

# Health promotion and prevention in settings of older people

## Rencontres de Santé publique France 2019

Sule Acet  
Federal Centre for Health Education (BZgA)

# Potential conflicts of interest

This presentation is done in total independence from the event organizer. I have no link of interest to declare with the topic presented.

# Activities of the Federal Centre for Health Education (BZgA)

## Key Topics

### Prevention of non-infectious diseases

e.g.

- Promoting health in children  
a. adolescents
- Preventing addiction and  
promoting healthy lifestyles
- Health promotion and  
prevention in settings

### Prevention of infectious diseases

e.g.

- Increasing vaccination  
coverage
- HIV/AIDS and STI prevention
- Sex education and family  
planning

# Epidemiology of the aging population in Germany

- 16.9 million (21 %) were aged 65 and over.
- 2.8 million people aged 65 and older were in need of care.
- An increase of 9.9. million by 2060 (13%) was calculated for the age group 80 years and older.
- Among the 70 to 85 year olds, 56.7% suffer from two or more diseases and 25.4% from five or more.
- 1.7 Million people suffer from dementia. Most of them are affected by Alzheimer's disease.

# General conditions

- The legal framework is constituted by the prevention law:
  - Setting approach
  - Vulnerable Groups
- Studies have shown that even a modest increase of day-to-day activity among the elderly and very old people can help to prevent or at least delay many of the age-related diseases.
- In addition, regular exercising may increase well-being, improve cognitive ability, decrease the risk of falls and contribute to an independent life.
- Only 18% of the 60-69-year-olds and 14% of the 70-79-year-olds achieve the recommended level of physical activity by the WHO.

# Aging in Balance

- The program "Aging in Balance" has started in 2014, supported by the sponsorship of the Association of Private Health Insurance.
- Physical activity programs in settings:

## ATP

AlltagsTrainingsProgramm

**Movement-oriented intervention to increase daily activity behavior for previously inactive women and men over 60.**



## LÜBECKER MODELL Bewegungswelten

**Multimodal movement-oriented intervention for the very old in nursing facilities**



# Daily exercise program (ATP)

- **Standardized, evidence-based prevention program comprising 12 exercise sessions**
- **Once a week for 60 minutes**
- **8 - 15 participants**
- **In everyday clothing feasible (appropriate footwear necessary)**
- **Indoor and Outdoor**
- **Provision of a high quality course manual including different exercise categories**

- **Use of everyday activities and life skills as basis for the construction of exercises**
- **Promotion of daily activity-behavior**
- **Empowerment of participants to practice independently at home**
- **Training stimuli through everyday movements and life skills**

# Prescription of Daily Exercise

- Exercise is the best medicine!
- Prescription contains 25 exercise cards
- Exercises can be easily integrated into daily routine and be executed almost everywhere (e.g. at home, park, inside/outside)
- All exercises derive from the „Alltagstrainingsprogramm (ATP)“
- Dissemination campaign: in cooperation with the German Association of General Practitioners and pharmacies





# Lübeck Worlds of Movement Model

- Standardized, evidence-based prevention program
- Exercise program based on memories of daily activities (such as grocery shopping or garden work)
- Provision of a high quality course manual
- Integration into the nursing process
- Scientific project support

- 10-12 Participants
- Twice a week for 60 min each
- 45 minutes exercise time, 15 minutes variable water and relaxation breaks
- 10 exercises surrounding one topic (“world of movement”), interactive elements
- Cognitive training
- Every training session “from top to toe”

# Lübeck Worlds of movement Model

Improving independency and quality of life of older people in need of care

by the increase of  
mobility and flexibility

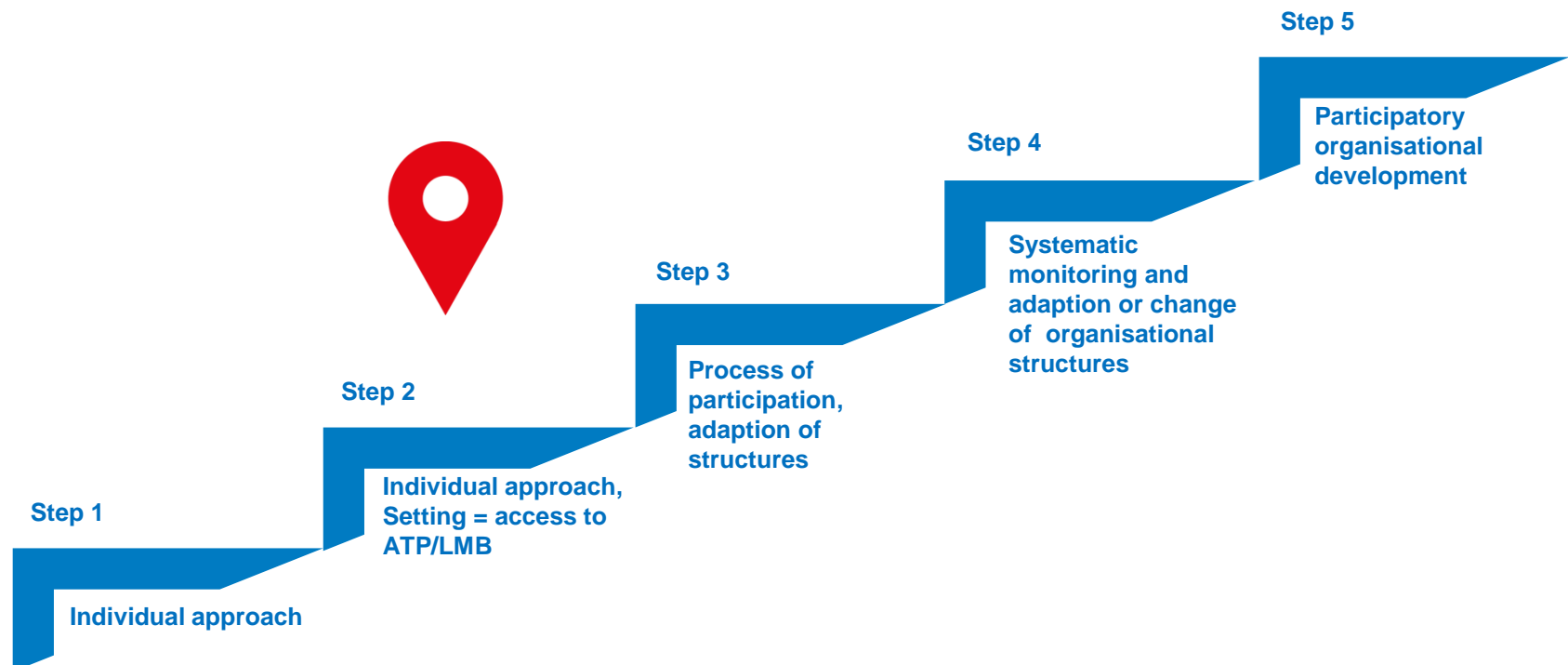
by the promotion of  
cognitive ability

By the promotion and intensification  
of  
social contacts

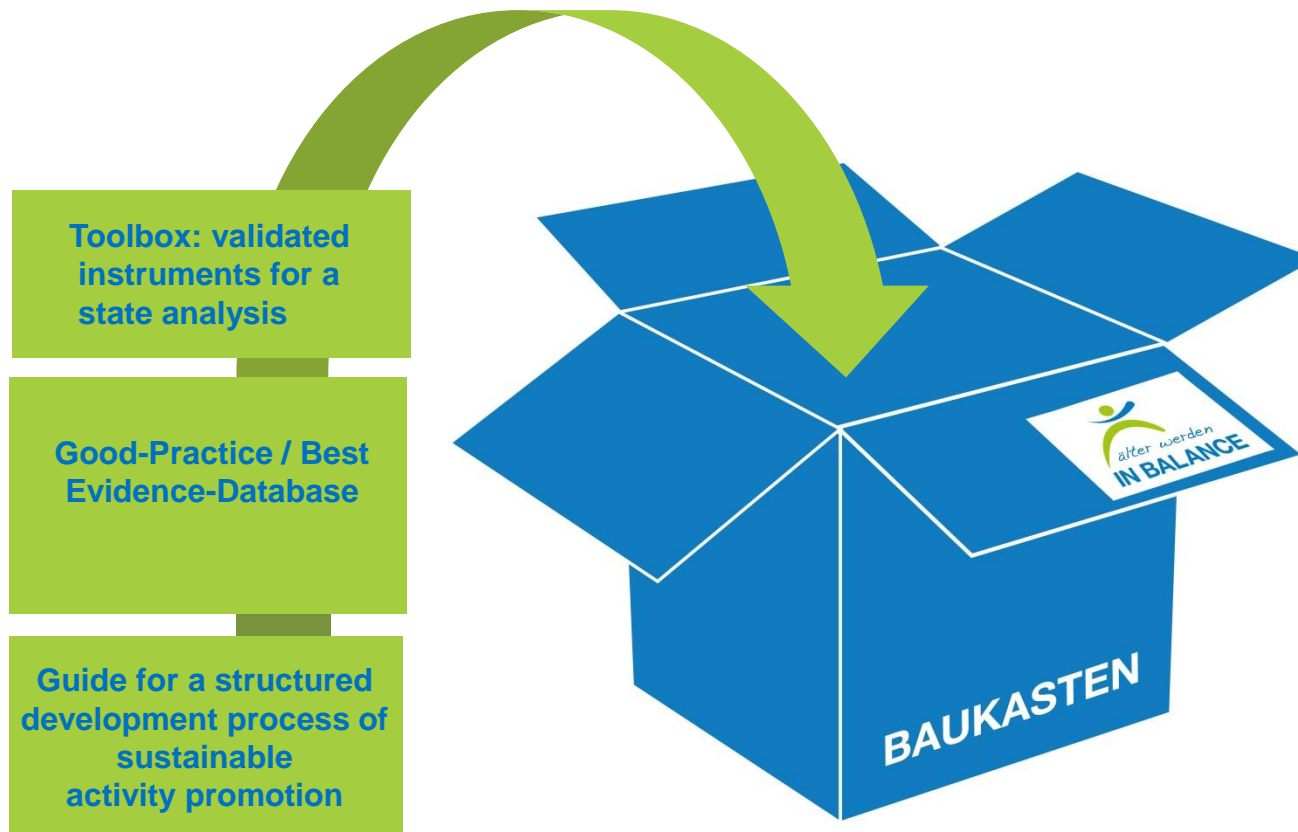


# How to integrate the ATP/LMB into organisational structures

## Complex intervention:



## Further Directions



***Thanks for your interest!***

***sule.acet@bzga.de***