

Counteracting the negative aspects of ageing through promotion of physical activities on the example of the Nysa Daily Care Centre

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Abstract: The article deals with the growing problem of an ageing society as well as the role of the state in prophylaxis and prevention of negative effects of this process primarily by promoting physical activity among the elderly. The aim of the study is to show how public institutions carry out preventive activities in this area. The starting point is to present this issue on a global, European and Polish scale. Then on a selected example, methods and means that are used by local institutions were shown. The important thing here is a multi-faceted approach, which includes a range of measures to improve the condition and well-being of older people in all spheres of life, with particular emphasis on physical activity. The object of the analysis was the Nysa Daily Care Centre and its activities in the years 2016–2019. As a result of data analysis, it was observed that the implementation of tasks by the examined institution is an appropriate example of organization, functioning and use of financial resources to activate older people. At the same time, it undertakes activities aimed at increasing the value of the income obtained by conducting additional activities to meet the needs of the elderly and lonely people. This can be considered as model of good practice in this area, which is worth promoting and implementing on a larger scale.

Keywords: ageing process, physical activity of the elderly, preventive activities

1. Introduction

The aging society is still a problem for many countries. It is particularly visible in highly developed countries. On the one hand, the increase in life expectancy is a positive phenomenon and can be a sign of good health and high awareness, but on the other hand, older people are exposed to many dangers, both in the spheres of health and psychological.

Ageing as a physiological process in human development is an extremely difficult period. As a result of natural phenomena, the body undergoes evolutionary processes, which seem inevitable, however, leading an appropriate, hygienic lifestyle is conducive to slowing down and mitigating the effects of aging. In this respect it is important to emphasize the importance of

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physical activity. According to international research, a high level of physical activity has a positive impact on health in many areas of existence (Guthold et al., 2018) and refers to the prevention of various diseases and improving the functioning of many systems, such as: the cardiovascular, nervous, respiratory, skeletal and muscular system. Physical activity also supports the entire mental sphere, helps prevent overweight and obesity (WHO, 2018), and is an important part of a healthy lifestyle for seniors, preventing and treating many diseases that may be fatal not only as a result of these diseases but of new, unknown risks. Through physical activity, older people can contribute to improving the quality of life (Rowiński and Dąbrowski, 2012).

As the aging of the population in recent years is an increasingly pressing problem both in Poland and in the European Union, the aim of the article is to show how public institutions support elderly people in terms of physical activity. The starting point for this is an analysis of methods and means used in different countries to carry out activating and preventive efforts for the elderly. The analysis will also include activities undertaken by Polish institutions. In this respect basic methods of statistical description will be used.

In the following, the research method used is a case study. The research object was the activity of the Jerzy Kozarzewski Nysa Daily Care Centre in the years 2016–2019, which implements the concept of active and positive aging. The aim of these activities is to increase the level of life activity and social engagement of older people living in the region. The analysis of the selected entity's activity is focused on the sphere of implementation of the statutory task, which is, among others, care for seniors, both in financial and organizational aspects. The analysis includes and elaborates data obtained from the Nysa DCC, which were subjected to descriptive analysis.

2. Demographic circumstances of the ageing process

In Europe, a significant proportion of the population are elderly people. It is about 25% of the total population. According to the data provided (Figure 1), this is an increasing trend. Over the years, we can observe its deepening both in Poland and in the European Union.

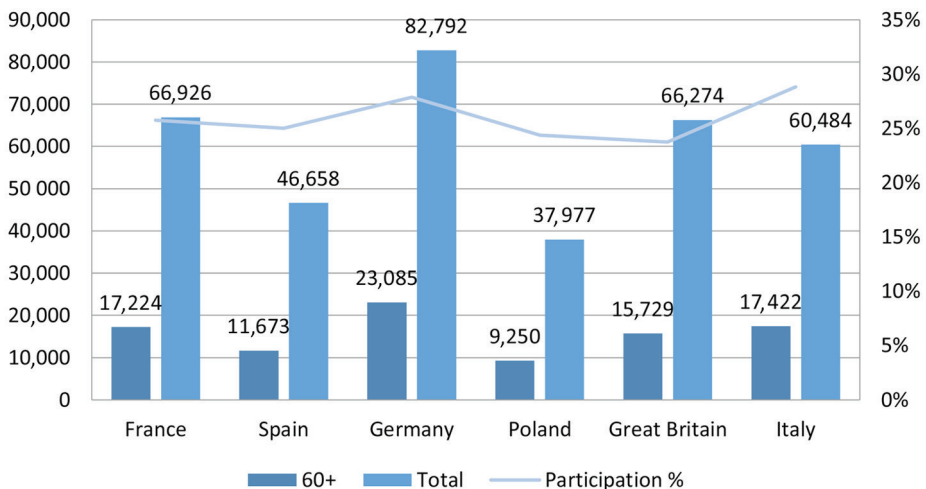


Figure 1. Population by age in thousands—selected European Countries—as of 1 January 2018

The highest percentage of the population over 60 years of age in selected EU countries is recorded in Italy and Germany respectively 28.8% and 27.9%. This high percentage certainly indicates good health, both physically and mentally, favourable genetic factors, a hygienic lifestyle, and the appropriate living conditions created by the state.

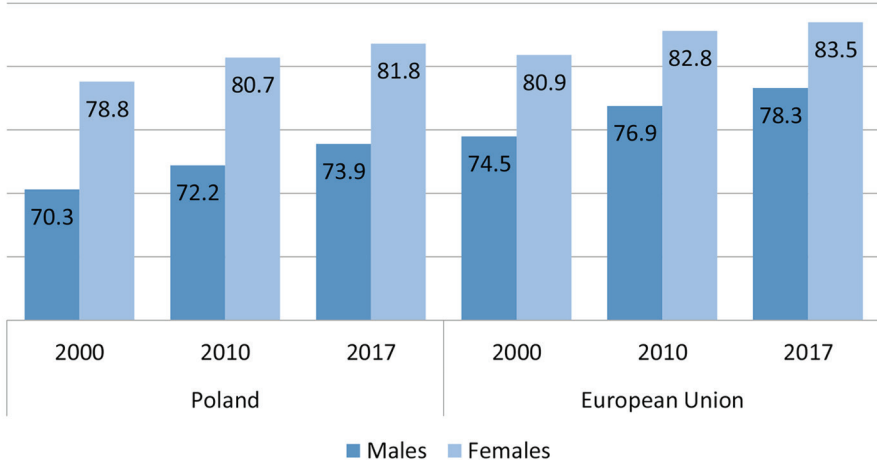


Figure 2. Life expectancy in Poland and European Union in years 2000, 2010, 2017

Source: GUS, 2019b, p. 472.

Population growth in the 60+ age group is a result of extended life expectancy. The phenomenon of population aging occurs as a consequence of a decrease in the number of births and longer life expectancy. In this regard, there is a certain gender differentiation, as can be seen in Figure 2. These relationships are unchanged over the years and indicate a high mortality rate for men in the 60+ age group, and consequently a feminization of the population. The analysis of the data shows that in the European Union the difference is about 5 years, while in Poland the difference is much bigger as it oscillates around 8 years. The average life expectancy of Poles is shorter than the population of the European Union, and so in the case of women by about 2 years, and in the case of men by 4.5 years.

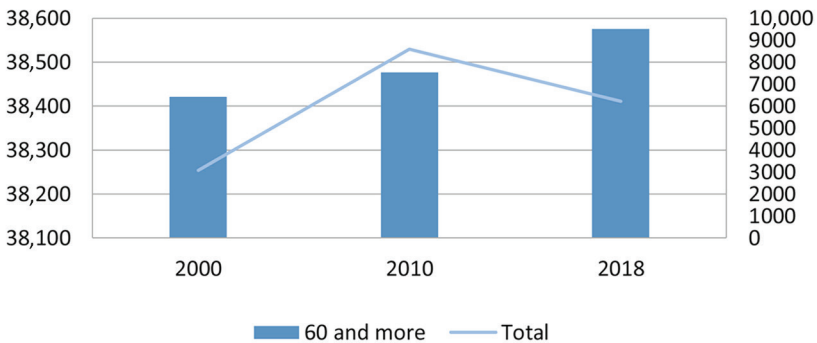


Figure 3. Population by age in thousands as of 31 December

Source: GUS, 2019b, pp. 138, 139.

Comparing the number of people in the 60+ age group, a growth of more than 1 million, that is 1.120 thousand in 2010 to 2000 is visible, while comparing the data of 2018 to the data 2010, an increase of almost 2 million, that is 1.966 thousand was noted. This means a percentage increase from 16.8% in 2000 to 24.8% in 2018. This demonstrates a very high growth dynamics of this age group, especially if the total population in these periods has not fundamentally changed (Figure 3).

Table 1. Poland—Population by gender and age in thousands as of 31 December

Age groups	2000			2010			2018		
	Total	Of which		Total	Of which		Total	Of which	
		Males	Females		Males	Females		Males	Females
60–64	1696.7	762.4	934.3	2352.2	1086.9	1265.2	2776.0	1302.5	1473.5
65–69	1608.1	690.6	917.5	1359.8	592.5	767.4	2412.9	1078.0	1335.0
70–74	1379.6	541.5	838.1	1356.3	546.9	809.5	1596.0	672.1	923.8
75–79	964.0	329.0	634.9	1146.3	423.5	722.7	1057.7	402.3	655.4
80 and more	774.0	225.9	548.1	1328.0	396.3	931.7	1665.7	516.7	1149.1
60 and more	6422.4	2549.4	3872.9	7542.6	3046.1	4496.5	9508.3	3971.6	5536.8
Total	38,254.0	18,537.4	19,716.6	38,529.9	18,653.1	19,876.7	38,411.1	18,581.9	19,829.3

Source: GUS, 2019b, pp. 138, 139.

In Poland over the last twenty years there has been an upward trend in the number of people in the 60+ age group. Although analyzing the whole group we can notice an increase in the number of people, looking at individual age ranges we can see a certain anomaly (Table 1). The greatest disproportion can be observed in the 65–69 age range, which decreased by 248 thousand in 2010 compared to 2000, while in the 75–79 age range in 2018 there was a decrease by 89 thousand compared to 2010. It arises that this reduction concerned the years 1941–1945 and 1939–1943, respectively, which is the period of World War II. While performing a vertical analysis, it should be noted that both in 2010 and 2018 there was an increase in the range 80+ compared to the range 75–79 by 182 thousand and 608 thousand respectively, which is a reversal of the downward trend with age. This growth concerned only women in 2010 by 209 thousand, and in 2018 both women (by 494 thousand) and men (by 114 thousand). It results from the fact that the increase included in 2010 women born in 1930 and below, and in 2018 both women and men born before 1939. In the remaining ranges and years from younger to older there has always been a decline in numbers.

Life expectancy depends on many factors. Some of them do not turn on human will, such as genetic conditions or some environmental factors. However, some of them are directly related to a person's activity. Improper diet, smoking, alcohol abuse, lack of physical activity, imprudent behaviour on the roads, failure to follow medical recommendations and disregard

for prophylactic tests—these are the factors which are determined by the inappropriate approach and which can cause cardiovascular diseases, infarctions and strokes leading to premature death (Wojtyniak, 2020).

There are still more women than men in the 60+ age group, but between 2000 and 2018 a gradual increase in the proportion of men of 2.1% can be observed, while the proportion of women decreases. This tendency may, in the near future, be somewhat unevenly balanced due to the prevailing coronavirus pandemic, as mortality due to coronavirus infection affects slightly more men. It can also be assumed that this virus will reduce the overall number of people in this age range.

As a result of his research, Char Leung states that with the development of the pandemic, the number of deaths is expected to increase, especially in the elderly. Chinese patients over 80 years of age have an approximate mortality rate of 22%, much higher than the overall national rate of 3.8%. Unlike other respiratory disorders, mortality due to COVID-19 rises with age. A total of 154 individual cases were studied in 26 provinces. Gender did not seem to be a mortality risk factor. Based on these studies, it was found that age was a crucial mortality risk factor in geriatric coronavirus-infected patients (2020).

Taking into account particular health conditions of elderly people, physical inactivity is predestined for the severe course of many diseases, including COVID-19. Therefore, it seems to be an indispensable element, even necessary for the health and life of these people.

3. Physical activity among older people as a determinant of quality of life

According to Xu Hong Chao, Jang Wan-Sok, Pan Young-Hwan's study, the spatial characteristics of daily activity of the elderly aged 60–75 years were analyzed on a group of 198 women and 189 men. The activity of seniors significantly determines their living conditions and health and improves their quality of life. The objective factors that influence the activity of this group are gender, age and climate. Women were much more active than men, and their much greater participation was particularly evident in such activities as dancing, walking with a dog, food shopping and childcare. The only form in which men had a greater share was sitting (2020).

The programmes aimed at the elderly in their assumptions are to improve their physical and mental health in addition to their social value, which also has a positive financial effect. Thanks to prevention, it is possible to reduce the expenditure on treatment. According to the National Health Survey in Australia in 2006–2007, the estimated direct health care costs due to lack of physical activity were almost 1.5 billion USD. Approximately 62% of adult Australians have failed to meet the recommended guidelines for physical activity, and most of them are older people over 75 years old. In 2009–2010, about a quarter of Australians were involved in organized sports and physical activity. This proportion decreased with age. The level of physical inactivity in 2011 was also examined, and at that time the most frequent reported was the “sitting” mode (40%). Inactivity increased with age, as 83% of people aged 75 years and more reported lack of activity (BetterHealth, 2019).

Lack of physical activity enhances the risk of many adverse health conditions, including the most common non-communicable diseases such as coronary arterial disease, type 2 diabetes, breast and colon cancer and shortens life expectancy. Lack of physical activity has a significant impact on the health of people around the world (Lee et al., 2012).

The main risk factor for chronic disease and premature death is lack of physical activity, which can cause a greater economic burden on society. At a global level, this inactivity is responsible for 6% to 10% of major non-communicable diseases, including coronary arterial disease, some cancers and type 2 diabetes. Changing from physical inactivity to activity can contribute to prevention (reduction in the number of deaths) and an increase in life expectancy. The economic burden of physical inactivity in Korea in terms of health care costs is significant. Inactive people have higher treatment costs than active people. Effective strategies to encourage physical activity can bring considerable health and economic benefits (Min and Min, 2016).

More than 70% of all deaths in the BRICS countries (Brazil, Russia, India, China and South Africa), which represent the major emerging economies of the world and almost half of the world's population, are caused by non-communicable diseases. As many as 14% of all deaths in BRICS countries are due to lack of physical activity (Mielke and Brown, 2019).

Gerontology is an interdisciplinary science, combining medicine, physiology, biology, psychology, pedagogy, economics and law. Much of the research is focused on the prevention of premature functional failure, improving quality of life and longevity, concentrating on the impact of physical activity on the reduction of heart disease, obesity, hypertension, cancer, diabetes, osteoporosis, depression, falls and other injuries. With every decade of life, all motor characteristics, including muscle strength and movement coordination, are significantly weakened. These effects clearly indicate that older people are becoming less and less physically capable and hence more prone to various diseases. An active, healthy lifestyle connected with physical exercise and proper nutrition are prerequisites for good physical and mental health. The most commonly used forms of physical recreation for the elderly include walks and marches, rehabilitation gymnastics, movement games and plays, Nordic walking, music activities, swimming and gymnastics in water (Parnicka, 2018).

From the presented studies, a conclusion emerges that physical activity is a very important factor influencing health, quality and life expectancy. It has both a health and financial dimension, as it prevents many serious diseases that require specialist and long-term treatment, for which considerable financial resources are allocated. It is important to realize the role and relevance of physical activity, as well as to intensify activities to promote and disseminate it, with particular emphasis on the needs of older people.

People want to live not only longer, but above all in relatively complete physical, emotional and intellectual ability. Aspirations of elderly people are growing (Osiński, 2015). Older people need not only appropriate organizational, infrastructural or technological conditions, but also contact with another person, gaining further desire to live, motivation, opportunities to exchange views, new goals in life, social acceptance and feeling that they are needed.

4. Functioning of social assistance institutions for the elderly in Poland

At the end of 2018, there were 1831 stationary social assistance institutions in Poland (108 more institutions than in 2017), including 876 social welfare homes and 364 institutions providing 24-hour care for the elderly. In 2018, more than 7 people of seniority per 1000 people of that age benefited from stationary social welfare institutions (Kamińska-Gawryluk, 2020, p. 14).

The audit conducted by NIK in 2016 showed that there were 295 Daily Care Centres in Poland. Communes throughout the country had only 15 thousand places in these centres. The operation of such facilities is advantageous for both sides—seniors and municipalities, being less of a financial burden than the cost of maintaining all-day care centres. Despite this, only 10% of municipalities decide to start them (NIK, 2017b).

The controlled Daily Care Centres functioned properly and focused on activating and counteracting exclusion with various forms. The large centres offered a comprehensive range of services, while the less prosperous ones tried to offer basic assistance to alleviate the feeling of loneliness, provide food and support. Pensioners expressed their satisfaction with the activities offered (NIK, 2017a). Since the creation and running of DCC is not obligatory, few municipalities decide on their functioning. Both the development and establishment of such facilities are strongly influenced by financial conditions and may result in their limited availability, especially for small municipalities with little resources.

Table 2. Participation in sporting activities or physical recreation in 2016

Specification	Total		Of the total number			
			Males		Females	
	Total	including regular/frequent	Total	including regular/frequent	Total	including regular/frequent
Country average—total	46.4	21.7	48.4	22.8	44.6	20.6
60 years and more (60+)	25.1	10.6	27.7	10.1	23.2	10.9

Source: MRPiPS, 2019, pp. 56, 57.

In 2016, people aged 60 and over relatively rarely participated in sports or physical recreation. Only every fourth person in this age group took such participation. The declaration of regular attendance involved 10.6% of older people. Men in this age group were slightly more active than women by 4.5% (GUS, 2018b).

Daily Care Centres in Poland offer various types of activities aimed at the elderly. Profiled exercises are adapted to their preferences. Due to the different needs and health condition of seniors, sports and recreational activities take place with various intensity and frequency. The condition, state of health and willingness to take up physical activity are the elements determining both the type and intensity of training. All entities try to mobilize seniors to take up to activate them by introducing appropriate types and forms of exercises designed for older people.

5. Promotion of physical activity as a demonstration of social policy— case study of the Nysa Daily Care Centre

The Jerzy Kozarzewski Nysa Daily Care Centre was chosen for analysis because it has been operating in the region for many years and this activity is an important element of social policy of the Nysa Commune. The entity is an organizational unit of Nysa Municipality—a budget unit established on the basis of the Resolution No. LVIII/726/2002 of the Nysa City Council of 29 May 2002 on the transformation of the budget establishment into an independent budget unit. It operates on the basis of the Act of 8 March 1990 on Municipal Self-Government, the Act of 12 March 2004 on Social Welfare, the Act of 27 August 2009 on Public Finance and the abovementioned Resolution of the Municipal Council, as well as the statute of the Nysa Daily Care Centre. The headquarters is the city of Nysa, and its territorial scope is the area of the Municipality of Nysa. This entity conducts financial management according to the principles set out in the Public Finance Act, which is based on an annual financial plan approved by the Nysa City Council (Nysa City Council, 2018).

The basic function of the Daily Care Centre is to support elderly people in order to improve the effectiveness of the aid impact, in particular to counteract the isolation and marginalization of this social group. The organized activities are adapted to the needs of seniors. Using the facility restores the motivation to stay among other people and encourages to be active.

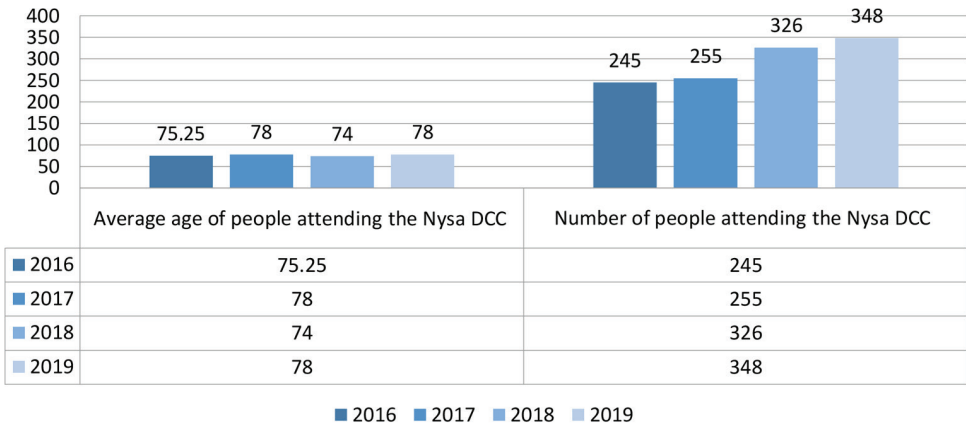


Figure 4. Number and average age of people attending the Nysa Daily Care Centre in the years 2016–2019

S o u r c e: Author's own elaboration based on the data obtained from the Nysa Daily Care Centre.

The number of people attending the Nysa DCC services is steadily growing, while the average age does not fluctuate too much and is relatively constant, which means that these services are usually used by people between 66 and 79, e.g. in 2019 it was 262 out of 348 people, slightly over 75%.

Table 3. The scale of using the Nysa DCC in relation to people aged 60+ of the Nysa County in the years 2016–2019

Year	Number of people attending the Nysa Daily Care Centre	Number of people aged 60+ Nysa County	Percentage of the number of users from the Nysa DCC in the number of people aged 60+ Nysa County
2016	245	15,518	1.6%
2017	255	15,914	1.6%
2018	326	16,281	2.0%
2019	348	16,596	2.1%

Source: Author's own elaboration based on the data obtained from the Nysa Daily Care Centre and GUS, 2016, 2017, 2018a, 2019a.

The number of people using the services of the Nysa Daily Care Centre increased more than the total number of people aged 60+, from 1.6% in 2016 and 2017 to 2.1% in 2019. The presented data prove not only the rising number of people in this age group, but also the growing social demand for this type of services in the Nysa district.

The main purpose of the Nysa DCC is to care for the elderly, and in its tasks it ensures the basic needs of the elderly and lonely. In its scope, it offers the possibility of using massages, pressure and weight measurement and gymnastics. There are Nordic walking marches and dance classes, eurhythmics, music therapy, bibliotherapy, memory exercises and cultural and entertainment events, sightseeing tours, anniversary meetings with respect to traditions and customs, and trips to the cinema and museum. Picnics are organized in the garden during spring and summer.

In 2016, lectures were held on physiotherapy, healthy nutrition, providing first assistance, beauty and the harmfulness of drug abuse. In January 2017, free of charge visual acuity and BMI (Body Mass Index)—with dietician consultations, tests were conducted. In September 2018 a meeting “Senior on the road. I am aware—I will be safe” was organized. Seniors could take advantage of free bicycle check-ups, received bands and reflective vests. In 2018, the residents took part in the Fifth Provincial Amateur Senior Review in the category of dance and cabaret.

The Nysa Daily Care Centre is the organizer of many events of different nature, among which there were those that encouraged physical activity, such as Carnival Party, Valentine's Day, Women's Day, “Welcome to Summer” Picnic, Fairy Tale Summer Picnic, Picnic on the occasion of the International Day of the Elderly, Picnic “Canoe for Joy”, Canoe on the pond, Fun and Andrew's Fairy Tales. These undertakings included social integration between the participants enriched with various forms of physical activity, often in the open air and using the tourist values of the region. The location of the analyzed centre creates favourable opportunities for recreation and movement in diverse outdoor conditions, such as lake, river, ponds, parks, educational paths and outdoor gyms.

Table 4. Physical activity of the Nysa Daily Care Centre and expenses in the years 2016–2019

Year	2016	2017	2018	2019
Types of activities	3 times a week: gymnastics for active people, daily: sitting gymnastics, Nordic walking, dance parties, picnics in the garden			
	—	clappers	once a week dance workshops, clappers, once per quarter dancings	once a week dance workshops, clappers, yoga laughter, once per quarter dancings
Total costs of salaries and contracts of orders including burdens of Social Insurance Institution	52,217 PLN	106,500 PLN	116,100 PLN	117,560 PLN
Other activities not financed by the Nysa DCC	—	—	once a week tai chi class	belly dance— 2 classes in December

Source: Author's own elaboration based on data obtained from the Nysa Daily Care Centre.

The Daily Care Centre has been constantly supplementing its offer concerning physical activity of elderly people and adapting it to the reported needs. Expenditure on physical activity of seniors is characterized by a significant increase over the period of 4 years. Their value in 2016 amounted to 52,217 PLN, which constitutes 5.6% of the total expenditure, and in 2019 as much as 117,560 PLN. Since 2017, the value of funds allocated for physical activity of seniors has increased dynamically, keeping at the level of about 11% of the total expenditure.

The main purpose of the Nysa Daily Care Centre is to take care of the elderly, and the business is to raise funds for these people.

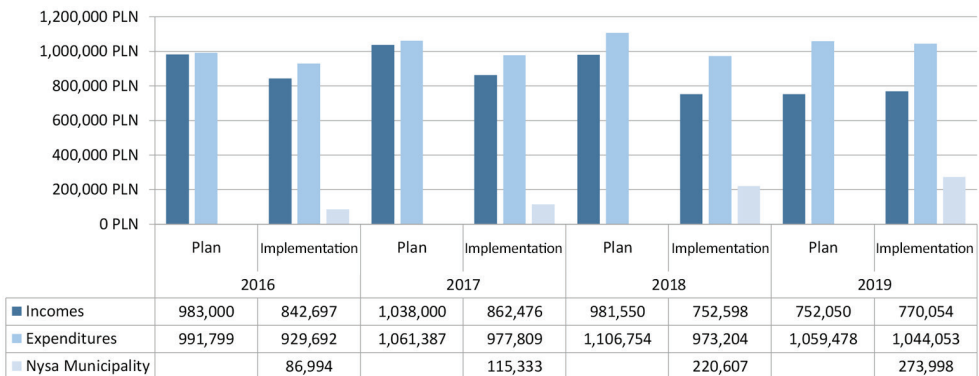


Figure 5. Realization of incomes and expenditures of the Nysa Daily Care Centre in the years 2016–2019

Source: Author's own elaboration based on data obtained from the Nysa Daily Care Centre.

The Nysa Daily Care Centre generated incomes with 86%, 83%, 77% and 102% of the annual plan in the years 2016–2019. The decrease in the realization of income in relation to the plan in individual years was influenced by the resignation from some kindergartens or schools, a reduction in the number of Social Welfare Centre in Nysa residents attending lunches, a decrease in the number of participants and a delay in cooperation with the Social Integration Centre in Nysa. Legislative modifications in the functioning of the Nysa Dormitory resulted in resignation from meals from 1 May 2017. The appearance of private enterprises providing catering services to educational institutions on the Nysa market also contributes to the reduction of income.

In order to reduce the amount of non-performance of the income plan, new entrants and additional income from catering for children participating in winter and summer day-camps, children from kindergarten wards, Nysa Dormitory charges, CIS participants in Nysa and income from renting the canteen were obtained.

The implementation of the budget expenditure plan has proceeded properly. The financial means were mainly used for the salaries of employees and their derivatives, food, energy, and for co-organizing “Senior Citizens’ Days” and activating seniors during the year. In 2016 the main entrance with a terrace was renovated for 12,403 PLN, in 2019 the leaking roof was repaired for 5,230 PLN. Between 2016 and 2018 the Nysa Daily Care Centre did not realize any investments. In connection with the 2019—the 35th anniversary of the Nysa DCC—additional funds were received from the Municipality of Nysa in the amount of 15,000 PLN for the purchase and installation of a garden arbour, which was erected in the garden.

Table 5. Development of incomes and expenditures in the Nysa Daily Care Centre in the years 2016–2019

	Realization	Percentage	Realization	Percentage	Realization	Percentage	Realization	Percentage
	2016 (in PLN)		2017 (in PLN)		2018 (in PLN)		2019 (in PLN)	
Incomes	842,697.32		862,476.20		752,597.61		770,054.44	
Proceeds from services § 0830	840,908.85	99.8	862,135.07	100.0	749,161.80	99.5	769,744.34	100.0
Expenditures	929,691.80	–	977,809.39	–	973,204.37	–	1,044,052.51	–
4010 employee salaries	348,699.95	37.5	386,000.00	39.5	432,880.98	44.5	469,558.19	45.0
4040 additional annual salaries	29,263.32	3.1	29,481.48	3.0	31,770.85	3.3	31,583.93	3.0
4110 social security contributions	64,825.56	7.0	69,130.87	7.1	75,587.21	7.8	78,679.02	7.5
4210 material and equipment	28,420.29	3.1	31,070.07	3.2	35,142.43	3.6	30,275.26	2.9
4220 purchase of food products	345,887.38	37.2	353,088.97	36.1	281,782.49	29.0	297,084.18	28.5

4260 purchase of energy	42,340.04	4.6	45,847.37	4.7	44,334.78	4.6	44,828.09	4.3
6050 investment purchases	–	–	–	–	–	–	15,000.00	1.4
Nysa Municipality	86,994.48	9.4	115,333.19	11.8	220,606.76	22.7	273,998.07	26.2

Source: Author's own elaboration based on data obtained from the Nysa Daily Care Centre.

Analyzing over the years 2016–2019, incomes from services (food) account for almost 100% of all incomes (99.5%–99.96%), while the most important cost items are salaries (37.5%–45%) and purchases of food (28.5%–37.2%). The financial resources from the Nysa Municipality are also significant, covering 9.4%–26.2% of the expenses of each year and, as it turns out, they show an upward trend. Despite the increasing participation of funds from the commune's budget, the Nysa Daily Care Centre shows great involvement and activity in maintaining current and acquiring new sources of incomes. For this purpose, it diversifies its offer and reaches out to new groups of recipients.

All these activities are aimed at providing resources to support older people. Considerable emphasis is placed on creating appropriate conditions for these people in the aspect of physical activity. Expenditures for this purpose show a steadily increasing share and range at the level of about 110 thousand PLN per year, which is the result of a higher number of seniors and suitable organization of exercises to meet the needs in the sphere of physical activity of older people.

6. Conclusion

An ageing society is a global and progressive problem. Both in Europe and Poland, older people represent about one quarter of the population. In highly developed countries this share is the highest. In Poland, over the last twenty years, the scale of this phenomenon has shown high growth dynamics, from about 6.5 million people in the age range of 60 and more in 2000 to 9.5 million in 2018 in the age range of 60 and more. Taking into account the peculiar demographic situation, which is undoubtedly the rising process of population ageing, the implemented state policy solutions, as well as the programmes carried out by a number of institutions are fundamental to counteract the negative effects of this phenomenon. It is important here to have a multi-faceted approach, which includes a number of efforts, to improve the condition and well-being of the elderly in all spheres. These efforts should have a wide spectrum and be characterized by effectiveness. In the present, difficult times—in the era of pandemic—the elderly are at a particular disadvantage. Physical activity is crucial not only to improve quality of life and health, but also to prevent high mortality due to many diseases.

Therefore, the assistance and involvement of the state, institutions and many people is fundamental. As a result of the research, it has been observed that the realization of these tasks by the Nysa Daily Care Centre is a proper instance of organization and functioning, care and concern for the elderly, as well as inventiveness and understanding of their needs to meet their expectations. The research was conducted on the basis of available documents and own

summaries and analyses, which showed that an entity undertakes various activities for “active aging”, using methods and means by which it intensifies and rationalizes its activities, in order to maintain and gain incomes for this purpose and at the same time optimize costs. To this end, it conducts a policy that is characterized by great creativity and operability in order to sustain existing customers, as well as recognize the needs of the market in which it operates, reaching new customers and diversifying the type of services provided. It conducts various types of physical activities, through which it stimulates seniors. The implementation of social policy in this area focuses on promoting physical activity. The health condition of the elderly determines the selection of appropriate methods and forms of physical activity. The most commonly used methods include gymnastics, dance classes, Nordic walking, yoga as well as outdoor physical games and plays. This type of classes results from satisfying individual needs of physical activity of elderly people, which influences their fitness and physical performance resulting in improvement of their health. On the organization of this sphere, due to the constantly growing social demand for this type of services, the entity allocates more and more financial means. Therefore, it can be concluded that the activity of the Nysa Daily Care Centre is an example that is worth spreading.

The aim of the study was to show how public institutions support for elderly people in their physical activity. The selected example shows what actions can be taken, on what scale and what their effects can be. Since an interesting aspect is the way of financing this activity, the analysis was made of the share of public funds and the funds raised on their own for this purpose. Taking into account the evolution of this issue, its scale and prevalence, it is worth making further attempts to study and analyze this phenomenon in the context of increasing social demand for this type of centres and services, including the ways of their implementation.

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Przeciwdziałanie negatywnym aspektom starzenia się przez promowanie aktywności fizycznej wśród osób starszych na przykładzie Dziennego Domu Pobytu w Nysie

Abstrakt: Niniejszy artykuł porusza tematykę narastającego problemu starzejącego się społeczeństwa, jak również rolę państwa w profilaktyce i zapobieganiu negatywnym skutkom tego procesu – przede wszystkim poprzez promocję aktywności fizycznej wśród osób starszych. Celem opracowania jest zatem ukazanie, w jaki sposób instytucje publiczne wspomagają osoby starsze w zakresie aktywności fizycznej. Punktem wyjścia jest

przedstawienie tego zagadnienia w skali ogólnosiętowej, europejskiej oraz ukazanie sytuacji w Polsce. Na wybranym przykładzie pokazano, z jakich metod i środków korzystają lokalne instytucje. Obiektem badań był Dzienny Dom Pobytu w Nysie i jego działalność w latach 2016–2019. W wyniku analizy danych zaobserwowano, że realizacja zadań przez badaną instytucję stanowi właściwy przykład organizacji, funkcjonowania oraz wyko-

rzystania środków finansowych w celu aktywizacji osób starszych. Jednocześnie podejmuje ona działania w zakresie zwiększenia uzyskiwanych dochodów, prowadząc dodatkową działalność w celu zaspakajania potrzeb osób starszych i samotnych. Ponieważ niezwykle ważne jest tu postępowanie wieloaspektowe, obejmujące szereg

działań służących poprawie kondycji i samopoczucia we wszystkich sferach życia osób starszych, ze szczególnym uwzględnieniem aktywności fizycznej, działalność analizowanego podmiotu można uznać za pewien wzór dobrych praktyk w tym zakresie, który warto promować i wdrażać na większą skalę.

Słowa kluczowe: starzenie się, aktywność fizyczna osób starszych, działalność prewencyjna
