

Meeting of the WHO Healthy Cities coordinators in the Baltic Region and Conference on “Healthy Ageing - Active Ageing”



REPORT

Pärnu, Estonia 25–27 April 2007



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1. Scope and purpose

It was held four fruitful meetings between 25th and 27th April in sunny, coastal town Pärnu in Estonia. The meetings were:

- “Healthy Ageing - Active Ageing” conference (26.5.)
- WHO Healthy Ageing sub-network¹ (25.5. and 27.5.)
- Baltic Region Healthy Cities coordinators meeting (25.5. and 27.5.)
- Students and researchers on Healthy Ageing meetings (27.5.)

The purpose of the meetings was to combine the experiences and expertise of WHO Healthy Cities and universities/research institutes on the theme of Healthy Ageing.

A combination of different networks offered possibilities during three days to have lively discussions and new collaboration around:

- multidisciplinary work in health promotion and development
- models and indicators to support the decision making process
- comparative health and well-being information across the Baltic Sea Region

The conference and meetings were organised by the Baltic Region Healthy Cities Association (WHO Collaborating Centre for Healthy Cities and Urban Health in the Baltic Region) and the Baltic Sea Region University Network (BSRUN). It was the 2nd joint conference of these networks. The co-organisers of the event were the City of Pärnu and WHO Healthy Ageing sub-network. There were totally 68 participants from 14 countries (Appendix 1).

Table 1. Participants by networks

Network	Participants
Baltic Region Healthy Cities Network	37
Baltic Region University Network (BSRUN)	17
WHO Healthy Cities sub-network on Healthy Ageing	14
Total	68

2. Themes and presentations in the meetings and conference

2.1 The annual meeting of the WHO Healthy Cities coordinators in the Baltic Sea Region

The first day's (25 April) theme of the meeting was cross-border co-operation in Baltic Sea Region. The theme was presented from the points of view of the topics of Phase IV (Healthy Urban Planning, Healthy Ageing, Health Impact Assessment and Physical Activity/ Active Living). The meeting was opened with addresses from Deputy Mayor of City of Turku and Chair of the Board of Baltic Region Healthy Cities Association, Dr. Kaija Hartiala and Executive Director Dr. Riitta Asanti from the Baltic Region Healthy Cities Association.

Director, Dr. Esko Antola from Centrum Balticum Foundation gave a presentation about Baltic Sea Region co-operation. Dr. Antola spoke about the different waves and challenges of co-operation in Baltic Region. He also raised questions of it what would be needed to strengthen the regional cooperation. In that sense, he brought up the issues about a political leadership, a new institution the agenda and identity.

Healthy City co-ordinator Heini Parkkunen from Baltic Sea Region Healthy Cities Association introduced the strategy of the Baltic Region Healthy Cities Association and planned activities for the next two years. Besides that, she brought out the role of the Association as an intercessor, organiser and arranger of the activities in Healthy Cities context in the Baltic Region.

Office Manager Mari Siimar from Baltic Region Healthy Cities Association introduced some financing

¹ Please find meeting's report from WHO password protected web-site.

possibilities. She presented two European Union's regional development programmes for funding period 2007-2013: Baltic Sea Region Programme and Central Baltic Interreg IIIA programme. Baltic Sea Region Programme will offer funding possibilities to all Baltic Region countries, whereas, Central Baltic Interreg IIIA programme will be operating in Estonia, Finland, Latvia and Sweden.

After these three presentations there were discussion about current activities in cities and a future orientated workshop conducted/facilitated by *Project Planner Tiina Keinänen* from Baltic Region Healthy Cities Association.

The participants of the meeting shortly introduced e.g. following activities:

- decreasing the socio-economic inequalities in Turku
- Mapping of the access to public buildings in Pärnu
- Healthy ageing activities in Dresden
- Screening tool for health impact assessment and training in Sønderborg
- Mapping of the walker streets in Kuopio
- Schools on the move, cultural aspect in Kuopio

Following to the present activities there was a workshop where was discussed about the needs for the future activities, what should be done based on these needs and how the situation in the city should be in year 2013. These issues was handled under three topics: Healthy Ageing, Healthy Urban Planning and Physical Activity/ Active Living. Several interesting ideas and needs were raised during the workshop. Under *Healthy Urban Planning* topic the needs discussed related to 1) collaboration and cross-sectoral/ multistakeholder co-operation in planning process, and 2) Health impact assessment and communication as tools in planning process. Based on that future actions could be related to healthy building, planning for physical activity and green/ open areas, safety traffic and evaluation. In *Healthy Ageing* discussion point was discussed about the needs of social networks and involvement of elderly using physical activity, and living conditions from a viewpoint of services and profiling. Future actions could be related to technical solutions supporting staying at home, more use of marketing and cross-sectoral collaboration, activities which brings generations together, combining physical activity and planning that supports healthy ageing. Finally, under *Physical Activity/ Active Living* topic highlighted needs were related to following issues: facilities both indoor and outdoor, physical activity and cultural combinations. Future actions could be focused on marketing of the facilities and importance of physical activity, and finding a new ways to promote the physical activity. The full lists of the workshop discussions can be found from (Appendix 2)

The coordinators meeting continued on Friday (27 April) and was arranged in the Raeküla" Centre under the topic 'Healthy Cities in Pärnu and Estonia'.

Estonian Healthy Cities National Network coordinator Ingrid Tilts from the city of Kuressaare presented network's history, current activities and future actions. In her presentation she specially pointed out importance of INTERREG IIIA South-Finland – Estonia project "Increasing wellbeing through Active Living" were 7 local governments from Estonian Healthy Cities National Network together in cooperation with 6 local governments in Finland are focusing on strategic development of active living in cities and are integrating active living in general strategic development documents.

Healthy City coordinator Ada Kraak and Senior Specialist of Urban Development *Grete Kukk* from city of Pärnu presented Healthy City reflection in the City development plan topics and analysed findings of conducted studies on health issues.

Chief Specialist of Welfare of Elderly and Disabled People Aika Palm from Social welfare department from city of Pärnu gave an overview of city's social welfare system. How the system can support healthy ageing of elderly people and people with special needs in order to ensure social inclusion.

President Jana Trink from Zonta International Pärnu Club gave an example how NGO and local authorities can build up partnerships for benefit of citizens' well-being as a whole and especially elderly people.

Finally *Healthy City coordinator Heini Parkkunen* from the City of Turku and Baltic Region Healthy Cities Association summarized the results of Wednesday's (25 April) Workshop: Phase IV themes and possibilities for cooperation. Under the Healthy Urban Planning theme, need for collaboration and

cross-sectoral / multistakeholder co-operation in planning processes using supporting tools such as HIA and communications came up. The possible future actions related to this theme can be for example healthy building, planning for physical activity and green / open areas and safety of the traffic. Healthy Ageing –theme was actualized by needs for social networks and involvement of elderly using physical activity. Also living conditions and tailored services for elderly were pointed out. As solutions the next actions were offered; technical solutions supporting staying at home, more use of marketing and cross-sectoral collaboration, bringing generations together and combining physical activity and urban planning. What comes to Physical Activity/ Active Living theme, there is a need for tailoring means for different age groups and combining them with a culture. Marketing and communications, 'Adult playgrounds', count your steps –actions and also taking into account mental health not only physical can be future actions to promotion this theme more broadly. Day ended with site visits and Pärnu excursion under the topic "Healthy City Pärnu - possibilities to maintain citizens' well-being".

2.2 The Healthy Ageing - Active Ageing conference

The conference 'Healthy Ageing - Active Ageing' was organised on Thursday (26 April) in collaboration with the Baltic Region Healthy Cities Association, the Baltic Region University Network (BSRUN), WHO Healthy Ageing sub-network and City of Pärnu.

2.2.1 Plenary session

The morning plenary session was chaired by *Professor Pirkko Routasalo* from the University of Turku/Tartu. The conference was opened by the *Mayor of Pärnu Mr. Mart Viisitamm*. He highlighted the importance of healthy and active lifestyle. The City of Pärnu has especially developed the physical activity facilities and taken an active role in cross-sectoral development of health promotion. The representative of the Estonian Minister of Social Affairs could not attend the meeting, but the warm greeting from the *Minister Maret Maripuu* was received in the afternoon. *Deputy Mayor Dr. Kaija Hartiala* from the City of Turku spoke about the increasing role health promotion in the development of the cities. She also highlighted the importance of the collaboration and debate between the cities and the universities. *The Chairman of the Baltic Sea Region University Network Mr. Kari Hyppönen* stressed the importance of different networks (UBC, BSRUN, HC etc.) around the Baltic Sea Region talking to each other and encouraged to search for possibilities for projects.

The first keynote speaker *Associate Professor Kai Saks* from the University of Tartu/Tartu University Hospital and Estonia Association of Gerontology and Geriatrics (Estonia) presented the results and discussion of several studies regarding the health of the ageing population in Estonia and comparisons with other countries in her presentation 'Health and quality of life of older people in Estonia'.

The Estonian people are ageing 2nd fastest in Europe following Italy. Among the main reasons for this is the immigration to the country after the 2nd World War and these people retiring and ageing at the same time. A huge problem in Estonia is the low mortality-age of men. This leaves women alone usually with low income. In Estonia the amount of cardio-vascular diseases is higher in compared to the other countries in Europe. The elderly people in Tallinn report smaller need for daily help compared to the other parts of the country. The informal care giving is much more usual in Estonia than in Finland, still people feel they are satisfied with their coping as well as their lives in general. The quality of life is weaker in Estonia compared to Finland, Germany, U.K and Sweden.

The future challenges lie in developing comprehensive strategies and policies aiming at better quality of life. The positive scenario among the ageing requires strong investments in health promotion and the negative scenario big financial pressure (non-affordable) to the health and support services. European challenge of healthy ageing

The second keynote presentation 'European Challenge of Ageing' by *Professor Lars Andersson* from the Karolinska Institutet (Sweden) gave an overview of research results especially on self-assessed health through a lot of Swedish and international research and examples of the health trends among older people.

People are living longer which means more elderly and more expenses from the point of view of the administration. There seems to be a need to change the definition of old people. And among other

things it is important to understand people's fears and wishes becoming old. One result from the Swedish reports over the years is the increase of the self-reported health problems until retirement. After that health problems seem to stabilise between ages 65-75 and then increase dramatically again. The use of healthy-life-years indicator is very useful. There are interesting findings among elderly between countries in Europe in life expectancy, but for example the Swedish women live longer than the Danish, but the Danish report better self-reported health.

It is important that the assessment of the health and living of the elderly people is based on many aspects including experiences, knowledge and health expectations. The various reports might give an impression of worsening health situation. But it is important to notice that the statistics are based on diagnoses nowadays. "It is a result of old age" is not a possible answer from a doctor any more.

The third keynote presentation 'Concept and practice of Healthy Ageing' was given by *Professor Geoff Green* from the Sheffield Hallam University (England). He reflected the issue through the WHO report of the Ageing. The ageing of population is a European wide issue. The challenge is to how we can enjoy the ageing population as a resource and not as a burden. The informal care of the grand-parents or the peers is, however, still not valued enough. The elderly are also willing to participate in the development of the society and especially regarding the services they or their relatives receive. The channels for this participation are not sufficient. The third age is more valued now and becomes hopefully even more respected in the future. We need to find more channels for the elderly to express themselves in the future.

2.2.2 Parallel session 1: Profiling the Health of the Ageing

The chair of the parallel session was *Dr. Gianna Zamaro* from City of Udine. She presented the principles and development of the WHO Healthy Ageing sub-network for profiling of the elderly at the city level. There is existing already more than 10 profiles of the elderly in the Healthy Cities. The sub-network has developed the list of indicators as well as guidance for the cities how to collect them and interpret the information. Other tools regarding the Healthy Ageing issue to help to cities in the promoting of the theme are also available in the WHO Healthy Cities pass-word protected website.

There were three presentations in the parallel session.

Zenija Roja from the Riga Stradins University presented a study on the mobbing and bossing, at the workplaces. Materials and methods to tackle the problem were gathered in 2006 in Latvia. Results of the survey show mobbing and bossing to be a serious issue and stress the importance of intensive treatment as well as good results of pilot actions to fight the problem.

Faustas Stepukonis from the Public Health department of the Klaipeda University showed interesting findings, aspects and analysis on the quality of life of the people in old age. He referred to the Klaipeda 80+ study and a comprehensive literature review. It is shown that the quality of life of elderly is relatively good and getting better in new cohorts, and there is a possibility to different scenarios regarding the quality of life of these people.

Kaija Hämäläinen from the City of Kuopio presented an innovative case study how 'Healthy Dance' can be used in the elderly people's homes as possibility to express the emotions and movement, refresh memory and communicate with other when other channels maybe do not exist any more. Healthy Dance raises also discussion about the value of art in health and social care. Healthy Dance is introduced in City of Kuopio by a dancer and musician every week. The action is a multi-professional collaboration

2.2.3 Parallel session 2: Collaboration and Participation at the Local Level and Access in Its Widest Sense

The chair of the session was *Healthy City Co-ordinator Ingrid Tils* from City of Kurssaare.

There were totally four presentations in workshop.

Jane Bolding from Brighton and Hove City Primary Care Trust *talked* about Improving Public Access to

Health Information and Advice through the Development of Community-wide Services
She presented Patient advice and liaison service (Plas). The project aims to provide a unified and holistic approach to accessing high quality information, help and advice for people using health and health-related services, including 'signposting' to other services and organisations who provide help to the individual.

The Member of Senior Citizens Council Cuiseppe Seccamani from city of Turin gave a presentation under the topic City of Turin, Senior Citizens Council and Elderly People Observatory. He told about Senior Citizen Council located in City of Turin. The City of Turin intends to raise the role of the third age, affecting both the image change of the elderly at social level, and the relationships with the different institutional subjects. The Senior Citizens Council has been founded to promote these goals. Furthermore, Seccamani introduced Elderly people Observatory in city of Turin. It has been founded, with the objective to organize a permanent job structure, building a systematic representation of the elderly condition in the city of Turin, identifying features and needs, describing outstanding elements, as useful tool to set a policy planning for the elderly.

Project co-ordinator Famara A. Sanyang from Østfold County Council spoke under the topic Participation and Intersectoral Collaboration are Necessary Conditions for a Sustainable Healthy Ageing Policy – The Hepro Project. He gave a presentation about participation and intersectoral collaboration. He highlighted the necessity of participation and intersectoral collaboration when creating sustainable healthy ageing policy. He also introduced different stages of the collaboration and analysed some difficulties that can be faced in the collaboration process. Furthermore, he told about HEPRO-project which e.g. aims to strengthen cross-sectoral collaboration in participating municipalities and regions.

Kirsi Johansson from University of Turku spoke about Empowering Elderly by Health Education. She introduced the project Empowering Elderly by Health Education which aims to develop theoretical basis, and effective methods for empowering education for elderly. She highlighted that empowering elderly people by health education and care is essential because of the health political tendency in many countries, increased availability of health-related information, increased technological possibilities for education, short hospital stays and increasing number of elderly population.

2.2.4 Parallel session 3: Active in old age

The chair of the session was, *Professor Pirkko Routasalo* from University of Tartu.

Associate Professor Jurate Macijauskiene from Geriatric Clinic of Kaunas University of Medicine talked about fostering active ageing in Lithuania. Her presentation viewed the instrumentalities to achieve improvements in active life expectancy, employment opportunities for the elderly, pension systems, long-term care, care giving and volunteerism, and treating chronic diseases.

Documentary Film Director Tarja Lapila from University of Turku, Department of Nursing Science brought fresh point of view about being elderly "An older stranger in Paradise" surrounded from the media and millions of actions targeted to elderly people but not really touched by the actions.

Physical Activity Counsellor Hannele Lindgren from City of Turku, Health Care, Health Promotion Unit highlighted how in the City of Turku "a service chain of elderly people's physical activity" with a cross-sectoral and strategic approach is developed. The purpose of the developed actions are to support the health and well-being, functional capacity, independent coping, life-long skills of movement and support the elderly people's staying healthy at home. One concrete activity is to provide home gymnastic programmes.

Doctor Liisa Montin from University of Turku, Department of Nursing Science found in her presentation that follow-up study showed to be an effective method to examine changes in patients' health-related quality of life. Still there are some points that should be taken into consideration when planning a follow-up study. Because of the expensiveness follow-up study requires commitment both from the researcher and participants, measurement needs to be planned carefully, and loss of participants can be high, which may decrease the validity of results.

3. Conclusion of the meeting

The 2007 conference and meetings joined the Healthy Cities and the Universities in the Baltic Sea Region for the 2nd time. This year involved also the WHO Healthy Ageing sub-network in this collaboration. The hospitality of the City of Pärnu was highly valued by the participants.

Connecting the networks at the same time and place bring along synergies, new contacts and deepens the discussion between the participants. The amount of cities and countries represented was high. The participants came from all over Europe and it gave a possibility for the Baltic Sea Region representatives to create more international contacts.

The presentations in the plenary and parallel sessions in the 'Healthy Ageing – Active Ageing' conference presented ageing from many interesting perspectives and offered a variety of approaches on the issue. At the same time many sessions offer a lot of interesting programme and participants might have difficulties to choose what they would like to hear and participate.

Totally 17 case studies and research papers were approved for the abstract book and parallel sessions offering a combination of science and practise. 8 papers were presented as posters. A comprehensive overview of all the papers can be read from the book of abstracts. The presentations are available on the www.marabalticum.org website.

Organising the meeting in Pärnu offered a possibility to show other cities the recent Healthy Cities development and activities. For participants it was a possibility to learn more deeply about the Healthy Cities actions of Pärnu. A yearly meeting is a possibility to discuss and direct the activities of the Baltic Region Healthy Cities Association useful for the network cities. The results of the workshops and discussions are highly valued. The results of the workshop on the future development with the coordinators will be developed further and will be developed into new projects/collaboration.

Appendix 1: List of participants

BELGIUM

- | | | | |
|-------------|------------|-------------------|-------|
| 1. Houbiers | Gabrielle | Province of Liege | Liege |
| 2. Trinson | Jacqueline | Province of Liege | Liege |

CROATIA

- | | | | |
|------------|------------|----------------|--------|
| 3. Perhat | Ankica | City of Rijeka | Rijeka |
| 4. Rajacic | Aleksandra | City of Rijeka | Rijeka |

CZECH REPUBLIC

- | | | | |
|--------------|-------|----------------------------------|------|
| 5. Draholova | Ivana | Municipality of the City of Brno | Brno |
|--------------|-------|----------------------------------|------|

DENMARK

- | | | | |
|----------------|--------|--|---------|
| 6. Teckemeier | Alice | Municipality of Horsens
Danish Healthy Cities National
Network | Horsens |
| 7. Gurevitsch | Gregor | | |
| 8. Kristiansen | Inge | Municipality of Horsens | Horsens |

ESTONIA

- | | | | |
|---------------|----------|---|------------|
| 9. Zaitsev | Gennadi | Narva City Government | Narva |
| 10. Antonov | Andrei | Narva City Government | Narva |
| 11. Juurma | Anu | Pärnu City Government | Pärnu |
| 12. Karro | Piia | Raeküla Old School Center | Pärnu |
| 13. Kraak | Ada | Pärnu City Government | Pärnu |
| 14. Kruup | Erika | PLC "Koduõendus" | Pärnu |
| 15. Kukk | Grete | Pärnu City Government | Pärnu |
| 16. Kussmann | Ene | Pärnu City Government | Pärnu |
| 17. Oja | Kristina | Tartu University Hospital | Tartu |
| 18. Orula | Viivika | Pärnu Conference Bureau | Pärnu |
| 19. Palm | Aika | Pärnu City Government, Dept. of
Social Welfare | Pärnu |
| 20. Rahu | Katrin | Pärnu City Government | Pärnu |
| 21. Rebane | Alo | Elva City Government | Elva |
| 22. Saks | Kai | Dept. of Internal medicine University
of Tartu | Tartu |
| 23. Tilts | Ingrid | Kuressaare City Government | Kuressaare |
| 24. Toode | Kristi | University of Tartu | Tartu |
| 25. Trink | Jana | Zonta International Pärnu Club | Pärnu |
| 26. Vardja | Kaja | Tartu University Hospital | Tartu |
| 27. Viisitamm | Mart | Pärnu City Government | Pärnu |

FINLAND

- | | | | |
|----------------|---------|--|----------|
| 28. Antola | Esko | Centrum Balticum
Turku Health Centre, University of
Turku | Turku |
| 29. Arve | Seija | | Turku |
| 30. Asanti | Riitta | Baltic Region Healthy Cities
Association
University of Turku, Department of
Nursing Science | Turku |
| 31. Eloranta | Sini | | Turku |
| 32. Hakumäki | Laura | City of Kuopio | Kuopio |
| 33. Hartiala | Kaija | City of Turku | Turku |
| 34. Hokkanen | Hannele | Helsinki Polytechnic | Helsinki |
| 35. Hyppönen | Kari | University of Turku
City of Kuopio, Levänen Service
Center | Turku |
| 36. Hämäläinen | Kaija | | Kuopio |
| 37. Johansson | Kirsi | University of Turku | Turku |
| 38. Keinänen | Tiina | Baltic Region Healthy Cities
Association | Turku |

39.	Lapila	Tarja	University of Turku City of Turku, Health Care	Turku
40.	Lindgren	Hannele	Department The Health Care Centre of Salo	Turku
41.	Lyytinen	Hannele	Region	Salo
42.	Montin	Liisa	University of Turku City of Turku and Baltic Region	Turku
43.	Parkkunen	Heini	Healthy Cities Association	Turku
44.	Rantasaari	Juha	City of Turku	Turku
45.	Routasalo	Pirkko	University of Turku/Tartu Baltic Region Healthy Cities	Turku
46.	Siimar	Mari	Association	Turku
47.	Stolt	Minna	University of Turku	Turku
GERMANY				
48.	Kasimir	Claudia	City of Dresden	Dresden
ITALY				
49.	Mastrogiacomio	Carlo	City of Torino	Torino
50.	Sessamani	Giuseppe	City of Torino	Torino
51.	Zamaro	Gianna	Udine Healthy City Project	Udine
LATVIA				
52.	Grobina	Laima	Welfare Department of Jurmalas City Council	Jurmala
53.	Roja	Zenija	Riga Stradins University, Rehabilitation institute	Riga
54.	Silina	Elina	Welfare Department of Jurmala City Council	Jurmala
55.	Taube	Iluta	Welfare Department of Jurmalas City Council	Jurmala
LITHUANIA				
56.	Spirgiene	Lina	Kaunas University of Medicine, Geriatric Clinic	Kaunas
57.	Stepukonis	Faustas	Public Health Department of Klaipeda University	Klaipeda
NORWAY				
58.	Sanyang	Famara	Østfold County Council	Østfold County
RUSSIAN FEDERATION				
59.	Abrosimova	Yulia	Institute of Public Health and Health Care Management	Moscow
60.	Nochrina	Marina	Izhevsk City Administration	Izhevsk
61.	Vozdvishensky	Andrey	Izhevsk City Administration	Izhevsk
SWEDEN				
62.	Andersson	Lars	Stockholm Gerontology Research Center	Stockholm
63.	Kanström	Lena	Stockholm Centre for Public Health	Stockholm
64.	Sjöstedt	Claes	Center for Public Health Stockholm County	Stockholm
65.	Tomson	Tanja	Stockholm Centre for Public Health	Stockholm
UNITED KINGDOM				
66.	Bolding	Jane	Brighton & Hove City NHS Primary Care Trust	Brighton & Hove
67.	Green	Geoff	Sheffield Hallam University	Sheffield
68.	Greening	Deborah	Kings House	Sheffield

Appendix 2: Notes from Workshop

Meeting of the WHO Healthy Cities coordinators in the Baltic Sea Region Workshop discussions

Healthy Urban Planning

Needs

- Health Impact Assessment training programme
- Healthy building practices
- Co-operation between different sectors
- Citizen participation
- Saving of green areas and open spaces

Future actions

- Model creation for evaluation (health profile included)
- Increasing of the security of bicyclers

Situation in 2013

- Healthy City as whole, for all citizens
- Planning circle in action
- Health Impact Assessment part of the daily work

Healthy Ageing

Challenges/ Needs

- good social network between elderly
- more physical activity for elderly
- Living conditions (esp. old poor women)
- Promotion of integrated services (e.g. service flats with cleaning, flats near elderly homes, daily programme)
- Involvement of elderly to physical activity – out of loneliness
- Respect for elderly needs to be increased
- Preparation for retirement

What could be done?

- Workshops, site visits etc.
- How to support social networks/ life
- Physical activity and urban planning
- Supporting infrastructure
- Generations together
- Use of new technology
- Urban planning and accessibility
- Elderly people as a big resource

Physical Activity/ Active Living

Needs

- Bicycle paths
- More sport arenas for citizens
- More sport place in living areas
- Healthy lines (nice paths, safe roads, accessibility etc.)
- Using existing sport places during whole day
- Developing facilities for disabled people
- Healthy urban planning for activate people
- Physical activity for elderly people
- Combine of physical activity and culture
- Involve youth in planning process
- How to use computer (counting of steps etc.)
- Marketing of events and possibilities
- Co-operation with sport clubs and public
- Playground for adults
- To create/ support municipality sport