The Bundesarbeitsgemeinschaft der Senioren-Organisationen (BAGSO) is the umbrella organisation of 110 senior citizens organizations with a total of 13 million members in Germany. Since 2007 BAGSO empowers volunteers and professionals, who are working with senior citizens in different settings, to promote healthy lifestyles. The main subjects of the training courses are healthy nutrition, adequate physical exercise and oral and dental health.

**Partners**
The training courses are conducted in cooperation with Deutsche Gesellschaft für Ernährung, DGE (German Nutrition Association), Deutscher Turner-Bund, DTB (German Gymnastic Association) and Deutsche Gesellschaft für Alterszahnmedizin, DGAZ (German Association for Dentistry for older persons).

**Funding**
The project is funded by the Federal Ministry for Nutrition, Agriculture and Consumer Protection.

**Main objectives**
The project aims are:
- to motivate and enable leaders of groups of senior citizens to build awareness of the significance of healthy lifestyles for disease prevention,
- to motivate and train professionals in outpatient and inpatient care for the elderly to take care for healthy meals and adequate physical exercise of the senior citizens,
- to provide information materials such as brochures, videos and leaflets for all participants of the training courses.

**Activities**
BAGSO conducts one or two day training sessions throughout Germany. BAGSO member organisations and other relevant institutions request training for their volunteers. Nursing homes ask for training for their staff working in the areas: kitchen, care for elderly or social programs. Based on the different target groups the training of two different curricula and information materials were developed. 40 to 50 full day training sessions per year, each with 20 participants, are conducted and evaluated.

Furthermore BAGSO developed a toolbox with suggestions for the organization of activities for groups of senior citizens. This toolbox contains a collection of training and educational materials to implement healthy nutrition and adequate physical exercises into seniors’ everyday lives.

**Why is it considered a good practice?**
The BAGSO training considers
- the different preconditions for the work with the groups of senior citizens,
- the different lifestyles, health, mobility and interests of the senior citizens the volunteers and professionals are working with,
- the knowledge of the volunteer about healthy nutrition,
- the most important facts, recommendations about healthy nutrition, oral and dental health and adequate physical exercise.

**Duration**
The project started in 2007 and will end in 2014.

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**Lessons learnt**
1. Providing information about healthy nutrition and significance of adequate physical exercise is not sufficient.
2. The individual needs and preferences have to be considered.
3. Providing recommendations and working on individual strategies to take action are necessary.

**Relevance for the UNECE Region**
This project refers to the second priority of the Madrid International Plan of Action on Ageing (MIPPA) “Advancing health and well-being into old age”.

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