

August 23, 2022

Dear Annalisa Setti,

Abstract ID#31

We are pleased to inform you that your abstract below has been accepted for the 2022 Annual Business Meeting and Technical Conference! Your abstract will be presented during the parallel sessions as well as included in the Conference Book of Abstracts.

The 2022 Annual Business Meeting and Technical Conference will be a hybrid conference, although we encourage presenters to attend in person if possible. The registration for the conference will open on 1 September 2022 and in your registration, you can indicate how you will participate in the conference – in person in UN City or Online.

Please note that each city and national network in the Healthy Cities Network has a limit to the size of their delegation attending. If you are not a Network Coordinator, we encourage you to contact your Healthy City or National Network Coordinator to share your abstract acceptance and confirm a seat in the delegation.

As we get closer to the conference, we will contact you and ask you to re-submit your final abstract (500 words or less) to be included in the 2022 Book of Abstracts. We will also share the provisional programme, so that you know when your presentation will take place. Please note that you will have a 10 minute presentation followed by 5 minutes of question and answer with the audience.

Please contact the Healthy Cities Secretariat at [eurohealthycities@who.int](mailto:eurohealthycities@who.int) if you have any questions regarding the 2022 Annual Business Meeting and Technical Conference.

Warm regards,

WHO Healthy Cities Secretariat

**Accepted Abstract:**

Title:

Engaging older people during periods of isolation: a survey of older people in Cork, Ireland

Context: The Age Friendly Alliance, led by Cork – healthy Cities mobilised all the agencies operating with older citizens in the city to explore their engagement needs and their wellbeing during the Covid-19 lockdown.

Rationale: Inform planning of initiatives to promote engagement and support wellbeing during periods of forced isolation and beyond.

Description: a survey was conducted targeting older people in Cork City, particularly more isolated elders. 244 responded, their mean age was 73. While having some internet access, 43% reported not to be interested in online activities, while 53% reported to be interested in receiving an activity pack. Barriers to remaining active were also lack of availability due to Covid-19, not having a car, or having caring duties among others. The majority reported to go for a walk everyday (54%), although 16% reported to never go.

The WHO5 wellbeing assessment was also administered at the end of the survey. The mean score for respondents who answered all 5 well-being questions was 56, which is significantly lower than previous scores available for Ireland. Women reported a lower level of wellbeing, in line with the national data, with 25% reporting potentially clinically significant levels of low wellbeing. Mitigating factors appear to be walking every day or almost every day, access to green spaces could also be protective but data points are low.

Achievements: The survey informed an intervention to reach out to older people in the community, 6,450 packs were distributed within the Playful Packs project, including a variety of activities to maintain physically active, mentally engaged, to stimulate memories and increase appreciation for nature. Informal feedback indicated that the packs were very well received and represented an important moment of 'real' as opposed to virtual engagement. The survey also shed light on the need to keep assessing wellbeing of older citizens as it appeared much lower than optimal.

Conclusion: This initiative brought together all relevant agencies working on the territory with older people to inform initiatives and promote engagement stemming from older citizens interests. It provided support for the Playful Packs initiative and important data on older people wellbeing, particularly women.