



ACTIVAGE

SUPPORTING AGEING ADULTS TO STAY ACTIVE
Project 2020-1-IT02-KA204-080018

Executive summary

BEST PRACTICES REPORT

IO1

Responsible partner:	UC LILLE
Contributors:	Università Telematica Internazionale Uninettuno ZRS Koper FINPLUS Trieste Lunga Vita Attiva University of Maribor
Version	FINAL
Release date	01/02/2022



Co-funded by the
Erasmus+ Programme
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents, which reflects the views only of the authors

TABLE OF CONTENTS

TABLE OF CONTENTS1

ABSTRACT2

INTRODUCTION3

THE FRAMEWORK OF ACTIVE AGING3

METHODOLOGY7

CONCLUSION12

ABSTRACT

The report follows the purpose of ActivAge project which is to support active ageing and change the usual paradigm from the conservative to a more pro-active support for spreading and supporting healthy behavior in EU ageing population. In particular, this report refers to Intellectual Output 1; therefore, it focuses on promoting best practices at international level for the ageing well. Consequently, this report provides a presentation of the best practices to identify the main features of active ageing. Moreover, it presents findings and insights based on a questionnaire (please consider the Appendix sections for further details about the questionnaire) distributed in France, Italy and Slovenia in 2021 which will be described in details further.

In the present executive summary, the main elements and topics of the report are provided. For further details please refer to the complete report.

The complete report is structured as following:

- **section 2** is dedicated to some background information to provide a clear picture of the present situation regarding the population ageing in Europe to have also some inputs on future trends.
- **section 3** focuses on the most important definitions in this field according to relevant sources and researches.
- **section 4** is about the framework and the main areas of interest. Specifically, each component of the framework is described in sub paragraphs to give an overview of the main elements of an active ageing framework.
- **section 5** suggests the socio-demographic variables relevant for an active ageing point of view.
- **section 6** considers the methodology applied which is a questionnaire distributed in France, Italy and Slovenia to our target group.
- **section 7** presents the results after the analysis of part 1 of the questionnaire with a comparative approach among the three countries of interest: France, Italy and Slovenia.
- **section 8** presents the results of part 2 of the questionnaire.
- **section 9** presents the three Multiplier events organized.
- **conclusion** part highlights some important take away.
- **appendixes** are provided at the end of the complete report.

INTRODUCTION

Nowadays, the phenomenon of population ageing is an unavoidable process especially in the majority of the developed economies. It brings wide-ranging challenges and opportunities. This is related to the increase or decrease of the intensity of the birth rate as well as to the overall achievement of a longer life time. As the European Commission Report on the Impact of Demographic Change, Luxembourg (2020)¹ suggested the life expectancy at birth has increased by about 10 years over the last five decades in Europe.

In other words, our society is facing an important evolution in the age structure of the population that require increasing attention to provide to this people a better living environment as well as to help them to maintain their health situation that is given by a number of factors and elements. In addition to health, other concepts should be considered such as social and cultural elements, physical factors, gender and country as well.

Considering Europe, some numbers are relevant to have a background picture of the phenomenon under investigation. Specifically, it is estimated that by 2070 the median age will reach the 49-year mark, five more than current levels. In the same period the elderly population (65 years and over) will represent 30% of the total and that of working age (20-64 years) should decrease from the current 59% to 51% of the total population².

Given the numbers the concept of active ageing is capturing the attention of several scholars as well as of institutions at national and international level and of policymakers and practitioners. For instance, some authors suggested that a ‘successful aging’ involved in defining a complex, multi-dimensional phenomenon (Anton *et al.*, 2015).

THE FRAMEWORK OF ACTIVE AGING

The framework is composed by six factors - **Physical activity, Health, Social Inclusion, Lifelong learning, Culture and creativity** and **Information and Communication technology (ICT)**. Here we also briefly present the best practices identified for each of the above-mentioned factors. For further details and deeper description of each best practices, please refer to the complete report.

¹ European Commission. European Commission Report on the Impact of Demographic Change. Luxembourg (2020). Available online at: https://ec.europa.eu/info/sites/info/files/demography_report_2020_n.pdf

² Il Sole 24 ore :https://www.ilssole24ore.com/art/commissione-ue-campo-sull-invecchiamento-popolazione-AEUqIWC?refresh_ce=1

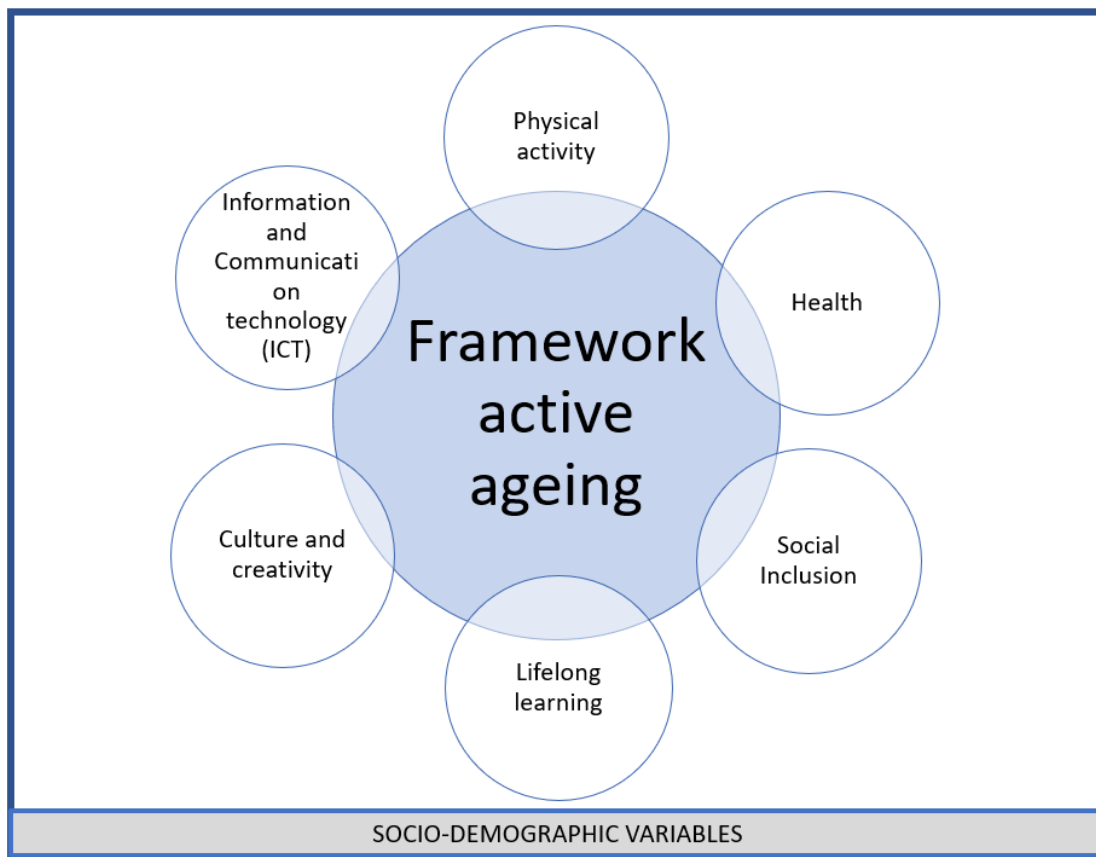


Fig. 1: The Framework of active ageing

Source: realized for the present report

PHYSICAL ACTIVITIES

1. **NAME OF THE INITIATIVE:** SPORT 360
ORGANIZATION OF REFERENCE: ASI-ASC-ENDAS-MSP and OPES
PLACE OF REFERENCE (COUNTRY, REGION): 20 Italian regions
LINK: <https://www.endas.it/progetto-sport-360/>

2. **NAME OF THE INITIATIVE:** EuropeActive - Active Ageing Communities
ORGANIZATION OF REFERENCE: National Fitness Associations of six EU Member States and the University of Southern Denmark
PLACE OF REFERENCE (COUNTRY, REGION): six EU Member States
LINK: <https://www.europeactive.eu/news/success-europeactive%E2%80%99s-active-ageing-communities-project>

3. **NAME OF THE INITIATIVE:** FVG in Movimento. 10 thousand steps of Health
PLACE OF REFERENCE (COUNTRY, REGION): Friuli Venezia Giulia in Italy
LINK: <https://federsanita.anci.fvg.it/progetti/progetto-friuli-venezia-giulia-in-movimento/>

4. **NAME OF THE INITIATIVE:** LUNGA VITA ATTIVA (LVA)
ORGANIZATION OF REFERENCE: LUNGA VITA ATTIVA
PLACE OF REFERENCE (COUNTRY, REGION): Trieste in Italy
LINK: www.lungavitattiva.it
5. **NAME OF THE INITIATIVE:** Fit Senior training
ORGANIZATION OF REFERENCE: BODIFIT
PLACE OF REFERENCE (COUNTRY, REGION): Slovenia
LINK: <https://bodifit.net/bodifit-vadba/vodena-vadba/fit/>

HEALTH

6. **NAME OF THE INITIATIVE:** Stato di Salute e Qualità della vita della popolazione ultra 64enne in Friuli Venezia Giulia
ORGANIZATION OF REFERENCE: Friuli Venezia Giulia
PLACE OF REFERENCE (COUNTRY, REGION): Friuli Venezia Giulia, Italy
LINK: <https://www.epicentro.iss.it/passi-argento/pdf2019/>
7. **NAME OF THE INITIATIVE:** Le politiche per l'invecchiamento attivo nella Regione Emilia Romagna
ORGANIZATION OF REFERENCE: Emilia Romagna
PLACE OF REFERENCE (COUNTRY, REGION): Emilia Romagna, Italy
LINK:
http://informa.comune.bologna.it/iperbole/media/files/opuscolo_asl_promuovere_qualit_vita_e_invecchiare_bene.pdf
8. **NAME OF THE INITIATIVE:** ACTIVE AND HEALTHY AGING IN SLOVENIA
ORGANIZATION OF REFERENCE: National Institute of Public Health (NIJZ) and AHA.SI
PLACE OF REFERENCE (COUNTRY, REGION): Slovenia
LINK: <http://www.staranja.si/aha-si/izdelki-projekta-project-outputs>
9. **NAME OF THE INITIATIVE:** ÉquilibreS (Gentilly)
ORGANIZATION OF REFERENCE: Gentilly
PLACE OF REFERENCE (COUNTRY, REGION): France
LINK: contacts: C. Laguillaume, M.-C. Lassartre, J.-M. Soares, S. Olivares Direction santé / Réseau ÉquilibreS 7, rue Kleynhoff 94250 Gentilly Telephone: 33 (0) 1 49 08 03 40 Email: sante@ville-gentilly.fr

SOCIAL INCLUSION

10. **NAME OF THE INITIATIVE:** Progetti e iniziative per gli anziani
ORGANIZATION OF REFERENCE: municipality of Trento
PLACE OF REFERENCE (COUNTRY, REGION): Trento in Italy
LINK: <https://www.comune.trento.it/Aree-tematiche/Politiche-sociali-e-abitative/Anziani/Iniziative>
11. **NAME OF THE INITIATIVE:** URBACT Invecchiare in salute
ORGANIZATION OF REFERENCE: Fondazione Giacomo Brondolini
PLACE OF REFERENCE (COUNTRY, REGION): Italy
LINK: <https://www.fondazionebrodolini.it/progetti/urbact-invecchiare-salute>

12. **NAME OF THE INITIATIVE:** Age-friendly World
ORGANIZATION OF REFERENCE: City of Ljubjana Committed
PLACE OF REFERENCE (COUNTRY, REGION): Slovenia
LINK: <https://extranet.who.int/agefriendlyworld/network/ljubljana/>
13. **NAME OF THE INITIATIVE:** Towards an age friendly community
ORGANIZATION OF REFERENCE: Marta Ramovš, Thibauld Moulart, Jože Ramovš
PLACE OF REFERENCE (COUNTRY, REGION): Slovenia
LINK:https://alpine-space.eu/projects/taafe/deliverables/d.t1.2.1-methodology-booklet_eng-version.pdf

LIFELONG LEARNING

14. **NAME OF THE INITIATIVE :** L'ASSOCIATION INTERNATIONALE DES UNIVERSITÉS DU TROISIÈME AGE
ORGANIZATION OF REFERENCE: L'ASSOCIATION INTERNATIONALE DES UNIVERSITÉS DU TROISIÈME AGE
PLACE OF REFERENCE (COUNTRY, REGION): France
LINK: <https://www.aiu3a.org/v2/about-fr.html>
15. **NAME OF THE INITIATIVE:** Slovenian Third Age University
ORGANIZATION OF REFERENCE: Slovenian Third Age University
PLACE OF REFERENCE (COUNTRY, REGION): Slovenia
LINK: <http://www.utzo.si/en/>

CULTURE AND CREATIVITY

16. **NAME OF THE INITIATIVE:** CINAGE - European Cinema for Active Aging
ORGANIZATION OF REFERENCE: CINAGE
PLACE OF REFERENCE (COUNTRY, REGION): Portugal, Slovenia, Italy and the United Kingdom
LINK: <https://www.fondazioneccsc.it/evento/cinage-cinema-for-active-ageing-12-brevi-storie-di-invecchiamento-attivo-3/>
17. **NAME OF THE INITIATIVE:** Canal U
ORGANIZATION OF REFERENCE: Canal U
PLACE OF REFERENCE (COUNTRY, REGION): France
LINK: <https://www.canal-u.tv/themes/>

INFORMATION AND COMMUNICATION TECHNOLOGIES (ICT)

18. **NAME OF THE INITIATIVE:** DomAssist
ORGANIZATION OF REFERENCE: Réseau public départemental des aides à domicile, dépendant de l'Union départementale des centres communaux d'action sociale (UDCCAS) de Gironde ; Conseil régional d'Aquitaine.
PLACE OF REFERENCE (COUNTRY, REGION): France
LINK:<https://interstices.info/une-assistance-numerique-pour-les-personnes-agees-le-projet-domassist/>

19. **NAME OF THE INITIATIVE:** Be Smart Seniors (BESS)
ORGANIZATION OF REFERENCE: EU commission
PLACE OF REFERENCE (COUNTRY, REGION): Europe
LINK: <https://www.bessproject.eu/en>

20. **NAME OF THE INITIATIVE:** Senior Fitness - Home workout for old and elderly
ORGANIZATION OF REFERENCE: Google
PLACE OF REFERENCE (COUNTRY, REGION):
LINK: <https://play.google.com/store/apps/details?id=fitness.com.senior>

METHODOLOGY

The methodology applied is a questionnaire distributed in France, Italy and Slovenia to our target group, as well as multiplier events organised in 2021. The questionnaire was originally in English and then translated in French, Italian and Slovenian for the data collections in each country of reference. The data collection was done both online and in presence. The questionnaire was structured in two parts. For further information about the sample demographic variables please refer to the complete report.

THE QUESTIONNAIRE – PART 1

The first part the analysis was based on the active age framework provided above. Here there is a brief description of the main findings divided by the elements that composed the framework.

PHYSICAL ACTIVITY

Among the three countries – France, Slovenia and Italy – studied, the majority of the target group presents a moderate physical activity in their daily routine activities. This means that in these countries the current old population is active and autonomous in their day by day activities, especially in Slovenia (90,2%) and in Italy (83,8%). While, in France our target seems less propense (76%) to do physical effort compared to the other two countries. In other words, it emerges that the current physical condition of the respondents is good and gives them the possibility to do their daily activity in an independent manner.

This finding confirms that the population is active from a physical point of view and thus it is also more autonomous and independent. The results are still very optimistic since the majority in all the three countries under investigation prefers to play sports regularly on a weekly basis. Therefore, these data suggest that old adults do not conduct a sedentary life.

HEALTH

Firstly, most of the people (> 50%) in each country – France, Slovenia and Italy – consider their health status in line with their age. This happens mostly in Slovenia and in Italy, while, in France the percentage of people agreeing that their health status is in line with their age is a bit lower compared to the other two countries but still over 50%.

It is interesting to say that, following the results obtained, the sample population in France, Italy and Slovenia is healthy enough to climb a few floors of stairs. This is in line with the several examples mentioned above, that demonstrate that the growing attention of older people for health in active ageing is an issue of relevance from a national perspective.

In addition, regarding how worried is the respondent about his/her health condition, we found that in Slovenia the sample is mostly not worried at all (> 50%), while in France and in Italy most of the sample (> 50%) is neither worried nor not worried about the health condition. This could mean that Italian and French old adults do not express a straight answer because they might not be sure about their health condition.

Finally, regarding this topic, the outcomes highlight that less than 25% of respondents in each country under investigation has a positive perception of its health condition, and is not worried about it.

SOCIAL INCLUSION

The sample under investigation shows a similar trend among the three countries – France, Italy and Slovenia – analysed. In other words, the majority (>50%) of the old adults agree that they spend at least 4 days per month in social activities such as going out with friends, meet them in senior centres/clubs.

This is an interesting outcome as the older population considered is far from being alone and has frequent interactions with the community and with people of the same generation. The latter help them to have a supportive environment around them that deletes several barriers toward the promotion of social connections and social inclusion.

As mentioned before, being part of a community, having social contacts that enhance the feeling of inclusiveness emerge to be relevant to improve the emotional sphere.

Moreover, around 51% of the French and Slovenian sample spends at least 4 days per month in taking care of family members such as grandchildren or elderly parents. The percentage grows and reaches the 61,3% in Italy. This result means that the older population is often involved in the care of the younger family members as well as of the elderly. This is a relevant result in terms of social inclusion as it represents a vivid way to have regular interactions with the family as well as an interchange with people of different generations.

Finally, we enquired about the engagement of the target group in voluntary activities at least 2 days per month. This could be an important activity to have new connections in the community, to improve the feeling of inclusion and to find a functional role in the society especially after the retirement.

The result gained suggested that in the three countries voluntary activities are not done on a monthly basis. This could have several meanings, perhaps older people are interested in other activities, or they can consider voluntary activities to be done on a year basis. However, in each country investigated at least 20% of the respondents dedicate 2 days per month to voluntary activities.

LIFELONG LEARNING

It is clear that in France, Italy and Slovenia old people spend time reading books frequently and regularly during the week (>70%). The numbers show that French old population are more “addicted” to reading; then, we find Slovenia and, finally, Italy still with a high percentage of people that spend their time on this activity.

This is an important element in lifelong learning as reading has a powerful effect in accessing new information and it helps people to be always updated as well as it stimulates their culture.

Concerning the days spent in activities such as puzzles, playing cards etc., we have a balanced result in each country under consideration. Specifically, each country sample presents the pie divided between people that spend time on these activities and those who don't. This phenomenon is a bit clearer in Slovenia where at least 52.9% of the sample declares that it dedicates at least 2 days per week in activities such as puzzles, playing cards etc.

Therefore, while for reading activities we have a homogeneous trend among the country studied, in case of activities such as puzzles the trend differs depending on the country.

Looking at the attitude toward artistic activities (playing an instrument, painting, writing etc.), on the one hand, the majority of the old population in exam (>60%) in each country studied does spend less than 4 days per month in artistic activities such as playing an instrument, painting, writing etc., on the other hand, around 20% percent in France and in Italy performs the above-mentioned activities, having Slovenia as a winner in such activities reaching a 27,5%.

CULTURE AND CREATIVITY

Looking at the culture in ICT, on the one side, the pies show that each country sample presents a majority of people (>80%) that uses technologies such as computer and internet at least 2 days per week, with Italians being more prone toward these technologies, followed by Slovenians and French. On the other side, each country sample pie indicates that less than 15% of the respondents declares to use technologies less than 2 days per week. The latter sees Slovenia with the higher percentage, then France and, finally Italy. This is a significant outcome that underlines that the target of reference is able to use technologies and, as a consequence, the digital divide is an issue that is less powerful than in the past.

Regarding the question asking respondents if they go at least 2 days per month to cinemas or theatres, we have the majority of people (>50%) that answered negatively. In this case, Slovenians are the ones that attend events in cinemas and theatres less frequently, followed by French and Italians. However, in each country sample at least 15% of the respondents declared that they go at least 2 days per month to cinema or theatres.

INFORMATION AND COMMUNICATION TECHNOLOGY (ICT)

Concerning the access to at least one of following devices: computer, laptop, tablet, netbook, we have the majority of people (>89% or equal to 89%) that agree in all countries analysed.

In this case, Italians and Slovenians are the ones that present the higher percentages, followed by the French sample. This is an interesting result, meaning that there is a similar trend in the countries investigated in terms of possibility to access to ICT.

Looking at the access to the internet, the samples studied in each country present similar findings. Specifically, on the one hand, the majority of people in Slovenia and Italy have more than 96% of respondents with access to internet at home, on the other hand, in France still a very important percentage of people (88%) have access to Internet.

Finally, we have the majority of people (>90%) who have access to a smartphone at home, with Slovenia presenting the higher percentage, followed by Italy and France.

THE QUESTIONNAIRE – PART 2

PROBLEM STATEMENT

As people are living longer, it becomes important understand how can the quality of life in old age be improved in order to allow old people to remain independent, active and healthy for as long as possible. The goal is to promote prevention policy directed to older people based on the understanding that health can be created and sustained through the participation of multiple factors and considering that the goal of healthy older people is a resource for their families, communities and economies.

PROJECT OBJECTIVES

This work aims to present quantitative research data on active ageing on the basis of which we intend to design, build and distribute a digital platform aimed at supporting the changing of habits that help to maintain health and autonomy in ageing. Starting with socio-demographic characteristics (gender, age, education, and income), we have analyzed differences in the structural weights of health (body mass index), smoking habit and nutrition habit, family history for chronic diseases, sleep quality, psychological component, cognitive performance and cognitive reserve, social relationships, biological component, personality factors and the feeling about technology (enthusiasm or anxiety).

FINAL THOUGHTS AND NEXT STEPS

The fundamental elements of active ageing are autonomy and independence and the model presented by the WHO (WHO, 2002) is based on these main pillars: participation, health, safety and lifelong learning. Our data are in line with the active ageing model proposed by the WHO and identify key elements to support prevention and health promotion in changing behavioral determinants (exercise and physical activity; drinking and smoking

habits; diet); personal determinants (psychological characteristics); social determinants (education); and culture. The analyzed data supports the next steps planned:

- developing an ActivAge online self-assessment and recommendation tool which will provide users with the possibility to perform a self-assessment and receive a recommended and personalized pathway to a more active and healthier lifestyle;
- the development of an ActivAge digital knowledge center which will offer online training modules open to older people and will collect and publish digital maps of existing initiatives and resources.

MULTIPLIER EVENTS

In addition, to the questionnaire collection, some multiplier events were organized. Specifically, the following three events. Below is provided a brief description. Further details can be achieved in the dedicated reports.

1. 1 June 2021, Trieste, Italy - Multiplier Event

The first ActivAge Multiplier Event took place in the Bruno Bianchi swimming pool in Trieste (Italy) on the 1st of June 2021. The aim of the event was to explore The Art of Ageing Well: citizens over 60, representatives of local authorities, the University of the Third Age and cultural and sports associations that promote the value of an active lifestyle were invited.

2. 30 June 2021 Multiplier Event in Koper, Slovenia

The second ActivAge Multiplier Event was held in Koper, and was aimed at discussing how to maintain functional capacity and independence as long as possible.

After discussing the problems, participants were presented with the latest guidelines on cognitive health (activities useful for maintaining cognitive health), healthy eating, and exercise. The consequences of inactivity were highlighted and, to get more information, an active break was taken where first-hand tips were given on how to successfully break prolonged inactivity/sitting.

The final part was to discuss the use of ICT by the elderly population.

3. 27 September 2021 Multiplier event in Lille, France

The third ActivAge Multiplier Event in Lille was organized by Université Catholique de Lille (UC LILLE) in collaboration with EHPAD NOTRE DAME in Lille with the purpose of involving a group of senior citizens in the activities of ActivAge project and collecting the input of target users in the development of the tools that could foster a pro-active approach to ageing.

The role of the institutions, particularly at the local level, is considered crucial to create the conditions for a positive ageing experience: examples of this are the elimination of physical barriers on public transport, the

promotion of more efficient services in the field of healthcare, the creation of “social environments” where seniors can meet and exercise or get involved in other activities.

CONCLUSION

Building a positive scenario of aging life is a prior and important factor in our society especially due to the growth of elderly population: great attention should be paid to the engagement of the elderly in their own well-being. The six factors presented - physical activity, health, social inclusion, lifelong learning, culture and creativity and Information and Communication technology (ICT) – are all related together and help to build the framework of active ageing.