

TNO Quality of Life

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Evaluation of the EUNAAPA project

First annual report

Prevention and Health

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1 Introduction

In March 2005 the European Network for Action on Ageing and Physical Activity (EUNAAPA) was founded to promote evidence-based physical activity to ultimately improve the health, wellbeing and independence of older people throughout Europe. Funding was applied with the European Commission (EC) and granted to start a project with the following primary aims: (1) to establish a self-sustaining network to facilitate the promotion of evidence-based physical activity among older people in Europe, (2) to foster an intersectional approach to the promotion of physical activity by engaging in a dialogue with different policy sectors, (3) to identify evidence-based, cost effective and acceptable ways to promote physical activity, and (4) to facilitate the contribution of European scientists to the development and implementation of evidence-based physical activity promotion policies throughout Europe.

At the start (August 2006) the EUNAAPA project group included 14 Associated Partners (AP) and 7 Collaborating Partners (CP). The APs are funded for their work on the project, whereas CPs and ACCs are not.

The project is divided into several work packages including deliverables and milestones. The Netherlands Organisation for Applied Scientific Research, Quality of Life (TNO QoL) will evaluate the progress and the quality of the EUNAAPA project as part of work package 3 (Evaluation of the project). An evaluation plan was drafted and agreed upon by the representative of the EC (Public Health Executive Agency, PHEA) at the end of May 2007. Results will be presented in 2 annual reports, of which this first report presents the results of the first year of EUNAAPA.

The objectives of the evaluation of the EUNAAPA project as stated in the Evaluation Plan are:

1. To evaluate the work of EUNAAPA and the quality of its deliverables and milestones against its specified objectives. EUNAAPA deliverables that will be evaluated by TNO QoL are:
 - a. Deliverable 2: The development of an internet platform with a professional and an EUNAAPA members section;
 - b. Deliverable 3: Organizing a conference at the end of the project;
 - c. Deliverable 8: A best practice report on programmes for physical activity (promotion) for older adults;
 - d. Deliverable 10: A best practice report on dissemination and implementation strategies for physical activity (promotion) programmes for older adults.Additionally a process evaluation of the general organization of the project will be carried out.
2. To assess the impact EUNAAPA has on policy makers, scientists, providers and professionals in the fields of ageing, physical activity and health.
3. To develop a mechanism for EUNAAPA to evaluate itself after funding of the European Commission has ceased.

The current annual report presents data on the first year of the EUNAAPA project running from August 2006 to August 2007. It reports on the status and progress of deliverables 2 and 3. Also, progress on the work for deliverable 8 will be reported, as well as the work done for all the other work packages (with the exception of work package 7 which has not started yet). Finally, the first results on the impact of

EUNAAPA are presented. The third objective (to develop a mechanism) and the other remaining deliverables will be discussed in the second annual report.

This report is divided into a short introduction to the methods of work package 3 (chapter 2), first results on the progress of the different work packages & deliverables (chapter 3) and impact of EUNAAPA (chapter 4) and finally conclusions and recommendations (chapter 5).

2 Methods of work package 3

Objective 1: evaluation of the work of EUNAAPA

To evaluate the work of EUNAAPA and the quality of its deliverables and milestones against its specified objectives interviews with all the work package leaders were conducted to collect information on progress of the work package, contents of the work, cooperation/communication, and status of deliverables (for the questionnaire, see appendix A).

Considering the phase of the project, additional evaluation methods can currently only be presented for deliverable 2 (the internet platform). These include the evaluation of the following indicators to assess the quality of the internet platform:

1. The number of visitors to the public and the restricted area of the internet platform (number of hits and unique visitors) as registered by the web master
2. The background of the visitors of the internet platform at both areas will be obtained through questionnaires (visitors to the EUNAAPA internet platform will be asked to fill out a short questionnaire)
3. Through online search engines the number of hits with the keyword “EUNAAPA” will be determined.
4. Familiarity with the internet platform
Associated and collaborative partners will be asked to approach their contacts (scientists, policy makers, providers) in the field of physical activity and older adults to fill out a short questionnaire on their familiarity with the internet platform and their opinion on the quality of the internet platform.
5. Newsletter
The number of subscribers to the newsletters circulated through the internet platform and the background of the subscribers will be collected.
6. Quality of the contents of the internet platform
Visitors and contacts will be asked to fill out a questionnaire on the quality of the contents of the internet platform. For the restricted area additional data will be collected on specific aspects of this area (e.g. contact with other members, use etc.) and supplemented with data on the level of participation such as the number of discussion groups.

Additionally, for the process evaluation we used data from:

- questionnaires to EUNAAPA partners concerning the first two project meetings in Erlangen and Porto (see appendix B)
- questionnaire to evaluate the first year of the project (see appendix B for the questionnaire)
- status reports from the coordination group (work package 1, not included here)

Objective 2: The impact of EUNAAPA

To assess the impact EUNAAPA has on policy makers, providers and professionals in the fields of ageing, physical activity and health a web based questionnaire has been sent to all partners to distribute among their national experts to evaluate the familiarity with EUNAAPA (see appendix C). Also a short questionnaire was used which was distributed at the EUNAAPA symposium on the EGREPA Conference in September 2006 (see appendix D)

3 Results

Objective 1: evaluation of the work of EUNAAPA

The progress and status of the different work packages (WP) will be presented using information from all the different methods.

3.1 Work package 1: Coordination of the project

3.1.1 *General description of the work*

Since the start of the project (August 1, 2006) the German coordination group has been active. They finalised the contractual agreement after a discussion with the European Commission (EC) and organised the first project meeting in Erlangen in November 2006. This meeting was attended by representatives from all Associated and Collaborating partners that were active in the project¹. There was a general satisfaction among the participants with the contents of the meeting. All presentations and discussions were judged to be of good quality. After an internal discussion core groups were formed for all three 'scientific' work packages (4, 5 and 6) to divide the workload, make use of expertise of members outside the leading group and to promote cooperation between partners.

The evaluation of this meeting showed that some minor improvements to the procedure of the project meetings could be made, which was put into effect at the next meeting (Porto, May 2007)².

A guideline for designing the work and delivering inventories and Best Practice Reports was drawn up by the coordination group and distributed to the work package leaders.

The coordination group works closely together with members of the steering committee of the EUNAAPA network, the evaluating group (weekly status reports) and work package leaders. In this role they are the centerpoint of all communication. The work package leader of WP1 stated that despite their efforts and quick response to problems, communication with European partners proved sometimes to be difficult because of workload, non response and change of personnel at the different cooperating partners. However, the work package leader thinks that there will be no problem in achieving the objectives and deliverables of this work package.

The evaluation of the first year of the project showed that the partners are (very) satisfied with the work by the coordination group (35% rated their work as excellent, for details check appendix G).

3.1.2 *Milestone: Technical and financial annual progress report (Month 14)*

No problems expected; most of the work has been done (a.o. developing and distributing a sheet to collect all relevant information that was approved by the EC).

3.1.3 *Additional outcomes*

One of the additional objectives for WP 1 was to attempt to enlarge the project group with partners from new European member states.

Since the starting phase (after the finalisation of the agreement) 6 additional members have been added to the project group, three of which come from new member states of

¹ Only the Macedonian (lack of funding) and Dutch CP (no contact) did not attend

² e.g. providing an executive summary at the end of each meeting

the EU³. Three of the new members are actively involved in the project within their limitations (lack of funding) as stated in the agreement.⁴

In addition to this, the coordination group launched a discussion between all partners and the EUNAAPA steering committee to decide on a procedure to include new members to the project or to the Network. The following was concluded:

1. The project group will not admit any new Collaborating Partners;
2. Institutions from countries currently not represented within EUNAAPA will be invited to attend the project meetings as "Additional Cooperating Countries" (ACC).
3. Institutions from countries already represented by a EUNAAPA member will be asked to liaise with this member (the so called national officer) in order to establish informal national networks until the EUNAAPA network has been fully established.

3.2 Work package 2: Dissemination of the results

3.2.1 General description of the work

Work package 2 (WP2) has not been active from the start of the project (August 1, 2006 according to the agreement), but started a few months later. According to the WP2 leader this was due to a lack of information to disseminate.

The objective of this work package is dissemination of the results among the pre-defined target groups and an active exchange with existing networks and organizations. The internet platform and end-conference are the main instruments for reaching these objectives.

The internet platform took a relatively long time to be designed and working (March 2007), and since has been scarcely filled. A second role of the internet platform (apart from disseminating EUNAAPA) has been to facilitate partners working on the project. For this part a members area has been build (active from March 2007), but not been used much yet.

Table 3.1 presents the data as delivered by the WP2 leader on the number of visitors of the website since it was completed. Additional data on the background of visitors could not be delivered as well as data considering the newsletter because this has not been finalised yet.

Table 3.1 Data on number of visitors, downloads and members of the EUNAAPA website in 2007

	April	May	June	July
Indicator				
# hits public website	45	126	247	178
# unique visitors	18	140	168	144
# downloads	3	7	4	6
Number of new forum members	6	12	19	13

The internal evaluation of the website shows that most EUNAAPA partners are not satisfied with the status of the internet platform (48% rated the work of WP2 as (very)

³ These are the University of Olomouc (Czech Republic), the Faculty of Sport Medicine at the Lithuania Acacademy of Physcial Education (Lithuania) and Semmelweis University Budapest (Hungary)

⁴ Trinity College Dublin /Irish Osteoporosis Society (Ireland), University of Extramedura (Spain) and the University of Olomouc (Czech Republic)

poor). Two out of three work package leaders also stated that they lack trust to use the member's area for their work package. None of the work package leaders has used the member's area for discussion or to disseminate information on their work package as intended.

The contribution of the WP2 leader to both meetings did not satisfy the other partners and did not lead to more initiatives on the internet platform.

However, according to the WP2 leader much of the work has been achieved considering the (very) long list of requirements for this work package. To his opinion "there has been too little cooperation from the other members to fill up/use the internet platform which seems mainly due to a lack of shared responsibility for WP2 and the way the work package has been set up (not as a cooperative package)".

The website was also evaluated in the web based survey send out to experts in all participating countries (see chapter 4 and appendix C and F for more information). The results of this evaluation are presented in table 3.2.

Table 3.2 Evaluation of the website by contacted experts

	Score (mean)*	% excellent	% very bad/bad
General contents	3.2	2.3	2.3
Accessibility	3.4	14.0	14.0
Quality of information	3.3	4.7	2.3
Up to date	3.2	0	9.3

* likert scale: range 1-5 (1=very bad, 3=average, 5=excellent)

About half of the contacted experts (46.5%) had not visited the website at all. Those who did (about 25 respondents) judged the different aspects of the website as average.

For the second dissemination instrument, the end conference, some preliminary work has been done (setting the date and place, make local reservations, draft announcement). Work on the contents and promotion of the conference has just started. A pre-organising committee has been established (at the second project meeting) to start preparations. According to a majority of the members this is relatively late considering the busy international schedule for conferences and meetings. They also feel that the presentation at the last project meeting could be clearer. According to the WP2 leader the announcement and the preliminary program are delayed. A draft program will be distributed as soon as possible.

The WP2 leader believes that both deliverables of WP2 will be ready in time, and that the current delays will not jeopardise reaching the objectives of the work package.

3.2.2 *Milestone: Internet platform (Month 4)*

A preliminary version of the website (1 page, constructed by the German AP) has been active since September 2006 (month 1) which contained the presentations from the EUNAAPA symposium at the EGREPA conference. The internet platform has been on line in a rough (beta) version since January 2007 (month 6). The current website has been active from March 2007 (month 9).

3.2.3 *Additional outcomes*

One of the objectives of this work package concerns the exchange with existing networks and organizations in the fields of ageing, physical activity and health on a regular basis. Activities that can be mentioned in this perspective are:

- Symposium at the ECSS conference (July 2006) by the Dutch, Italian and French AP;
- Symposium of EUNAAPA at the EGREPA conference (Cologne, September 2006) by the Dutch and German AP's⁵;
- Visit of German AP to Oslo University College (September 2006)
- Presentation of EUNAAPA at the HEPA Europe conference (Graz, 16-18 May) by the Austrian AP/with the Italian AP;
- Participation in the Healthy Ageing Project Meeting (26 June 2007) by the German and Norwegian CP;
- Visit of the Dutch, German and Portuguese AP to the ACSM Conference (May 2007) Ageing Interest Group;
- Presentation of EUNAAPA at the ISBNPA conference (Oslo, June 2007) by the Norwegian CP;
- Presentation of EUNAAPA at the 8th Meeting of the DG Sanco "Nutrition and Physical Activity Network" meeting (10 september 2007, Luxemburg) by the German AP.

No newsletter has yet been made or sent out to EUNAAPA contacts and no press conferences prior to EUNAAPA meetings have been organised. This was partly due to the lack of response on an invitation by the German AP for a press conference. Instead a press release was published concerning the first project meeting in Erlangen (November 2006), which got some attention in the local press⁶.

3.3 **Work package 4: Assessment of physical activity and physical functioning in older people**

3.3.1 *General description of the work*

The actual work for Work Package 4 did not start as intended from the start (August 1 2006), but at the first project meeting (November 2006). There was some confusion about the exact starting date, although some preliminary work and discussions has been done to prepare the first project meeting.

At this meeting a core group was formed to assist with the work for WP4, and an extra meeting was held with this group in Stockholm. The Norwegian AP&CP also assisted in the design of the questionnaires.

During the first project meeting there was some discussion on whether the emphasis should be on the inventory of assessment instruments or the critical (scientific) review of these instruments. It was concluded that the inventory would be leading but additional reviews would add to the usefulness of this information. At the second project meeting, where preliminary results were presented, it was decided to write 5 additional scientific reviews⁷. At both meetings partners judged the presentations and the work in the first year as good (14% rated it as excellent).

In the WP a procedure for selecting experts from the target groups was developed, a questionnaire for the expert survey on assessment instruments finalized and distributed to all partners together with a letter giving detailed instructions on the implementation

⁵ Evaluation of this symposium will be reported in chapter 3: impact of EUNAAPA

⁶ Published at www.erlangen.de, Rathausreport "Lowwasser begrüsst Teilnehmer des EUNAAPA-Projekts and in the the local newspaper (Erlangen Nachrichten)

⁷ These reviews will be about physical activity assessment instruments, muscle strength assessment instruments, mobility, balance, and endurance assessment instruments, overall indexes and Activities of Daily Living assessment instruments and submitted to relevant scientific journals; they are not financed from the budget of EUNAAPA

of the survey. In total 14 countries returned data files although with different numbers (range 4-17) of fully completed questionnaires. All these countries also made a national report⁸. There was some delay in handing in the data. Only two countries met the original deadline (March 2007), at the second project meeting the data from 6 countries were still missing. The last report was received in August 2007. Several partners reported some problems with identifying, getting response from and motivating experts⁹, which was partly due to the different ways in which public health is organised or developed in European countries.

Most of the national reports are, according to the WP leader of good quality (some excellent, some incomplete). With the addition of the (future) critical reviews the reports will give a good overview of the assessment of physical activity and functioning in Europe. More than 70% of the partners were satisfied with the (preliminary) results, both on a national and European level.

3.3.2 *Milestone: Inventory on physical activity assessment instruments (Month 12)*

The inventory will be finished in September 2007, work on the additional reviews will start in the fall of 2007 (this could not start before the inventory was completed). The manuscript should be ready before the end conference in June 2008 and will be included in a best practice report with advice regarding the quality of different instruments, their target populations and their areas of application.

Delivering this milestone is slightly delayed because of some problems in collecting the data from all participating countries. However, no problems are expected for the work to be finished in time for the next phase of the project.

3.3.3 *Additional outcomes*

At the second project meeting (May 2007) it was decided that it would be preferable for countries to organize feedback sessions to communicate the outcome of the national surveys back to the national experts questioned, in order to obtain their opinion on the results. Up till now one country organised such a conference. Several others have dates planned. Organising a meeting is not possible in every country because of travel distances and lack of funding to offer reimbursements to experts.

The first feedback session that was organised resulted in interesting comments that were sent to the WP leader. According to the organising Dutch AP it also improved contacts and motivation of the national experts for further work packages.

3.4 **Work package 5: Identify existing programmes for physical activity and physical activity promotion for older people**

3.4.1 *General description of the work*

The start of the project was delayed with three months because the work package leader first wanted to have an internal discussion on concepts and definitions at the first project meeting. According to the work package leader the amount of work was larger than expected because of this late start and the fact that this work package actually consists of two separate packages: collecting programmes and collecting strategies.

⁸ Only Ireland, Macedonia, Spain (joined later) and Denmark did not hand in a report or data. Denmark is the only AP in this list

⁹ In order to synchronize methods between WP's 4,5 and 6 three organizational levels were included in the selection procedure for WP5, but as expected the governmental level proved to be less relevant for information on instruments

The evaluation of WP 5 by the partners showed that the work in the first year and the presentations at the meetings were rated as good (23% rated the work in the first year as excellent).

Currently the progress of the work package is on schedule. After the second project meeting in Porto the work package leaders distributed a EUNAAPA partner manual and all necessary questionnaires, letters and databases to collect the information in the different nations. Questionnaires were piloted in the UK to prevent problems. Unfortunately, the data collection period coincides with the European summer holiday season, but this could not be avoided. It is not clear yet whether this has been lead to a delay in planning. The work package leader is still anticipating the delivering of the Best Practice Report as scheduled (April 2008). Other possible problems could be the difficulty in identifying different directors and experts, postal failures and possible misunderstandings of the questionnaires. Some countries have therefore translated them into their native language.

According to the work package leader the objectives of the work package will be largely met. There have been some minor changes in the work (e.g. a critical comparison of the data with the literature in stead of a critical review) but this does not seem to cause much problems.

3.4.2 *Milestone*

No milestone defined in the first year.

3.4.3 *Additional outcomes*

Not applicable.

3.5 **Work package 6: Implementation and dissemination of physical activity programs and physical activity promotion strategies**

3.5.1 *General description of the work*

The work package started as planned in May 2007. According to the work package leader the work is going as planned, and deadlines for the milestones and deliverables will be met. However, this depends on the identification of suitable participants for the workshops. Additional measures have been planned to guarantee the right selection process (a telephone screening procedure was added to the selection of the workshop participants).

Work up till now has been in designing and working out the procedure. At the second meeting in Porto this was presented to all the other partners, and judged as good. The methodology for this work package is combined with that of work package 4 and 5 where possible. The work package leader also works together with the Associated Partners and core group members of WP6.

The actual carrying out of the work by the partners is scheduled to start in September 2007. At the Porto meeting it was decided to postpone the national workshops to February/March 2008 to be able to present results of WP4 and WP5 together. According to the work package leader this does not jeopardise reaching the objectives of this work package.

Partners judged the first year of this work package as good (17% rated their work as excellent), although some partners were still unclear about the methodology. Since then the work package leaders have distributed guidelines, sampling matrix and an interview protocol for selection of policy makers so that partners can comment and start in time.

3.5.2 *Milestone*
No milestone defined in the first year.

3.5.3 *Additional outcomes*
Not applicable.

3.6 General evaluation of the project

Additionally to the different work packages some comments can be made on the EUNAAPA project in general. These comments are based on the evaluation of the whole project by all the partners¹⁰.

Questions were asked about the feasibility of the goals and objectives of EUNAAPA. About 80% of participants thought the original objectives of the EUNAAPA project were (still) feasible¹¹. Those that did not share this opinion mainly indicated some practical problems with:

- the time delay at the start and tight time schedule which jeopardises quality
- lack of funding for collaborating partners frustrates carrying out work packages.

Especially reaching the goals 1 and 4 were thought to have some problems:

- attaining a self sustained network for instance is frustrated by the delay in the development of the website and on the end conference
- improving European practice seems a step too far at this point (maybe local standards can be improved)

Participants were then asked to evaluate in what way the following factors contribute to achieving the goals of EUNAAPA. Each factor was evaluated on a five point scale (1=very poor, 2=poor 3=adequate, 4=good and 5=excellent):

Table 3.3 Contribution of several factors to reaching the goals of EUNAAPA

	1	2	3	4	5
Funding					
Level of expertise					
Time/planning					
Communication					
Website					
Workload					

Clearly, the state of the website, by some participants thought to be essential in reaching the goals of EUNAAPA, is judged to currently contribute poorly to achieving the goals. Level of expertise is judged to be the most contributing factor, together with communication. Practical factors like time, money and workload are deemed adequate in reaching the goals.

¹⁰ All AP's and CP's responded to this questionnaire with the exception of the Dutch and Macedonian CP

¹¹ These objectives are:

1. Establish a self-sustained network;
2. Foster an intersectoral approach to the promotion of physical activity;
3. Identify evidence-based, cost-effective and acceptable ways to promote physical activity;
4. Facilitate the contribution of European scientists to develop and implement evidence-based physical activity promotion policies.

4 Impact of EUNAAPA

At the start of the project it was planned to assess the impact EUNAAPA has in the fields of ageing, physical activity and health.

The following target groups were defined for the EUNAAPA activities:

- a. Scientists
- b. Professionals (GP's, nurses, fitness instructors, physiotherapists, social workers)
- c. Providers (personnel fitness clubs, Public Health agencies, Leisure and recreational centres, welfare organisations (non-governmental))
- d. Policy makers (physical activity / health promotion and urban development and public transportation)

Two evaluations were carried out to assess this impact. At the EGREPA conference in September 2006 a EUNAAPA symposium was organised in which the German and Dutch AP's introduced the Network and the project to participants. In total 36 participants visited the symposium. At the end a questionnaire was distributed to evaluate this symposium and their views on EUNAAPA¹². In total 17 visitors filled out the questionnaire. Most of them were from a university and were working in the field of physical activity and ageing for an average of 8 years. Main reason for attending the symposium was the topic of EUNAAPA, followed by networking. Most were not yet familiar with EUNAAPA or their members. The symposium was judged as satisfactory. Most respondents indicated they were interested in becoming a member but wanted to have more information.

The second evaluation was done in August 2007 by a web based survey evaluating the familiarity of EUNAAPA. All partners were asked to distribute the (link to the) questionnaire among their contacts, experts and colleagues in the field of physical activity and ageing. Because the timing of the questionnaire coincided with the data collection of work package 5, some partners did not contact the national experts, or only if they were not active in work package 5.

In total 57 experts responded to the request, of which 44 (77%) filled out the total questionnaire¹³. Only from Ireland, the Czech Republic, Spain, Greece and Macedonia there was no response (for details please check appendix F). Most respondents were working in the field of science (52.6%), followed by professionals and providers (18 and 19% respectively) and policymakers (11%). More than half worked at the national level. Almost 60% was not a member of other European networks. Among the respondents that were a member of other organisations, PROFANE was the most popular (12%), followed by THENAPA and HEPA Europe (both 7%).

Almost 50% of respondents were actively involved in one of the EUNAAPA work packages (mainly WP5). Most respondents came into contact with EUNAAPA through contacts with EUNAAPA partners (almost 75%), followed by conferences (9%).

Table 4.1 states which of the original EUNAAPA objectives the respondents considered to be the most important.

¹² Also a shortened version of this questionnaire was distributed to the other participants of the conference

¹³ Non response was mainly due to the way the questionnaire was presented on screen. Some respondents missed the link to the second page of the website with all the questions on EUNAAPA

Table 4.1: Response to the question: “which of the following objectives of EUNAAPA do you consider to be the most important?”

	Number (%)
Identify evidence based, cost effective and acceptable ways to promote physical activity	22 (48.9)
Facilitate the contribution of European scientists to develop and implement evidence based physical activity promotion policies	14 (31.1)
Foster an inter sectoral approach to the promotion of physical activity	5 (11.1)
Establish a self sustained network	4 (8.9)

Clearly, identifying evidence based ways to promote physical activity is the most popular objective of EUNAAPA according to these respondents. Establishing the network is the least popular.

As can be seen in table 4.2, 96% of respondents thought that EUNAAPA did add to improving the health of elderly in Europe compared to other networks.

Table 4.2 Response to the question: “Does EUNAAPA add to improving health of the elderly in Europe?” Respondents could choose more then one answer

	Number (%)
Yes, establish link between practice and science	27 (38.6)
Yes, promotion of evidence based pa	21 (30.0)
Yes, foundation of network	18 (25.7)
No, no more then other networks	3 (4.3)
Yes, other	1 (1.4)

Linking practice and science was judged to be the most important contribution of EUNAAPA together with the promotion of evidence based physical activity.

Most respondents are interested in taking part in EUNAAPA in the future in some way (table 4.3). Staying in contact with the national officer was named most (25%), followed by taking notice of the outcomes (best practice reports). The other responses are stated in table 4.3.

Table 4.3 Response to the question: “Are you interested in taking part in the EUNAAPA project or network in the future?” Respondents could choose more then one answer

	Number (%)
Yes, stay in contact with national EUNAAPA officer of my country	24 (25.0)
Yes, take notice of the outcomes (BPR)	20 (20.8)
Yes visit the website regularly	15 (15.6)
Maybe, depends on results	11 (11.5)
Yes, become a member	9 (9.4)
Yes, join the end conference	9 (9.4)
Yes, take part in a WP	8 (8.3)
No, not specifically	0

From the start of the project, the impact of the name of 'EUNAAPA' has been monitored with several web based search engines, and compared to other well known European networks in this field.

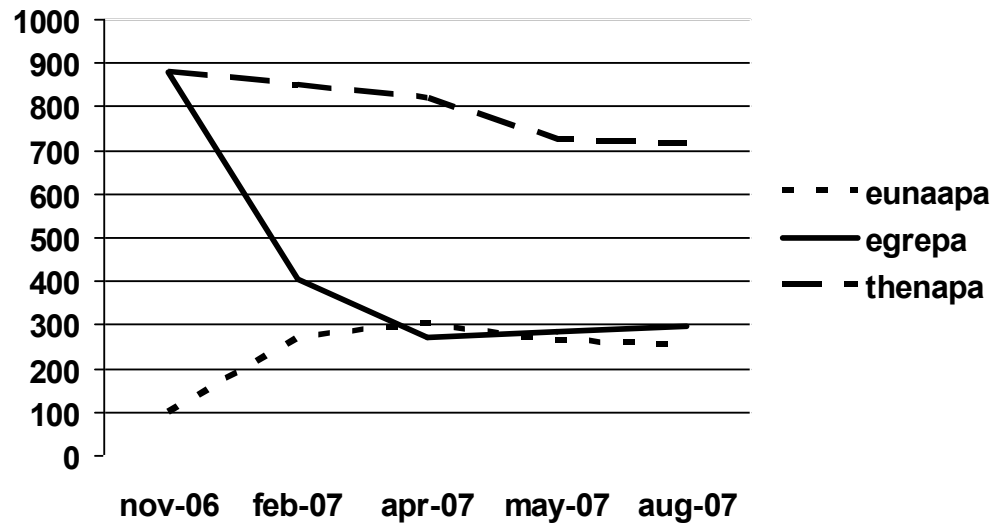


Figure 4.1 Number of hits on keyword 'EUNAAPA' and other networks (via www.google.nl)

There has been an increase at the start of the project, but the number of hits stabilised during the last half year.

If we look at the contents of the hits concerning EUNAAPA we see that most of them relate to websites of the EUNAAPA partners or sites of other networks that mention EUNAAPA. There are only a few hits (in the first 50 hits) that refer to sites of experts that have been contacted or publications of organisations that have not been contacted directly. EUNAAPA's own website is always at the top of the list.

5 Discussion, recommendations and conclusion

The first year of the EUNAAPA project has mostly been conducted as planned. All three 'scientific' work packages are in progress, some almost finished, and most of the other 'organisational' work packages support their work well.

There was a 'false' start of the project because there was some confusion about the actual starting date¹⁴ and more importantly, some work package leaders wanted to have an internal discussion first about the work, before the preparations could be done. The first project meeting did lead to some interesting discussions and some small changes were made to the project, which have had a good effect so far.

Working together in an international group showed that communication is very important and face-to-face meetings are essential in establishing cooperation. Unfortunately, other communication methods such as the internet platform are not used fully yet.

Funding (especially for collaborating partners), time and workload are (just) adequate in carrying out the work, but should not be stressed more. On the other hand, the level of expertise and communication are important and successful factors in the cooperation between the partners and in achieving EUNAAPA's goals.

The first results and experiences on the 'scientific' work packages are promising in relation to the rest of the project and network. The inventory of instruments to assess physical activity and functioning (WP4) showed interesting results and differences between countries. Also, the data collection was marked by differences in these countries which seem mainly caused by a different organisation of the public health sector. The quality of the delivered work of both the partners and work package leader is high. All in all, most of the participating countries were able to provide the data within a reasonable time frame. For the next work packages it is recommended that participation of all partners is within the set time and tasks. The contribution of collaborating partners is in some cases very good, taking into account that they don't receive funding. They prove to be a worthy partner of EUNAAPA.

The other two scientific work packages (WP5-6) are on schedule but the first results have to be awaited. The work so far by the work package leaders has been of good quality and satisfaction.

Working with the different work packages enables partners to form national expert groups that can be used within the future network of EUNAAPA. There is some caution from different countries not to overload the experts with too much work, but given the shifting contents of the work packages (instruments, programmes and policy) this does not seem to influence the results so far.

In this first year EUNAAPA already has had its impact, albeit mainly within the circle of contacted experts. Given the contents of the first scientific work package (assessment) most experts are working in the field of science, but the other 3 target groups are also well represented. Most contacts stress the importance of promoting evidence based physical activity and establishing a link between professionals and scientists, which is the main objective of EUNAAPA. Almost all contacts think EUNAAPA has a meaningful and relevant contribution, even with regard to other networks. All of them want to stay active or in contact with EUNAAPA which gives the

¹⁴ This was also due to the delay in the final agreement and postponing the start of the project

future network a good perspective. Even so, there is more effort to be put into promoting the project and its objectives through the designated dissemination channels.

There is some concern about the progress of WP2. Especially the state of the website is of concern. A modern, attractive website is essential for this kind of project. Concerns are also raised by partners on the delay of organizing the final conference in Verona.

The internet platform has to be brought up to speed in the next months. Given the fact that the first results of the project (the inventory of WP4) is due in September 2007 and has to be disseminated through the website, makes this all the more important. In our opinion WP2 has just met the technical aspect of the deliverables but should do better with the contents. A more active approach (operating more like an editor, then just as a web master) of the work package leader is necessary. Websites of comparable networks (www.profane.eu.org) or projects (www.Healthproelderly.com) are far more developed and attractive and could be regarded as good examples.

A not fully operational website can also limit the impact of EUNAAPA. However, since the first year is mainly intended to prepare the first results and establish cooperation, there seems to be no long lasting damage. Our first results into the familiarity and impact of EUNAAPA show that only half of the contacted experts have visited the website. With an improved site and active promotion this should be better in the next year.

At this moment (September 2007) steps have been taken by the steering committee of EUNAAPA and WP2 leader to improve the work of Work Package 2.

Overall, it is expected that all the deliverables and objectives of EUNAAPA can be met, within the time frame of the project. The internal deadlines of the project may have to be shifted, but as long as this does not jeopardize other activities that depend on these outcomes, this will not present any problems.

In conclusion the EUNAAPA is a growing community with many contacts in the field of physical activity and ageing. The first results of the project are interesting and promising for the next year of the EUNAAPA project and the future of the EUNAAPA network.

Recommendations

In order to maintain or improve the quality of the work and reaching the objectives of the project, the evaluation agency (TNO QoL) makes the following recommendations:

Dissemination

- more active approach by work package 2 leader (webmaster as well as editor)
- enhance the contents of the website (see suggestions, appendix E)
- better responsiveness by WP2 leader and partners in requests for the website
- frequently distributed newsletter to start a.s.a.p. (with contributions of partners)
- speed up the preparation of the end conference by establishing an organising committee and publishing the date and programme (note this is expected for October 2007)

Scientific work packages

- improve timely deliverance of national data EUNAAPA by partners
- organize feedback from all work packages to the experts/contacts (this can be in a meeting (preferably) but every kind of feedback to experts is welcome) to build up the (future)network

Impact

- improve website and promote end conference
- make some sort of registration possible for experts/contacts who wish to join EUNAAPA

Organisation

- Improve communication among partners between meetings (e.g. internet platform and a members section with access only to partners and with an active facilitator)

A Example of a questionnaire used for the interview with work package leaders. The printed questionnaire was used to evaluate work package 2

B Questionnaires to EUNAAPA partners concerning the first two project meetings in Erlangen and Porto and the first year of the project

C Web based Familiarity Questionnaire July 2007 used to evaluate the project with national experts

D Questionnaire used to evaluate the EUNAAPA symposium and the EUNAAPA Network at the EGREPA conference in September 2006

E Suggestions to improve the contents of the website

F Results web based familiarity questionnaire August 2007

G Results internal project evaluation July 2007