

**Universitätslehrgang Public Health
Medizinische Universität Graz**

„be fit Gemeinde“ - Ein Schritt zu mehr Gesundheit im Bundesland Kärnten

**Masterarbeit
zur
Erlangung des akademischen Grades Master of Public Health**

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Abstract

Background

The federal states of Burgenland, Styria, Lower Austria and Carinthia have the highest number of persons over 65 in 2018. In 2018, there live 560.754 people in Carinthia and of these are 12.878 people (21.6 %) over the age of 65. According to a calculation of the future population structure in Carinthia in the year 2100 shows that 33.3 % will be already over the age of 65. This is an increase by 11.70 %.

The aim of the work

The aim of this master's thesis is to develop a movement concept especially for persons over the age of 65 in the municipalities in Carinthia. Furthermore, the master thesis wants to show which success factors are important to implement the measures in the municipalities.

Methods

As method was used a literature research.

Results

The "be fit Gemeinde" project will be implement in all Carinthian municipalities and takes place over a project duration of 24 months. The project is based on the project guidelines of the FGÖ, the literature review of the best practice projects according to the EU study "healthPROelderly", the FGÖ database and the Swiss best practice study "Exercise promotion". The implementation of the movement measures is based on the Swiss Best Practice Study "Movement Promotion" of the Center d'Observation et d'Anlayse du Viellissement (COAV).

Keywords

structural health promotion, health promotion, prevention, health, Health in all policies, movement, equal opportunities, active at age, healthy at age, physical activity.