Analysis of Newspaper Coverage of Active Aging through the Lens of the 2002 World Health Organization Report Active Ageing: A Policy Framework and the 2010 Toronto Charter for Physical Activity: A Global Call for Action

1. Method

The below listed issues and themes identified in the World Health Organization policy framework on active ageing [11] 2010 Toronto Charter for Physical Activity: A Global Call for Action [13] were used as codes. We read the newspaper articles with these codes in mind ascertaining the frequency of how often one of the codes were present (for full method please refer back to the main paper).

1.1. Issues Raised and Themes Identified in the World Health Organization Policy Framework on Active Ageing

The report outlined six determinants of active ageing each with various sub-measures. One determinant covers Health and social service system and has the following sub-measures: Health promotion and disease prevention, curative services and long-term care. The second determinant is linked to behavior covering mental health services, tobacco use, physical activity, healthy eating, oral health, alcohol use, iatrogenesis, medication and adherence. The third determinant covers personal factors such as biology and genetics, psychological factors. The fourth determinant covers the physical environment such as safe housing, falls, clean water, clean air and safe food. The fifth determinant covers social environment covering social support, violence and abuse, education and literacy and social protection. The sixth determinant covers economic factors such as income and work (employment). The report furthermore outlined seven challenges for active ageing: double burden of disease, increase risk of disability, providing care for ageing population, the feminization of aging, ethics and inequities, the economics of an aging population and the need for forging a new paradigm.

1.2. Issues Raised and Themes Identified in the 2010 Toronto Charter for Physical Activity: A Global Call for Action

The following themes are evident in the charter: (1) Adopt evidence based strategies that target the whole population as well as specific population sub groups, particularly those facing the greatest barriers; (2) Embrace an equity approach aimed at reducing social and health inequalities and disparities of access to physical activity; (3) Address the environmental, social and individual determinants of physical inactivity; (4) Implement sustainable actions in partnership at national, regional and local levels and across multiple sectors to achieve greatest impact; (5) Build capacity and support training in research, practice, policy, evaluation and surveillance; (6) Use a life-course approach by addressing the needs of children, families, adults and older adults; (7) Advocate to

decision makers and the general community for an increase in political commitment to and resources for physical activity; (8) Ensure cultural sensitivity and adapt strategies to accommodate varying "local realities"; contexts and resources and (9) Facilitate healthy personal choices by making the physically active choice the easy choice.

As for the implementation of a National policy and action plan which the Charter sees as an action item the following was seen as needed: (1) Gain input from a broad constituency of relevant stakeholders; (2) Identify clear leadership for physical activity, which may come from any government sector, other relevant non- government agencies or from a cross sector collaboration; (3) Describe the roles and actions that government, not-for-profit, volunteer and private sector organisations at national, regional and local levels should take to implement the plan and promote physical activity; (4) Provide an implementation plan that defines accountability, timelines and funding; (5) Include combinations of different strategies to influence individual, social, cultural and built environment factors that will inform, motivate and support individuals and communities to be active, in ways that are safe and enjoyable and (6) Adopt evidence based guidelines on physical activity and health.

As to how to introduce policies that support physical activities another action item promoted by the Charter, the Charter mentioned the need for (1) clear national policy with objectives for increasing physical activity that state by how much and by when. All sectors can share common goal(s) and identify their contribution; (2) Urban and rural planning policies and design guidelines that support walking, cycling, public transport, sport and recreation with a particular focus on equitable access and safety; (3) Fiscal policies such as subsidies, incentives and tax deductions that may support participation in physical activity or taxation to reduce obstacles. For example, tax incentives on physical activity equipment or club membership; (4) Workplace policies that support infrastructure and programs for physical activity and promote active transport to and from work; process of developing this Charter which we hope will provide a clear call for action, to health and non health sectors, and be applicable and relevant to all countries but particularly low and middle income countries; (5) Education policies that support high quality compulsory physical education, active travel to school, physical activity during the school day and healthy school environments; (6) Sport and recreation policy and funding systems that prioritise increased community participation by all members of the community; (7) Advocacy to engage the media to promote increased political commitment to physical activity. For example, "Report Cards" or civil society reports on the implementation of physical activity action to increase accountability; (8) Mass communication and social marketing campaigns to increase community and stakeholder support for physical activity action.

The charter also asks for the reorientation of services and funding to prioritise physical activity. The charter states that action will require a reorientation of priorities in favour of health enhancing physical activity. The charter argues that reorienting services and funding systems can deliver multiple benefits including better health, cleaner air, reduced traffic congestion, cost saving and greater social connectedness.

The charter gives example of actions underway in many countries such as under the section education the charter mentions (1) Education systems that prioritise high-quality compulsory physical education curriculum with an emphasis on non- competitive sports in schools and enhancing physical education training for all teachers; (2) Physical activity programs that focus on a range of activities that maximise participation regardless of skill level and that focus on enjoyment; (3) Opportunity for

students to be active during class, in breaks, at lunch time and after school; (4) Transport policies and services, that prioritise and fund, walking, cycling and public transit infrastructure; (5) Building codes that encourage or support physical activity; (6) Trails in national parks and preserved areas to increase access.

As to planning and environment the charter mentions the following examples: (1) Evidence based urban design that support walking, cycling and recreational physical activity and (2) Urban design that provides opportunities for sport, recreation and physical activity by increasing access to public space where people of all ages and abilities can be physically active in urban and rural settings.

As to the workplace the charter highlights: (1) Workplace programs that encourage and support employees and their families to lead active lifestyles; (2) Facilities that encourage participation in physical activity and (3) Incentives for active commuting to work or by public transport rather than by car.

As for the examples for the section sport, parks and recreation the charter highlights: (1) Mass participation and sports for all, including those least likely to participate; (2) Infrastructure for recreational activities across the life-course; (3) Opportunities for individuals with disabilities to be physically active; (4) Building capacity among those who deliver sport through increased training on physical activity.

As to health the charter mentions: (1) Greater priority and resourcing of prevention and health promotion including physical activity; (2) Screening of patients/clients for levels of physical activity at every primary care consultation, and provision of brief, structured counselling and referral to community programs for insufficiently active patients; (3) For patients with diseases/conditions such as diabetes, cardiovascular disease, some cancers or arthritis, screening by health and exercise professionals for contraindications and advice on physical activity as part of treatment, management and review plans.

2. Results

A summary of the results of Tables S1 and S2 can be found in the main paper. The below highlights the quantitative results in detail.

Table S1. Coverage of themes evident and issues raised in the WHO Policy framework for
active ageing in the newspapers covered.

	Active Aging	Successful Aging	Mindful Aging	Healthy Aging	Aging Well	Longitudinal Aging	Advanced Aging	Natural Aging
The Determinan	ts of Active	e Ageing: Dete	rminants Re	lated to Hea	alth and sc	cial service syste	em in each nev	wspaper
		Health	Promotion	and Diseas	e Prevent	ion		
Calgary Herald	4	1	0	28	2	0	0	0
The Globe and Mail	3	1	0	14	7	0	0	1
The New York Times	2	1	0	0	1	0	0	0

Table S1. Cont.

	Active Aging	Successful Aging	Mindful Aging	Healthy Aging	Aging Well	Longitudinal Aging	Advanced Aging	Natural Aging
	Aging	Aging		ive Services		Aging	Aging	Aging
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
Long Term Care								
Calgary Herald	0	0	0	1	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
			Behaviour	al Determi	nants			
			Mental H	Iealth Servi	ices			
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	1	2	0	1	1	0	0	0
The New York Times	1	0	0	0	0	0	1	0
			Tob	acco Use				
Calgary Herald	0	1	0	4	1	0	0	0
The Globe and Mail	0	4	0	7	2	0	0	1
The New York Times	0	1	0	0	4	0	0	1
			Physi	cal Activity				
Calgary Herald	10	9	1	17	3	1	0	0
The Globe and Mail	6	8	0	18	8	0	0	4
The New York Times	7	3	0	0	5	0	0	4
			Heal	thy Eating				
Calgary Herald	0	2	0	18	5	0	0	0
The Globe and Mail	0	2	0	23	4	0	0	1
The New York Times	0	2	0	0	5	0	0	5

Table S1. Cont.

	Active	Successful	Mindful	Healthy	Aging	Longitudinal	Advanced	Natural
	Aging	Aging	Aging	Aging	Well	Aging	Aging	Aging
C 1 II 11	1	1		al Health	0	0	0	0
Calgary Herald	1	1	0	0	0	0	0	0
The Globe and Mail	0	0	0	1	1	0	0	1
The New York Times	0	0	0	0	0	0	0	0
			A	llcohol				
Calgary Herald	1	5	0	9	3	0	0	0
The Globe and Mail	0	0	0	15	3	0	0	1
The New York Times	0	2	0	0	5	0	0	2
			Iati	rogenesis				
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	1
The New York Times	0	0	0	0	0	0	0	0
			Me	dications				
Calgary Herald	0	1	0	0	0	0	0	0
The Globe and Mail	0	2	0	4	1	0	0	3
The New York Times	0	3	0	0	2	0	0	1
Adherence								
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	1	0	0	0
The New York Times`	0	0	0	1	0	0	0	0
		Detern	ninants Rela	ated to Pers	sonal Fac	tors		
			Biology	and Geneti	ics			
Calgary Herald	1	10	1	10	5	0	0	0
The Globe and Mail	0	2	0	20	0	0	0	6
The New York Times	0	2	0	0	7	0	0	14

Table S1. Cont.

	Active	Successful	Mindful	Healthy	Aging	Longitudinal	Advanced	Natural
	Aging	Aging	Aging	Aging	Well	Aging	Aging	Aging
<i>C</i> 1				ogical Facto		1		0
Calgary Herald	0	0	0	6	2	1	0	0
The Globe and Mail	0	5	0	13	2	0	0	1
The New York Times	1	2	0	0	0	0	0	0
		Determinar	nts Related	to the Phys	ical Envi	ronment		
			Safe	Housing				
Calgary Herald	1	0	0	0	0	0	0	0
The Globe and Mail	1	1	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
Falls								
Calgary Herald	1	7	0	13	0	0	0	0
The Globe and Mail	2	0	0	6	1	0	0	0
The New York Times	6	4	0	0	1	0	0	3
		Clear	ı Water, Cle	an Air and	Safe Foo	ds		
Calgary Herald	0	1	0	0	0	0	0	0
The Globe and Mail	0	0	0	2	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
		Determina	ants Related	to the Soc	ial Enviro	onment		
			Soci	al Support				
Calgary Herald	0	0	1	5	1	0	0	0
The Globe and Mail	2	1	0	0	0	0	0	0
The New York Times	0	1	0	0	0	0	0	0
			Violena	e and Abus	se			
Calgary Herald	0	0	0	2	0	0	0	0
The Globe and Mail	2	0	0	2	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0

Table S1. Cont.

	Active	Successful	Mindful	Healthy	Aging	Longitudinal	Advanced	Natural
	Aging	Aging	Aging	Aging n and Liter	Well	Aging	Aging	Aging
Calgary Herald	1	2		n una Luer 8	<u>ису</u> 1	0	0	0
The Globe and Mail	1	4	0	7	2	0	0	2
The New York Times	1	2	0	0	3	0	0	1
			Socia	l Protection	!			
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	1	0	0	0
The New York Times	0	0	0	0	0	0	0	0
			Economic	Determin	ants			
			I	ncome				
Calgary Herald	0	3	0	2	0	0	0	0
The Globe and Mail	1	4	0	4	2	0	0	1
The New York Times	0	0	0	0	0	0	0	0
				Work				
Calgary Herald	1	0	0	2	4	0	0	0
The Globe and Mail	0	5	0	3	2	0	0	2
The New York Times	0	3	0	0	4	0	0	0
		Challen	ge 1: The D	ouble Burd	den of Dis	sease		
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	1	0	2	0	0	0	0
The New York Times	0	0	0	0	0	0	0	1
		Challe	nge 2: Incr	eased Risk	of Disabi	lity		
Calgary Herald	0	0	0	1	0	0	0	0
The Globe and Mail	0	0	0	1	0	0	0	0
The New York Times	0	1	0	0	3	0	0	0

Table S1. Cont.

	Active Aging	Successful Aging	Mindful Aging	Healthy Aging	Aging Well	Longitudinal Aging	Advanced Aging	Natural Aging
		Challenge 3:					- 0 0	<u> </u>
Calgary Herald	0	0	0	7	0	0	0	0
The Globe and Mail	0	1	0	2	0	0	0	0
The New York Times	1	0	0	0	0	0	0	0
		Challe	nge 4: The	Feminizatio	on of Age	ing		
Calgary Herald	0	0	0	2	1	0	0	0
The Globe and Mail	1	5	0	3	6	0	0	2
The New York Times	0	5	0	0	4	0	0	1
		Ch	allenge 5: E	thics and I	nequities			
Calgary Herald	0	1	0	1	0	0	0	0
The Globe and Mail	0	0	0	2	0	0	0	0
The New York Times	0	0	0	0	0	0	0	1
		Challenge 6:	The Econo	mics of an	Ageing Po	opulation		
Calgary Herald	1	1	0	2	1	0	0	0
The Globe and Mail	0	2	0	2	1	0	0	1
The New York Times	1	2	0	0	5	0	0	1
		Chall	lenge 7: For	ging a New	Paradig	m		
Calgary Herald	1	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0

Table S2. Coverage of themes evident and issues raised in the Toronto Charter for Physical Activity.

	Active	Successful	Advanced	Aging	Healthy	Longitudinal	Mindful	Natural
	Aging	Aging	Aging	Well	Aging	Aging	Aging	Aging
1. Adopt evidence	based strat	egies that targe	et the whole po	pulation a	is well as sp	ecific population	sub groups,	
particularly those fa	acing the g	reatest barriers	3;					
Calgary Herald	0	0	0	0	1	0	0	0
The Globe and	0	1	0	0	2	0	0	0
Mail	0	1	0	0	3	0	0	0
The New York	0	0	0	0	0	0	0	0
Times	0	0	0	0	0	0	0	0

Table S2. Cont.

	Active aging	Successful	Advanced	Aging Well	Healthy Aging	Longitudinal Aging	Mindful	Natural Aging
2. Embrace an equi		Aging	Aging			8 8	Aging	Aging
physical activity;	пу арргоас	ni annicu at icu	ucing social at	iu nearm i	nequanties	and disparities of	access to	
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	U	U	U	U	U	<u> </u>	U	U
Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
3. Address the envi	ironmental	, social and inc	lividual detern	ninants of	physical ina	activity;		
Calgary Herald	1	0	0	0	0	0	0	0
The Globe and Mail	0	2	0	0	0	0	0	0
The New York Times	1	0	0	0	0	0	0	0
4. Implement susta achieve greatest im		ons in partners	hip at national	, regional	and local le	vels and across n	nultiple secto	ors to
Calgary Herald	4	0	0	0	3	0	0	0
The Globe and Mail	1	1	0	0	0	0	0	0
The New York Times	2	1	0	1	0	0	0	2
5. Build capacity as	nd support	training in res	earch, practice	, policy, e	valuation a	nd surveillance;		
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
6. Use a life-course	approach	by addressing	the needs of cl	hildren, fa	milies, adul	ts and older adul	ts;	
Calgary Herald	0	0	0	0	3	0	0	0
The Globe and Mail	1	1	0	0	1	0	0	1
The New York Times	0	0	0	1	0	0	0	0
7. Advocate to deci	ision make	ers and the gene	eral community	y for an in	crease in po	olitical commitme	ent to and res	sources for
physical activity;	0		0	0	0	0	0	0
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0

Table S2. Cont.

	Active	Successful	Advanced	Aging	Healthy	Longitudinal	Mindful	Natural
	Aging	Aging	Aging	Well	Aging	Aging	Aging	Aging
8. Ensure cultural	sensitivity a	and adapt strat	egies to accom	modate va	arying "loca	l realities", conte	exts and reso	urces;
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail								
The New York	0	0	0	0	0	0	0	0
Times	<u> </u>	0	0	<u> </u>	0	<u> </u>	0	<u> </u>
9. Facilitate health	ny personal o	choices by ma	king the physic	cally activ	e choice the	e easy choice.		
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail	0	0	0	0	0	0	0	0
The New York	0	^	0	0	0	0	0	0
Times	0	0	0	0	0	0	0	0
1. Implement a na	tional policy	y and action pl	an					
Gain input from	m a broad co	onstituency of	relevant stake	holders;				
Calgary Herald	0	0	0	0	1	0	0	0
The Globe and								
Mail	0	0	0	0	0	0	0	0
The New York								
Times	0	0	0	0	0	0	0	0
	leadership fo	or physical act	ivity, which m	av come f	rom any go	vernment sector,	other releva	nt non-
government ag	-			•	, g.	,		
Calgary Herald	2	0	0	0	0	0	0	0
The Globe and		-	-	-	-		-	
Mail	0	0	0	0	0	0	0	0
The New York								
Times	0	0	0	0	0	0	0	0
	oles and acti	ons that gove	nment_not_for	-nrofit vo	olunteer and	private sector or	rganisations	at national
regional and lo		_		•		•	Sumsumons	at national
Calgary Herald	2	0	0	0	0	0	0	0
The Globe and		U	U	U	U	U	U	U
The Globe and Mail	0	0	0	0	0	0	0	0
The New York								
The New York Times	0	0	0	0	0	0	0	0
	1	1 414 .10		:1:4 4:	1: 1 C.	4:		
• Provide an imp							0	0
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail								
The New York	0	0	0	0	0	0	0	0
Times								

Table S2. Cont.

	Active	Successful	Advanced	Aging	Healthy	Longitudinal	Mindful	Natural
	Aging	Aging	Aging	Well	Aging	Aging	Aging	Aging
		-				ultural and built		
factors that wil	l inform, n	notivate and su	pport individua	als and co	mmunities t	o be active, in wa	ays that are s	afe
and enjoyable;								
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	1	0	0	0
The New York Times	0	0	0	0	0	0	0	0
Adopt evidence	e based gui	idelines on phy	sical activity a	nd health.				
Calgary Herald	0	0	0	0	1	1	0	0
The Globe and Mail	0	1	0	0	1	0	0	1
The New York Times	1	2	0	0	0	0	0	0
2. Introduce policie	es that sup	port physical a	ctivity					
Clear national particles Sectors can sha		•			•	te by how much a	and by when	. All
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
Urban and rura	l planning	policies and de	esign guideline	s that sup	nort walking	g, cycling, public	transport, sr	ort and
recreation with		-			•	5, - , - , - , - , - , - , - , - , - , -		
Calgary Herald	0	0	0	0	1	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
	such as sul	osidies, incenti	ves and tax dec	luctions th	nat may sup	port participation	in physical	activity o
•						equipment or cl		•
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail								

Table S2. Cont.

	Active	Successful	Advanced	Aging	Healthy	Longitudinal	Mindful	Natura
	Aging	Aging	Aging	Well	Aging	Aging	Aging	Aging
				-		ivity and promote		-
and from work;	process of	f developing th	is Charter whi	ch we hop	e will provi	ide a clear call for	r action, to h	ealth and
non health sect	ors, and be	applicable and	l relevant to al	l countries	s but particu	larly low and mid	ddle income	countries
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
• Education police	eies that su	pport high qua	lity compulsor	y physical	l education,	active travel to se	chool, physi	cal
activity during			-		,		. 1 2	
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
	•	y and funding	systems that pr	rioritise in	creased con	nmunity participa	ution by all r	nembers
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
•		-	-			o physical activity tivity action to in	-	
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
	cation and	social marketi	ng campaigns	to increas	e communit	y and stakeholde	r support for	physical
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York	0	0	0	0	0	0	0	0

Table S2. Cont.

	Active	Successful	Advanced	Aging	Healthy	Longitudinal	Mindful	Natural
	Aging	Aging	Aging	Well	Aging	Aging	Aging	Aging
3. Reorient services				-				
In most countries, su		-		•	-	-		
health enhancing ph	-	-	•	_	•	-		_
better health, cleane			gestion, cost sa	aving and	greater soci	al connectedness	s. Examples	of actions
underway in many c		0	0	0	0	0	0	0
Calgary Herald The Globe and	0	U	U	U	U	U	U	U
Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
In education:	0	0	0	0	0	0	0	0
Education system competitive spon	•	- 1	• •				n an emphas	is on non-
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail The New York								
Times	0	0	0	0	0	0	0	0
Physical activity and that focus or			a range of acti	vities that	maximise p	participation rega	rdless of ski	ll level
Calgary Herald	3	0	0	0	2	0	0	0
The Globe and		U	U	0		0	U	U
Mail	1	0	0	0	0	0	0	0
The New York Times	1	0	0	1	0	0	0	0
Opportunity for	students	to be active dur	ing class, in br	eaks, at lu	ınch time ar	nd after school.		
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York	0	0	0	0	0	0	0	0
Times In transportation	0	0	0	0	0	0	0	0
and planning:	-							
Transport policie					<u> </u>			
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York	0	0	0	0	0	0	0	0

Table S2. Cont.

	Active Aging	Successful	Advanced	Aging Well	Healthy	Longitudinal	Mindful	Natural
Building codes	8 8	Aging	Aging t physical activ		Aging	Aging	Aging	Aging
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0		0	0	0	0	0	0
Mail	0	0	0	0	0	0	0	0
The New York								
Times	0	0	0	0	0	0	0	0
Trails in nation	al parks ar	nd preserved ar	eas to increase	access.				
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail	0	0	0	0	0	0	0	0
The New York	0	0	0	0	0	0	0	0
Times	0	0	0	0	0	0	0	0
			In planning a	nd enviro	nment:			
Evidence based	d urban des	ign that suppor	rt walking, cyc	ling and r	ecreational	physical activity;		
Calgary Herald	1	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail	0	0						
The New York	0	0	0	0	0	0	0	0
Times								
•	-		•			ctivity by increas	•	public
	ople of all	ages and abilit	ies can be phy	sically act	ive in urbar	and rural setting	S.	
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail								
The New York	0	0	0	0	0	0	0	0
Times								
In workplace:								
	_					es to lead active l		
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and	0	0	0	0	0	0	0	0
Mail						-		
The New York	0	0	0	0	0	0	0	0
Times						-	-	
Facilities that e								
Calgary Herald	2	0	0	0	9	0	0	0
The Globe and	2	0	0	2	0	0	0	0
Mail		<u> </u>	-	-				
The New York	6	0	1	0	0	0	0	0
Times								

Table S2. Cont.

	Active	Successful	Advanced	Aging	Healthy	Longitudinal	Mindful	Natural
- Incontinue for	Aging	Aging	Aging	Well	Aging	Aging	Aging	Aging
• Incentives for a							0	0
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
			In sport, park	s and recr	eation:			
Mass participa	tion and sp	orts for all, inc	luding those le	ast likely	to participa	te;		
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
Infrastructure f	or recreation	onal activities a	across the life-	course;				
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
Opportunities 1	for individu	als with disahi	lities to be phy	zsically ac	tive:			
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and			0	0	0	0	0	
Mail	1	0	0	U	0	0	U	0
The New York Times	0	0	0	0	0	0	0	0
	ity among	those who deli	ver sport throu	gh increas	sed training	on physical activ	rity.	
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
In health:								
	v and resc	ourcing of nre	vention and h	nealth pro	motion in	cluding physica	l activity	
Calgary Herald	1	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	1	0	0	0	0

Table S2. Cont.

	Active Aging	Successful Aging	Advanced Aging	Aging Well	Healthy Aging	Longitudinal Aging	Mindful Aging	Natural Aging
• Screening of patients/clients for levels of physical activity at every primary care consultation, and provision of								
brief, structured counselling and referral to community programs for insufficiently active patients;								
Calgary Herald	0	0	0	0	0	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0
• For patients with diseases/conditions such as diabetes, cardiovascular disease, some cancers or arthritis, screening by health and exercise professionals for contraindications and advice on physical activity as part of treatment,								
management ar	nd review p	olans.						
Calgary Herald	0	0	0	0	2	0	0	0
The Globe and Mail	0	0	0	0	0	0	0	0
The New York Times	0	0	0	0	0	0	0	0

© 2013 by the authors; licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution license (http://creativecommons.org/licenses/by/3.0/).