

MINISTRY OF HEALTH & SOCIAL SOLIDARITY  
GREECE

**Health promotion through physical activity for older people  
Participation of Greece in the European program PASEO**

The Department of Physical Education and Sport (TEFAA) of the University of Thrace participates in an EU-financed project entitled "Building Policy Capacities for Health Promotion through Physical Activity among Sedentary Older People - PASEO". This program involves 15 European countries through similar scientific institutions. The first phase of PASEO program includes the collection of information on several policies that promote physical activity programs for older people, from three different sectors (governmental and non governmental): the sports sector, the health sector and the social care sector. The second phase involves forging partnerships (alliances) among the three sectors in order to promote more effectively programs for the physical activity of the elderly.

The strategic objectives of PASEO are:

- Assessing existing capacities for physical activity promotion among sedentary older people.
- Building national alliances to strengthen capacities for physical activity promotion among sedentary older people.
- Developing capacities for physical activity promotion among sedentary older people through national alliances.
- Monitoring the strengthening of capacities for physical activity promotion among sedentary older people.

Having recognized recognizing the importance of physical activity for elderly, the Ministry of Health and Social Solidarity has already promoted the program to the Open Centres of the Elderly (KAPI) throughout the country, that provide any form of organized recreation, medical care, physiotherapy, occupational therapy, social work, hospital care, and any kind of physical and moral service to the elderly. Until now much interest has been expressed by the KAPI for their inclusion in the program.

For any further information:

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