



*A Celebration of
Inclusion & Diversity
in Active Ageing*



**WORLD CONGRESS ON
ACTIVE AGEING**

GLASGOW • 13-17 AUGUST 2012

Scottish Exhibition and Conference Centre

**Second Announcement
& First Call for Abstracts**

Co hosted by:



Congress Alliance Partners



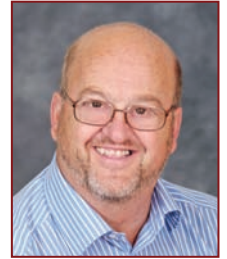
www.wcaa2012.com



Welcome



'A Celebration of Inclusion and Diversity in Active Ageing'



Dear Colleagues,

On behalf of the Local Organising and Scientific Programme Committees of the **8th World Congress on Active Ageing**, we are delighted to welcome you to be part of this unique event to celebrate ***Inclusion and Diversity in Active Ageing***. Glasgow Caledonian University and the British Heart Foundation National Centre for Physical Activity and Health have been selected by the International Coalition for Aging and Physical Activity (ICAPA) (formerly ISAPA) to host the 8th World Congress on Active Ageing (www.wcaa2012.com). This World Congress is a first for the UK and will be held in Glasgow, Scotland, from August 13th to 17th 2012.

Every four years, the scientific community from around the world gathers together in this international scientific congress to exchange the latest research findings and clinical developments in the area of Ageing and Physical Activity. It also introduces leading edge methods on developing, implementing, and evaluating physical activity programmes for older adults. The 2012 event is targeted towards researchers, practitioners, organisations, and **for the first time**, older adults and the general public who are interested in promoting active and healthy lifestyles for older adults.

The London 2012 Olympic Games and the Glasgow 2014 Commonwealth Games have the potential to inspire people of all ages and abilities. By bringing the 8th World Congress on Aging and Physical Activity to Glasgow we aim to leave a strong legacy for the promotion of physical activity across the age span. Glasgow has one of the lowest life expectancies in the UK and this Congress will highlight the cultural and ethnic differences seen in terms of adoption of physically active lifestyles. Our Congress partner alliances include the Scottish Government and NHS Health Scotland. We are also working closely with the UK Allied Health Profession bodies and UK Age Charities and Organisations to ensure that the programme is of interest to those working in practice as well as those working in research. With a cross cutting programme of interest to delegates wishing to attend the whole Congress, to strong day themes for those interested in attending part of the Congress, we hope that there is something to inspire everyone.

We hope you share our enthusiasm for WCAA 2012 and invite you to join us in Glasgow in August 2012.

Dr Dawn Skelton

Chairs: Local Organising Committee, WCAA 2012

Mr Bob Laventure





Scientific Programme

WCAA2012 provides a unique opportunity for all those interested in active ageing. By interweaving pure and applied research, those who implement research into practice and those that we are attempting to reach (older people), this is a truly multidisciplinary approach. Whether you are interested in physiology, psychology, epidemiology or implementation science, our Keynote presentations from renowned experts in the field will inspire you. Over 100 parallel symposia, practical workshops, meet the expert sessions, alongside scientific and evaluation posters will hopefully ensure that whatever your discipline, you will find answers, or maybe even identify gaps and inspire future research. We have a strong public participation theme, with a huge "Experience Zone" where you can join older people from all walks of life in experiencing diverse and more traditional physical activity and exercise opportunities. On behalf of the Scientific Committee, we sincerely hope to see you at WCAA 2012.

Scientific Programme Committee Chair: Dr Dawn Skelton, Scotland, UK

Call for Abstracts

Delegates are invited to submit abstracts for the following:

- An oral presentation
- A poster presentation
- A symposia
- A workshop
- A meet the expert session



Submission opens on the 31st August 2011 and your abstract must reach the Congress Secretariat on or before the 31st January 2012. You can only submit your abstract online at www.wcaa2012.com and you will be guided through the process so that your abstract can be formatted appropriately for presentation both online and in print. You will receive confirmation of abstract submission automatically. Abstracts will be limited to 2000 characters (including a maximum of one table and one figure). On submission of your abstract you will be asked to indicate whether your abstracts fits a day theme or a horizontal strand or you will be given the choice to add keywords for the Scientific Committee to distribute to the appropriate members. Your abstract must not have appeared in published format previously. All abstracts will be reviewed by the Scientific Programme and you will be informed of their decision by the 16 March 2012. If your abstract is accepted for presentation at WCAA 2012 and the corresponding author has not registered for the Congress by 16 April 2012 your abstract will be withdrawn.

Congress day themes and horizontal strands

Although the Congress will accept abstracts on any topic concerning older people and activity, we particularly invite you to submit abstracts within our key one day themes or horizontal strands.

Key one-day Congress themes will focus upon prevention and self management of the conditions associated with old age:

- Cognitive functioning and dementias
- Falls, fractures and bone health
- Neurological and musculoskeletal conditions
- Cardiovascular and respiratory conditions.

These themes will be complimented by a series of **horizontal conference strands** which will include:

- The impact of the built and natural environment and technology on physical activity
- Training and instruction in exercise leadership and safe and effective programming
- Motivation to take up and adhere to physical activity
- Measurement of physical activity and exercise outcomes
- Active Ageing and health promotion



WCAA 2012 Committees

World Congress Chairs:

Dr Dawn Skelton, Reader in Ageing and Health, Glasgow Caledonian University

Bob Laventure, Consultant, British Heart Foundation National Centre for Physical Activity and Health

Scientific Programme Committee:

Chair: **Dr Dawn Skelton**, Scotland, UK

A group of internationally renowned experts have agreed to sit on the Scientific Programme Committee and the Local Organising Committee. For full information on the members of both committees please visit the Congress website for more information (www.wcaa2012.com).

Preliminary World Congress Programme *(at time of printing)*

We are pleased to announce the following Keynote presenters and Symposia *(correct at time of going to print)*. Further information and updates are available through the Congress Website www.wcaa2012.com.

Keynotes (invited)

Professor Tom Kirkwood	Longevity, Exercise and Activity - Director, Institute for Ageing and Health, Newcastle University (UK)
Professor David Buchner	Guidelines for Physical Activity in Older People - University of Illinois (USA)
Professor Waneen Spirduso	Activity, Wellbeing and Quality of Life - Dept. Kinesiology, University of Texas (USA)
Dr Dawn Skelton	Evidence Based Exercise Interventions for Falls Prevention and Bone Health - Glasgow Caledonian University (UK)
Colin Milner	Promoting and Marketing Exercise to Seniors - CEO International Coalition of Active Ageing (USA)
Professor Stephanie Studenski	Neurological and Musculoskeletal Conditions - Prevention and Management - University of Pittsburgh (USA)
Dr Stuart Smith	New Technologies to Engage Older Adults in Activity - Neuroscience Research Australia (Australia)
Professor Neville Owen	Emerging Importance of Sedentary Behaviour - Baker IDI Heart and Diabetes Institute, Melbourne (Australia)

Symposia:

- Sarcopenia & Frailty - **Dr Carolyn Greig**, The Physiological Society (UK)
- American College of Sports Medicine (ACSM) Strategic Health Initiative on Aging (SHI-Aging) - **Dr David Buchner** (USA)
- EGREPA - European Group for Research into Elderly and Physical Activity - **Dr Michael Brach** (Germany)
- Impact of Built/Natural Environment on participation - **Prof Marcus Omerod** and **Dr Rita Newton** (UK)
- Nutritional Interventions and Exercise on Aging Muscle and Bone Health - **Assoc Prof Darren Candow** (Canada)
- Increasing Walking Participation Through Primary Care - **Prof Nanette Mutrie** (UK)
- Increasing Evidence Based Exercise Through Primary Care - **Prof Steve Iliffe** (UK)
- Chronic Pain and Older Adults - **Prof Denis Martin** (UK)
- Objective Physical Activity Measurement - **Dr Malcolm Granat** (UK) and **Dr Wiebren Zijlstra** (Netherlands)
- Effective Strategies to Prevent Non Insulin Dependent Diabetes - **Dr Pradip Ghosh** (USA)
- The Effects of Aging and Physical Activity on those with Spinal Cord Injuries - **David Dolbow** (USA)
- Motivation to Uptake and Adhere to Exercise - **Dr Samuel Nyman** (UK)
- Geriatric Olympics - **Dr Ted Muilenburg** (USA)



General Information

Critical Dates:

31 August 2011	Abstract Submission system opens
30 November 2011	Registration System opens
31 January 2012	Call for Papers deadline
16 March 2012	Abstract Acceptance/ Rejection Notification
16 April 2012	Early Registration deadline
13 - 17 August 2012	WCAA 2012 Congress

Congress Venue

The venue for this prestigious Congress is located on the banks of the River Clyde in the heart of Scotland's largest city, Glasgow, which is one of Europe's most exciting cultural capitals. Situated alongside the major motorway network, it is less than 20 minutes from the international airport, which has a regular bus service into the city centre. The SECC also has its own railway station and therefore is easily accessed from around the country (www.secc.co.uk).

For further information on Glasgow or Scotland please visit www.seeglasgow.com or www.visitscotland.com.

Registration

Delegates will be able to register for the congress, book accommodation and flights at www.wcaa2012.com from 30th November 2011.

Social, Tour and Activities Programme

There will be an extensive social, tours and activities programme where delegates will be able to sign up and participate giving the full flavour of Scotland and the essence of the Active Aging Legacy. More details on these activities will be announced on the website on 30th November 2011.

Congress Secretariat

WCAA 2012
Congrex UK Ltd
4b, 50 Speirs Wharf
Port Dundas
Glasgow
G4 9TH
Scotland

Tel: +44 (0)141 331 0123
Fax: +44 (0)141 331 0234
Email: abstracts@wcaa2012.com

Please visit the conference website where information will be updated regularly:

www.wcaa2012.com



Conference Programme

WCAA 2012 - 8th World Congress on Active Ageing - 13-17 Aug 2012 - DRAFT Conference Programme - July 2011					
	Mon 13 August	Tues 14 August	Wed 15 August	Thurs 16 August	Fri 17 August
Themed Days (One day Delegates)		Well-being, Quality of Life and Cognitive Function	Falls and Fractures / Balance and Bone Health	Neurological and Musculoskeletal Conditions	Cardiovascular and Respiratory Conditions
07:00 - 09:00	Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone	Optional Morning Workout, Exhibition & Experience Zone
09:00 - 10:00	Satellite Meetings Keynote Address (Activity, Wellbeing & Quality of Life)	Keynote Address (Exercise/PA, Falls and Bone Health)	Keynote Address (Management and prevention of Cardiovascular and Respiratory Conditions)	Keynote Address (Exercise management and prevention of Neurological & Musculoskeletal Conditions)	Keynote Address (Management and prevention of Cardiovascular and Respiratory Conditions)
10:00 - 10:30	Activity Demonstration	Activity Demonstration	Activity Demonstration	Activity Demonstration	Activity Demonstration
10:00 - 11:30	Registration Open Satellite Meetings	Keynote Address (Exercise and prevention and management of Dementia)	Keynote Address (Promoting and Marketing Exercise to Seniors)	Keynote Address (New technologies to engage older adults in activity)	Keynote Address (Sedentary Behaviour - new insights)
11:30 - 12:00	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits
12:00 - 13:30	Registration Open Satellite Meetings	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Frailer Older People Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands
13:30 - 14:30	Opening Ceremony, Welcome Address, Activity Demonstration	Lunch/Posters/Exhibits Experience Zone	Lunch/Posters/Exhibits Experience Zone	Lunch/Posters/Exhibits Experience Zone	Lunch/Posters/Exhibits Experience Zone
14:30 - 16:00	Keynote Address (Longevity and Activity), Activity Demonstration	Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Entering Old Age & Transitional Phase Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands
16:00 - 16:30	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits	Refreshments/Exhibits
16:30 - 18:00	Keynote Address (Exercise Guidelines for Older People), Activity Demonstration	Entering Old Age Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Entering Old Age Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Entering Old Age Workshops/ Parallel sessions/ Symposia/ Posters covering Horizontal Strands	Activity Demonstration, Closing Ceremony, Announcement of 2016 Congress
18:00 - 19:30	Time Out Conference Dinner/Ceilidh (optional)	Time Out Conference Opening Event & Award Ceremony	Time Out Social Events (optional)	Time Out Social Events (optional)	Home
19:30 - 22:00					

Please note: This draft programme is for the Scientific Congress. For members of the public, please see Public Participation Programme.

Please note the above programme is subject to change