

Symposium

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S05 Active ageing from theory to practice: success stories from Belgium, Finland, Germany and the Netherlands

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Introduction

Research increases our understanding on the efficacy of exercise and physical activity on older adults' health and well-being. However, the scientific output is relevant in experimental or

clinical settings only and cannot be easily implemented in real-life setting. Consequently, the public health impact of the research output fails to be scaled-up for audiences and target groups at large. We therefore need more evidence on theory-to-practice approaches, in which physical activity interventions pay more attention to practical implementation.

Aim

The aim of this symposium is to describe successful examples on active ageing from research-to-practice. Examples are from 4 countries where different approaches are being used to improve adoption, implementation and maintenance physical activity among older people. Relevant scientific frameworks like RE-AIM and implementation science are utilized.

Keywords: physical activity, older persons, implementation, volunteers, participation