In what way did participation in the alliance result in the following changes in your own organisation

	more	same	less
carried out activities related to (promoting) physical activity for older persons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
planned activities related to (promoting) physical activity for older persons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
goals formulated on physical activity and older persons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
resources for activities on physical activity and older persons	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
cooperation with other sectors	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. Do you feel that joining the alliance has been worthwhile for you or your organisation?

- yes
- maybe
- no
- don't know

Impact of PASEO II

5. Do you, and your organisation, intend to stay committed to this alliance? If not please specify

- Yes
- maybe
- no
- do not know

If not, please specify

6. Comments and Thank you

Thank you very much for your time and effort!

1. Do you have any other comments?



PASEO Project
 Template for Monitoring National Alliances (WP4)

Country:

Describe the Action (copy from Catalogue of Actions of WP3)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (Copy from CoA of WP3)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
3	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
5	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

			<input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:			<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
	General comments					

Overview of Data sources

	CoA	Minutes Meeting	Impact I	Impact II
Proces (meetings)		# (extra, 17)) meetings (2-3), organization (4, 6), content: (7, 14), participation + reason absence (11, 12) satisfaction AP?CP (2)	Attendance (2-1), Satisfaction (2-2, 2-3)	Attendance (2-2), Satisfaction (2-3, 2-4)
Output, CoA	Progress implementation + reason failure (Column 2+3) and continuation of actions (column 6)	Results (19)	Satisfaction (3-1) Implementation barriers (3-2)	Satisfaction progress (3-1) Implementation barriers (3-2)
Output, Alliance		# organizations (26) Conflicts at meeting (16), Changes in alliance (25)	Satisfaction (4-1)	Participation actions (2-1), Satisfaction (4-1)
Outcome, actions	Realisation output/goal (column 5)			
Outcome, capacities, inter			# sectors (1-4)	# sectors (1-4)
Outcome, capacities, intra			Contribution (5-1), effect (5-2), satisfaction (5-3), commitment (5-4)	Contribution (5-1), effect (5-2), changes in capacities (5-3), satisfaction (5-4) commitment (5-5)

Appendix C: Update on Catalogue of actions from participating countries



PASEO Project

Template for Monitoring National Alliances (WP4)

Country: AUSTRIA

Describe the Action (copy from Catalogue of Actions of WP3)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (Copy from CoA of WP3)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 . Action - consultation and agreement with the relevant bodies about the development or extension of a website with links to all providers of PA and sport for older people in the City of Vienna - establish a website under an address which is politically neutral and often frequented by seniors - inform providers of PA and sport for older people about the possibility of linking on this website - inform providers of PA and sport	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	- one website for all providers of PA and sport for older people is established or extended in the City of Vienna - information about linking to this website is given to all providers - relevant offers of PA and sport for seniors are marked by the providers	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: the relaunch of the website will take about one year and will be finished in winter 2011	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

<p>opportunities in open spaces for elderly about the possibility of linking on this website - providers mark the PA and sport offers for seniors in their service catalogue</p>					
<p>2. Action - pilot project: take an inventory of offers for PA as well as PA and sport opportunities in open spaces in one district of Vienna - inform the providers of PA and sport about the results from the inventory - providers incorporate the results into existing guidelines and extend their offers if necessary</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed</p>	<p><input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:</p>	<p>establish a comprehensive structure of age-appropriate offers for physical activity (PA) as well as a comprehensive structure of age-appropriate PA and sport opportunities in open spaces that can be reached within an appropriate timeframe – about 10-15 minutes: ◦ by foot ◦ by bike ◦ by public transport ◦ by car</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification: As the method was very time-consuming, there will be no further inventory in other districts of Vienna.</p>	<p><input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet</p>
<p>3. Action - install a working group that consists of all relevant providers of PA and sport for older people in the City of Vienna - synoptic overview about existing catalogues of quality standards</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed</p>	<p><input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:</p>	<p>enhance a catalogue of quality standards for senior-specific offers of PA and sport in general</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet</p>

<p>for offers and discussion about it</p> <ul style="list-style-type: none"> - based on this information, the working group will develop a catalogue of quality standards for offers according to non-obligatory and obligatory criteria - all providers incorporate and keep to the obligatory criteria in their existing offers - the catalogue is released through suitable media - providers incorporate the non-obligatory criteria in their existing offers in the medium to long term 					
<p>4. Action</p> <ul style="list-style-type: none"> - install a working group that consists of all relevant providers for qualification programmes in the City of Vienna - exchange of information on existing catalogues of quality standards for offers 	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: The project funding has not been granted so far.	<p>existing qualification programmes are linked and enhanced</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No <p>Specification: The intended goal has not been realised so far. The leading organization is expecting the grant or refusal of the project funding for autumn 2011.</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
<p>5. Action</p> <ul style="list-style-type: none"> input and discussion with the relevant 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action	<p>important stakeholder are sensitised</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No <p>Specification:</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

bodies of the City of Vienna responsible for public spaces		<input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:			
6. Action - review and analyses of existing strategy documents and guidelines with focus on aspects for an age-friendly, physical active city - preparation of an expert report - comparison with national and international standards - developing and implementing a concept for the inclusion of the user's perspective (opinion and experience of the seniors) - install a working group - regular meetings will be held - collaborative elaboration of a catalogue of standards to design an age-friendly open space with focus on PA and sport opportunities	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	- an expert report is executed - the user's perspective is included - regular meetings were and are going to be held - a catalogue of standards for designing an age-friendly city with focus on PA and sport opportunities will be established or developed	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet
7. Action - application and dissemination of the catalogue of standards with	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available	- dissemination of the catalogue of standards to all relevant public space institutions and providers - draw attention to public	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet

specific recommendations for each institution - event to present the catalogue to the target-group: public space institutions and providers		<input type="checkbox"/> Other reasons please specify:	spaces as a free to access and therefore low cost infrastructural resources		
8. Action Action continuous public relations	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	support the implementation of the Action plan with purposive PR activities	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9. Action - consultation with the relevant municipal departments for the development of a geographic information system (GIS) for offers and opportunities of PA and sport for older people - clarify the technical requirements for the electronic database and to inform all providers about this possibility of networking - develop a concept for the implementation of the GIS	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: Providers did not support the idea of the development of a geographic information system (GIS) at the moment. Therefore this action will be implemented at a later date.	a geographic information system (GIS) for offers and opportunities of PA and sport for older people is established and implemented	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: The PASEO team consulted relevant municipal departments for the development of a geographic information system (GIS) for offers and opportunities of PA and sport for older people; further activities are delayed for the present	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
10.	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

		<input type="checkbox"/> Other reasons please specify:			
General comments					

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: Belgium

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
<p>1 Defining main statements, vision and objectives concerning physical activity among sedentary older people. Discussion with stakeholders and alliance members.</p> <p>=> Through different meetings. => Through ViA (Flanders in Action) – round table discussions.</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed</p>	<p><input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:</p>	<p>First statements, visions and objectives concerning physical activity among sedentary older people.</p> <p>Bringing together the stakeholders from the different sectors.</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:</p>	<p><input checked="" type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet</p>
<p>2 Finding new alliance members – Creating a network.</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed</p>	<p><input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:</p>	<p>To realize a new alliance.</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:</p>	<p><input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet</p>

3 Realisation of a new action plan (objectives, statements, visions, networks) through a Delphi Method.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	A new action plan concerning physical activity among sedentary older people	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: The work is still in progress.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4 Finding extra financial funding.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: Our collaborating partner is waiting for the new action plan.	Finding extra funding for the realisation of the action plan.	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: We are still working on the action plan, on which the funding must be based.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
5	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments					

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: Czech Republic

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 The Days of Seniors. Organizing activities for seniors (physical activities, lectures, etc.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To recommend changes in lifestyle of seniors – the improvement of physiology and social indicators of their lifestyle.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 Specialized seminars and courses for professionals working with seniors	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To increase the interest in active experiencing of seniors' s life	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
3 Events and recreational events with a stay for seniors and grandchildren	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	The influence of thinking that motivates to regular performance of recreational sports and physical activities both in seniors and children	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4 To identify the offer of physical activities carried out by the Association for the Handicapped in the Czech	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Published list of activities provided by the Association with contact of the concrete provider with the description of activities.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet

Republic, and to advertise the list on the WebPages of the Association and the Alliance,					
5Active approach to increase the awareness about the Alliance and its activities to other organizations by contacting them and providing them with a information on the Alliance	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To include other organizations into the support of physical activities for seniors	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
6Promotion campaign "Take in and give out"	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Nationwide media campaign which includes a contest that is to increase knowledge, attitudes, and behaviours that lead to the balance between intake and expenditure by physical activity	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7Program "Every day with Physical Activity"	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Motivating population to increase physical activity	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8Program "Healthy aging 2"	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Creation of platforms for future cooperation, exchange of information and experience, DVD presentations. The main aim is to create activities for healthy ageing depending on the needs of each region and in compliance with	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

9Promotion Leaflet of the National Alliance Senior 21	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<u>current knowledge</u> The aim is to inform in a comprehensive way about the importance of physical activity the offer of physical activity, which they can take part in	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Still under process of preparation	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10The creation of the webpage of the National Alliance Senior 21	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	The webpage of the National Alliance will have sections for the public and professionals	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Still under process of preparation	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments					

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: Finland

Describe the Action (copy from <i>Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned ? (please tick the correct box)	If no, what was the main reason for not being carried out as planned ? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Cross sectional co-operation and division of labour	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Physical activity of old people will be taken into account when acts and strategies for aged people are engineered. The parties of responsibility and financing will co-operate, agree on division of labour and allocate resources in co-ordination to develop physical activity counselling and daily physical activities for old people. Physical activity for old people will be vested as a part of the health and social services in all municipalities. Seamless physical activity services are offered to old people in different levels of physical condition.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: On going	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 Environment and circumstances	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Development of safe and barrier free walking routes to support old people's independent physical activity. Increase the amount of suitable indoor and outdoor PA facilities for old people. Development of the	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: On going	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

			interiors and courtyards of assisted living to enhance physical activity.		
3Physical activity counselling and exercise activity	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>Low threshold physical activity counselling and quality exercise activity for sedentary old people in different levels of physical activity and environment will increase in all municipalities in accordance to old people's needs and population structure. Good practices for physical activity counselling and exercise activity will be developed, deployed and distributed in a more active manner.</p> <p>A growing number of professionals in rehabilitation, physical activity, nursing and social affairs will work in the field of health enhancing physical activity for old people. Retiring people will operate as volunteers, peer mentors and peer supporters. Retiring and retired people will adopt a physically active life style. Special needs of old people are attended to and their participation in developing physical activity counselling and exercise activity will be assured.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: On going	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4Common awareness, attitudes and expertise	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>Fundamental knowledge of physical activity of old people and education curriculums are transferred to benefit policy-makers, practical actors, teachers from multidisciplinary fields, environment designers and old people. There will be a positive</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: On going	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

			conception of old people in different levels of physical activity as exercisers and peer supporters.		
5 Dialogue between evidence based knowledge and development actions	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>Research and development projects are executed on the grounds of the Catalogue of Actions.</p> <p>Evidence based knowledge and good practices serve policy-makers and action development.</p> <p>Collaborative forums are arranged for researchers and development project professionals.</p> <p>Information material is comprehensive and easily available.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: On going	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6 Co-ordination, monitoring and evaluation of the Catalogue of actions	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>Health enhancing physical activity for old people is planned, executed and evaluated in a target-oriented manner and multidisciplinary co-operation.</p> <p>A work group to co-ordinate the Catalogue of Actions action plan will be established.</p> <p>Instructed exercise activity will adhere to the health enhancing physical activity quality recommendations.</p> <p>The quality criteria will be executed to support the quality recommendations so that policy-makers, practical actors and old people are able to evaluate and ascertain ethical physical activity practices of good quality.</p>	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: On going	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

		<input type="checkbox"/> Other reasons please specify:			
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments	The Catalogue of Actions will be published in all municipalities by Ministry of Education and Culture and Ministry of Social Affairs and Health in October 2011.				



PASEO Project

Template for Monitoring National Alliances (WP4)

Country: Germany

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned ? (please tick the correct box)	If no, what was the main reason for not being carried out as planned ? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Model Project "Green Prescription"	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input checked="" type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>The goal of the action is a local-level pilot project in the municipality of Erlangen .</p> <p>Local providers of physical activity programs will cooperate to compile a brochure/database of offers suitable for older people.</p> <p>Brochures will be distributed in various places, e.g. in local pharmacies.</p> <p>General Practitioners will issue green prescriptions, recommending suitable activities from the brochure/database to their older patients.</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 Model Project "Action Day to activate older people"	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input checked="" type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>The goal of the action is a local-level pilot project in the municipality of Erlangen .</p> <p>Local providers of physical activity programs will cooperate to compile a brochure/database of offers suitable for older people.</p> <p>Brochures will be distributed</p>	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet

			<p>in various places, e.g. in local pharmacies.</p> <p>General Practitioners will issue green prescriptions, recommending suitable activities from the brochure/database to their older patients.</p>		
General comments	<p>The Catalogue of Actions envisioned both pilot projects to start in fall 2010 with the filing of grant applications. While preparations were undertaken by a large healthcare NGO and the regional health promotion agency, respectively, neither application was filed. Two main reasons for this were a conflict over doctor's remunerations in the case of the first pilot project and a temporary shortage of federal government funding for the health promotion agency in the case of the second. A further alliance meeting was scheduled for late 2010 but did not take place due to scheduling problems. However, the health promotion agency organized a one-day conference on physical activity promotion for older people in February 2011, in which several alliance members took part. In addition, the health promotion agency continued to consult the scientific partner on matters of physical activity promotion and, as of July 2011, is planning another conference for later in the year.</p>				

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: GREECE

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Medical screening of the elderly in the Geriatric Clinic	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input checked="" type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Safe Physical activity participation according to the international standards	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Due to organization changes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
2 Implementation of specific exercise classes according to the screening results	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input checked="" type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Best possible exercise benefits with safety for older adults with specific needs	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: because of limitation of resources	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
3 Cooperative planning of actions & instructions by additional visits	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Sharing information and planning ideas for better results	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
4 Seminars and workshops to both staff and older participants mainly by University staff	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input checked="" type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Awareness and knowledge gaining regarding older population and physical activity	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: because of limited workshops	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
5 Enriching the existed physical activity programs of the	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action	Enriching the existed physical activity programs of the elderly with additional activities	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet

elderly with additional activities		<input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:			
6 Exchanging physical activity venues for programs implementation between organizations	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Sharing PA venues to enrich PA policies for older adults	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: organization's changes	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
7	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments					

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: Lithuania

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Establish the Lithuanian Physical Activity and Health Association	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To unite organisations related to physical activity across different sectors and enhance their capacities	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 Creation of the website of the Association	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input checked="" type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To create a platform for communication, sharing good practice and dissemination of information	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
3 Extend the network through new members in the Association	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To create a balanced network represented by all sectors, governmental and non-governmental organisations	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4 Organisation of the World Health Day	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To attract different age and social groups (children, elderly, cyclists, etc.)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
5 Support the approval of the	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started	<input type="checkbox"/> Appointed organisations did not take the lead	The creation of a guiding document for the action	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No

HEPA national strategy at the Parliament	<input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	plan in HEPA promotion	<input type="checkbox"/> No Specification:	<input type="checkbox"/> Don't know yet
6 Training workshops and seminars with international experts	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	The collection of experiences and good practice examples in other countries and adaptation to Lithuania's context	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7 Identify successful projects/initiatives in HEPA promotion (including elderly population)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Identification and dissemination of successful projects to be run either on a regular basis or in other geographical regions	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments					

Template for Monitoring National Alliances (WP4)

Country: Netherlands

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 create awareness by lobbying	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Raised awareness and stimulating PA in sedentary older people is acknowledged in policy (nationwide and local)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: on national level more awareness and interest in topic; local diffuse	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 inventory into ways to reach older adults (extra + intramural)	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input checked="" type="checkbox"/> Appointed organisations did not take the lead <input checked="" type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: not high on priority list	overview of ways to reach sedentary older people	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
3 communication of positive effects PA (in sed. older people)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	overview of positive effects of PA in sed. older people	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: pos effects have been communicated (in several ways) but a specific overview has not been made	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4 inventory of effective PA interventions for sed. older people	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Overview of successful interventions for stimulating PA in sed. older people	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: no funding to complete this major task	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
5 inventory of use	<input type="checkbox"/> Yes	<input type="checkbox"/> Appointed organisations did not take	inventory (overview) +	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> Yes

of volunteers (including societal workplacements) in promoting PA in sed. Older people	<input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input checked="" type="checkbox"/> No, planned action has been changed	the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	cookbook for use of volunteers	<input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: proposal has been made and submitted	<input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6Promotion of the development of educational and training courses on PA promotion	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	PM	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: part of workplan of some participating organisations	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments	During WP4 the action plan was changed in several meetings. The original CoA was disabondend anc replaced by an actualized version partly due to the wishes of the Ministry of Health. This action plan described more specific certain actions and lead organisations. The original coa was more abstract				

PASEO Project

Template for Monitoring National Alliances (WP4)

Country: NORWAY

Describe the Action (<i>copy from Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (<i>Copy from CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Influence NRK (The Norwegian Broadcasting Corporation) to focus on exercise for older people on daytime-TV Establish working group	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<ul style="list-style-type: none"> • Creation of a lobby group • Implemented action to influence NRK • Response received from NRK (positively or negatively) 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2"READY - not set!" An exercise academy for older people Main objective: To develop a training culture in elderly center that contributes to the inactive elderlies experience of the relationship between physical activity and a better quality of everyday life.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<ul style="list-style-type: none"> • The project has received funding • Work with the course plan is initiated • Established cooperation with training teachers • There is a educational plan • The course has been implemented 	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Not fully implemented yet	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

Target group: People over 60 who are physically inactive in the areas of Grünerløkka and St.Hanshaugen in Oslo					
3"DNT Senior - active leisuretime for 60+" Main objective: To improve the elderly's quality of life through increased physical activity and experiences in nature Target group: Women and men over 60 who want to get active and become part of a social environment in nature. Inactive elderly living at home.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<ul style="list-style-type: none"> • 2011 - Establishment of project • 2012 - Development of the the project • 2013 - Public Relation Services and further development • 2014 - Reporting 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4"Moving Seniors - the new Public Helath medicine" Exercise for older people - studentdriven training and testing Objective: To	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<ul style="list-style-type: none"> • Initiation of training groups in October 2010 for about 60 people three places in the country (pilot) • April-June 2011: Evaluation of the pilot, planning the main project • Sept 2011-March 2012: Research Project • April-June 2012: Evaluation 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

maximize the numbers of older people who participate in training that will counteract the age-related changes			<ul style="list-style-type: none"> • August-October 2012: Establishment of continuing body and the planning of nationwide training program • November 2012: Continuation of the project in all regions 		
<p>5Annual "UN"-days: May 10 - UNs Physical activity day. Marking the day with activity program for seniors in Brekkeparken, Skien</p> <p>October 1 - UNs International day for elderly. Marking the day with various events in the municipalities.</p> <p>Marking the day in network organizations' magazines and / or web pages</p>	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<ul style="list-style-type: none"> • Dissemination of the action in Telemark to all network members • Dissemination of the action by the Pensioners' Association to all network members. • Overview of completed arrangements 	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Not quite sure on today's status as we have not had any meeting summarizing this action	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6Investigate the possibility of further operation of the PASEO network after June 2011. Will be discussed further in work package 4 (spring 2011)	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<p>A plan for the operation of a network that has the capacity to:</p> <ul style="list-style-type: none"> • convene regular meetings • Hold an annual conference • Operating a toolbox (or transfer responsibility to another institution) 	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Still working on getting funding, however Oslo University College will continue its work on the topic.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

7 Toolbox for good models	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: Will start fall 2011	<ul style="list-style-type: none"> • The process of making the toolbox available to the public is in progress • The toolbox is made generally available • If website - count the number of visits 	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: Will start fall 2011	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8 Apply for funding at the Directorate of Health to arrange a conference.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	<ul style="list-style-type: none"> • Request sent • Response received (negative/positive) 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet
9 Contribute to the governmental action plan for Physical Activity	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input checked="" type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: No one given a specific responsibility	<ul style="list-style-type: none"> • The process of creating input has started • Suggestions for follow up action plan has been sent 	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: No one given a specific responsibility	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
10 Outdoor activities in the local community Exchanging experiences like: <ul style="list-style-type: none"> • facilitation of park area with trails around nursing homes • Project "More Healthy People" and "Partnership for the Prevention in Østfold" • Lobbying for the establishing of prepared trails in cities, urban 	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Description of action Effects of synergies	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Synergies happening, not documented in a uniformed manner	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

area and parks, etc.					
General comments					

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: Portugal

Describe the Action (copy from Catalogue of Actions of WP3)	Was the implementation of the action carried out as planned ? (please tick the correct box)	If no, what was the main reason for not being carried out as planned ? (please tick the correct box)	What was the intended output/goal of the action? (Copy from CoA of WP3)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Implement a national walk and run program with qualified professional technicians	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Increase oriented physical activity	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 Create a specific classe in the educational program	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Increase the number of specialized technicians	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet
3 Post specific information on physical activity for the elderly in the internet	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Provide practical information on physical activity for the elderly	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: we weren't able to update the site information on the regularity we wanted. Also the information is not enough	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
4 Physical fitness evaluation	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input checked="" type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Describe the elderly physical fitness and explore the changes over time	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: it will only start in Sept2011	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

5	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
7	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments					



PASEO Project

Template for Monitoring National Alliances (WP4)

Country: Spain

Describe the Action (copy from <i>Catalogue of Actions of WP3</i>)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (Copy from <i>CoA of WP3</i>)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Disemination of the benefits of physical Activity and sports for health of the elderly	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To make the elderly population of Extremadura aware of the benefits of the physical activity and about the direct impact on quality of life	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2Implementation of physical sport program adapted to the elderly population users of the Day Centre, Residence and Elderly of directly management of SEPAD	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Increase the practice of physical and sport activity of the elderly, user of each Centre	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
3Implementation of physical sport programs adapted to the older population of rural areas of Extremadura	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Increase in the practice of sport and physical activity in the elderly of rural areas of Extremadura	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
4Creation/adhesion Web side relative to the alliance	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: Change of the party in the government after	Provide a virtual communication channel to all members of the network	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet

		elections, we have to talk about in next months			
5 Cooperative work with organizations, Active ageing Taking advantage of the experience of collaborative work being undertaken by the Regional Young & Sport Ministry it will be a good chance once the different technical and entities who take part detected.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Share knowledge and experience of the professionals who works in active ageing	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
6 Cooperation to building policy and capacities following S2port: Moving Age model or guidelines	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	Promote active lifestyle in elderly through a multi-level and multi-sectoral approach To develop policy for coordinate and promote the participatory action of agents	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: Change of the party in the government after elections	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
7 New actions	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input checked="" type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input checked="" type="checkbox"/> Other reasons please specify: Change of the party in the government after elections	New actions	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification: We are having preliminary meetings with the new politicians in charge. It seems they want to continue giving more weight to Public Health Department	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started	<input type="checkbox"/> Appointed organisations did not take the lead		<input type="checkbox"/> Yes <input type="checkbox"/> Partly	<input type="checkbox"/> Yes <input type="checkbox"/> No

	<input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> No Specification:	<input type="checkbox"/> Don't know yet
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments					

PASEO Project

Template for Monitoring National Alliances (WP4)



Country: Sweden

Describe the Action (copy from Catalogue of Actions of WP3)	Was the implementation of the action carried out as planned? (please tick the correct box)	If no, what was the main reason for not being carried out as planned? (please tick the correct box)	What was the intended output/goal of the action? (Copy from CoA of WP3)	To your idea, has the intended output/goal of the action been realised (please tick the correct box)? If not (entirely) please specify.	Will the implementation of the action continue? (please tick the correct box)
1 Web-based model for mapping local activities, that also can be printed as a brochure.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To use all available channels to reach sedentary older people, such as hairdressers, podiatrists, pharmacies, GP's etc	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: The model has been finalized but has so far only been tested in one municipality. The pilot will continue during fall 2011	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
2 Spread of knowledge	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To increase the knowledge about the benefits of physical activity and how to motivate sedentary older people to change their behaviour.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
3 Dance for seniors led by seniors	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To increase possibilities and broaden types of activities that are offered by the senior citizens organisations.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
4 Education and implementation of using pause-gymnastics during ordinary members meetings in	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To reach sedentary members and to give them the opportunity to try a gymnastics programme.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet

senior citizens organisations.					
5 Identify and evaluate existing training programs on dvd, applied for older people. Spread information about the products	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To reach sedentary older people who do not want to participate in group training or who have difficulties to leave their home.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Don't know yet
6 Explore the market for TV-programmes encouraging older people to be physically active and to start a co-operation with TV-production companies.	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To spread knowledge through broadcasting about the benefits of physical activity and to show role models.	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: Some attempts have been made to contact different production companies, but has not been successful.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet
7 Initiating training groups for sedentary older people led by students	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input checked="" type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:	To reach sedentary older people.	<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input checked="" type="checkbox"/> No Specification: One of the two responsible organizations has withdrawn from the alliance without giving any explanation.	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Don't know yet
8	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
9	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet

		<input type="checkbox"/> Other reasons please specify:			
10	<input type="checkbox"/> Yes <input type="checkbox"/> No, has not started <input type="checkbox"/> No, started later as planned <input type="checkbox"/> No, planned action has been changed	<input type="checkbox"/> Appointed organisations did not take the lead <input type="checkbox"/> Appointed organisation(s) did not take part in the implementation of the action <input type="checkbox"/> Resources were not (made) available <input type="checkbox"/> Other reasons please specify:		<input type="checkbox"/> Yes <input type="checkbox"/> Partly <input type="checkbox"/> No Specification:	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know yet
General comments	<p>The catalogue was successful in terms of started actions, but we are now entering a critical phase when the project has ended and we do not yet know the consequences of this. The first two actions will however continue despite the status of the alliance. Especially the senior citizens organisations have stated that participating in the alliance has increased their awareness of trying to reach out to their sedentary members.</p>				