Intergenerational approaches for physical activity and exercise

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Prof. Dr. phil. Lukas Zahner (DSBG, University of Basel)
MSc Debora Wick (Hopp-la Foundation, Managing Director)
MSc Alice Minghetti (Hopp-la Foundation, Scientific Staff Member)
Starting Condition

Research at the Department of Sports, Exercise and Health (DSBG) in an interdisciplinary team
Research at the DSBG

• Long-standing cooperations with the government, cantons, communities, foundations and private institutions

→ Application of relevant research topics in practical settings (Development, application and evaluation of sports and exercise interventions throughout all life stages)

• Scientific Supervision (PhD, Master- and Bachelorthesis’)

Starting Condition
Research at the DSBG

• Exercise promotion for children and seniors holds a long tradition
  → Merge both fields of research
  → Find innovative solutions for future challenges
Why is intergenerative exercise promotion reasonable?

Demographic Change
- Relationships between generations
- Social segregation
- Generationprojects

Changing Living Environments
- Planning of public spaces: respect needs of all generations
- Create health-promoting life settings

Inactivity
- Fall-related problematics and prevention
- Increasing health costs

Positive influence on conjoined living between generations
⇒ Create a social benefit for the community

Create spaces for exercise and encounters across generations

Promotion of physical, psychological and social health throughout a lifespan
Starting Condition

Sport Department (Government)
• Exercise promotion in public spaces (fitness in the park) has been submitted to the governmental sports department for many years
• In favor for intergenerational approaches

Parks and Garden Department (City)
• Upgrading public parks
• Programs for different age groups
hopp-La Foundation
Generations on the move
Trailer
Hopp-la Foundation: Philosophy

Infrastructure (Circumstances)

Exercise parks
- Private spaces
- Public spaces

Hopp-la
Generations on the move

Hopp-la Tandem
- Schools / Kindergartens / Day cares
- Nursing Homes

Additional Projects

Hopp-la Fit
- Public / private spaces
- Nursing homes
- Community Centers
- Unions / Associations

Accompanying Projects (Behavior)
Interaction through action
A Pilotprojekt in the Schützenmattpark Basel
### Foundation partners

- Prof. Otto Beisheim Stiftung
- innovage
- independent capital group
- BBF Communication Design
- bimbo® macht spass
- generationsbrücke deutschland

### Main Patrons

- Hansjörg Wyss
- Martin Bisang

### Scientific supervision

- DSBG
- Universität Basel

### Partners Basel

- Erziehungsdepartement des Kantons Basel-Stadt
  - Jugend, Familie und Sport
  - Abteilung Sport / Sportamt
- Gesundheitsdepartement des Kantons Basel-Stadt
  - Medizinische Dienste
  - Prävention
- Bau- und Verkehrsdepartement des Kantons Basel-Stadt
  - Stadtgärtnerei
- Generationen haus Neubad
- HOLBEIN HOF
- union
- Bürgerspital Basel
- play aktionen
- ALEXKAESLIN.com PHOTOGRAPHER

### Benefactors Basel

- Gesundheitsförderung Schweiz
- SwissLife Stiftung Perspektiven
- Migros kulturprozent
- Stiftung Spielraum
- sympany
Infrastructure Schützenmattpark
Intergenerational Play- and Exercise Islands

Hopp-la Equipment

• Intergenerational use: Children with Adults (simultaneously and together)

• Training of coordination, strength and balance through fun and play

• Promotion of interactions between young and old

• Exercise equipment solely for adults
Intergenerational Play and Exercise Islands

Nature-oriented and variable exercise landscape
• Shared experience by testing, discovering and exploring (freedom to adjust at will)
• Versatile training in a nature-oriented space (promotion of strength and balance)
• Free Play / Role playing
Infrastructure: Water Play
The behavior of a community cannot be changed by the design of public spaces alone.

(Reutlinger et al., 2012)
Projects «Generations on the move»
Hopp-la Fit

An intergenerational exercise course

• Young and Old active together

• Social interaction / promotion of relationships between generations

• Strength and Balance Training through fun and play
Hopp-la Tandem

Interaction through action in nursing homes

• Exercise-oriented encounters in institutional settings

• Day Cares visit Nursing Homes on a regular basis

• Improvement of physical, psychological as well as social health through exercise, fun and play (along the lines of Hopp-la Fit)
Hopp-la Tandem
Advent on the Move
Exercise, fun and play to get you through the cold wintertime together!

Outdoor Balance, Strength and Coordination Training
A training program which provides fun and improves safety in your everyday life.
Conclusion: Challenges

- Different stakeholders, conflicts of interest
- Different conditions
- Responsibility / Role clarification / Identification
- Collaboration civil community with public authority
- Participation:
  - Different possibilities of involvement
  - Development with limited planning abilities and predictability
- Acceptance / Perception
  - Awareness needs work! / Social rethinking
- Target participants are difficult to reach (elderly)
Conclusion: Innovative Approach

• Interdisciplinary Setting
  → Relevant communal and health-political topic

• Significance of older generations

• Counter rising costs

• Create new perspectives for more scientifical based exercise basis for young and old

• Promotion for the development of public spaces fair in respect of all generations

• Long-term supervision as success factor
  → Combine Infrastructure (Circumstances) and accompanying projects (Behavior)

• Local networks / Participation / Establishment
Thank you for your attention!
Questions