Promoting healthy and active ageing in Europe: recent evidence and contributions from research

Giovanni Lamura, F. Barbabella, C. Chiatti, C. Gagliardi, R. Papa, A. Poli, S. Santini and V. Tombolesi on behalf of Futurage & Innovage research teams
1. Promoting Active Ageing in Europe: the Road Map for European Research on Ageing

2. Some examples of initiatives for Healthy Cities:
   a. New technologies to support informal carers of frail older people: the InformCare platform & the Up-Tech project
   b. Promoting intergenerational solidarity: the “Let’s Regenerate” project
   c. Active ageing in rural areas: the LAAR (Longevità Attiva in Ambito Rurale) project
1. Road Map for Research on Ageing in Europe

- Road Map represents the main outcome of the FuturAge project, aimed at creating a road map of main priorities for multidisciplinary ageing research in Europe for the following 10-15 years.
- Builds on previous EU-funded actions (ERA-AGE, FORUM, LINK-AGE and AGEACTION), extending collaboration to new Member States.
- Integrates all key stakeholders (scientists, programme managers, users organisations etc.) into one single effort to increase policy impact.
- Duration: 2009-2011
Methodology to achieve the Road Map

- **Methodology**: iterative process of extensive **consultations** among key stakeholders (scientists, policy makers, practitioners, industry & older people)

- **Multidisciplinary approach in 5 work streams:**
  - Biogerontology: biology, biomedicine and genetics
  - Social support, care and economic resources
  - Environments of ageing (mainly physical environment)
  - Healthy ageing and well being (physical and mental)
  - User / Stakeholder Engagement
FROM DISCIPLINES TO WORKING GROUPS

More than 300 persons involved!
A Road Map for European Ageing Research

October 2011

Freely downloadable from:

http://futurage.group.shef.ac.uk/road-map.html
7 MAJOR PRIORITIES FOR EUROPEAN AGEING RESEARCH

1. Healthy Ageing for More Life in Years
2. Maintaining and Regaining Mental Capacity
3. Inclusion and Participation in the Community and Labour Market
4. Guaranteeing the sustainability and quality of European Social Protection system
5. Ageing Well at Home and in Community Environments
6. Unequal Ageing and Age-related Inequalities
7. Biogerontology: from mechanisms to interventions
THE PRIORITY OF ACTIVE AGEING

Active Ageing Across the Life-course

- Healthy Ageing
- Home and Community
- Bio-gerontology
- Mental Capital
- Inclusion and Social Participation
- Social Protection
- Unequal Ageing
Active ageing as a **scientifically helpful umbrella term** to:

- integrate different research strands and
- better link micro, meso and macro perspectives

by encompassing quality of life essentials such as:

- attention to health in an holistic way
- labour market participation
- contribution to family life (e.g. housework and caring)
- participation in community life (e.g. volunteering)
- leisure and cultural activities

... in a **life-course approach**!
RESEARCH PRIORITY THEMES

Active Ageing Across the Life-course

Inclusion and Participation

Healthy Ageing

Mental Capacity

Home and Community

Bio-gerontology

Social Protection

Unequal Ageing
Inclusion & Participation in the Community & in the Labour Market

Key topics:

• Ageism
  • Lifelong learning
  • Migration
  • Overcoming the digital divide
  • Mobility and accessibility
  • Spirituality
  • Volunteering
  • Participation as consumer/user
  • Discrimination in the labour market
  • Enabling a longer working life
  • Reconciliation of paid & informal care
Key topics:

• Sustainability of social security & social care systems
• Supporting informal carers
• Improving access to services
• Efficiency, cost-effectiveness & quality of interventions
• ICT-supported informal caregiving
• Reviewing & strengthening intergenerational solidarity and cooperation
ICT-supported informal caregiving

- How can ICT-based tools support informal caregiving?
- What is the role of ICT-based solutions in improving the quality of long-term care provided by informal carers, as well as their quality of life?
- Which ICT-solutions are most easily transferrable and implementable on a large scale, also in contexts in which no strong tradition nor digital competences exist in using ICT?
- Which impact can ICT have in reducing the direct and indirect costs attached to informal caregiving?
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The underestimated “value” of informal care

Carers are the backbone of our welfare systems: “About 80% of long-term care in the EU is provided by spouses, daughters, other relatives and friends…” (European Union 2013)

Estimated economic value of unpaid informal care:
• 50 to 90 % of “formal” long-term care provision
• UK: 140 billion pounds per year
• Ireland: 5.3 billion € per year (27% of social protection’s budget)

Source: www.carersuk.org/media/k2/attachments/Valuing_carers_2011__Carers_UK.pdf
The INNOVAGE project

WP 6 Knowledge exchange and transfer

WP 3 ICT-based social support for Carers of Older People

WP 2 User-driven Housing for Older People

WP 1 Increasing Healthy Life Expectancy

WP 4 Improving Obesity Related Outcomes in Old Age

WP 5 Long-term Care in Motion

WP 7 Management

Project Partners

1. University of Sheffield, UK (Coordinator)
2. Lund University, SE
3. Heidelberg University, DE
4. Newcastle University, UK
5. National Institute of Health and Science on Ageing (INRCA), IT
6. Age Platform Europe, BE
7. Eurocarers, LU
8. Sheffield Hallam University, UK
9. Latvian Council of Science, LT
Overall goal: contribute to improving quality of life of informal carers of older people in Europe, via an integrated set of web-based, multilingual support services for them.

Specific objectives: (1) to develop, (2) test (3) implement and (4) disseminate in the EU-27 the web platform with an integrated package of services.

Two main types of services: information resources and interactive services
Three target groups

- **COMMON CONTENTS FOR INFORMAL CARERS**
  - All 27 EU Member States

- **NATIONAL CONTENTS FOR INFORMAL CARERS**
  - All 27 EU Member States

- **NATIONAL CONTENTS FOR CARE PROFESSIONALS**
  - 10 countries: Austria, Belgium, Czech Rep., Finland, Germany, Luxembourg, Malta, Slovakia, Sweden, UK

- **NATIONAL CONTENTS FOR EMPLOYERS**
  - 10 countries: Bulgaria, Germany, Estonia, France, Lithuania, Latvia, Netherlands, Portugal, Sweden, UK
A user-centred approach was adopted to design the platform and develop the services offered through it, based on:

- **a wide mix of user representatives**: almost **200** end-users/experts and **32** stakeholders (mainly user organisations & research centres), including an **Advisory Board** of 15 experts
- **a series of user-centred development activities**:
  - **review** of most successful web-based services tested and implemented in Europe & beyond (≈ 100 services reviewed)
  - **surveys** involving 58 selected experts, users and stakeholders, to get feedback on platform’s main features
  - **preliminary round of user tests** on prototypes of platform
  - **pilot test** with 118 users in 3 countries (Germany, Italy & Sweden)
What can you find in InformCare?

Home page:

http://www.eurocarers.org/InformCare
Where is the InformCare platform?

To access the information and services available in your country, please see the related links below:

<table>
<thead>
<tr>
<th>COUNTRY</th>
<th>LANGUAGES</th>
<th>CARE PROFESSIONALS</th>
<th>EMPLOYERS</th>
<th>CARERS</th>
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<td>Austria</td>
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</tbody>
</table>
InformCare: section for carers

Caring for older people  Your own needs  Support by the state  Get help

Making life easier
Different types of equipment or changes to your home could help...
As a carer you may experience the psychosocial, physical and financial burden of caregiving. Help yourself section presents 4 main topics to help you cope with caring:

- Coping with caring
- Family and Care Reconciliation
- Work and Care Reconciliation
- Physical Exercise – Staying Active

Stress, depression, family relationships, balancing between care and work and tips to stay active are discussed in above sections.

Remember, looking after yourself improves your quality of life and care!
Summary of static information for carers

- Information on illnesses and care management
- Available care and support services
- Psychological support - consultation
- Information on taking care of yourself
- Work and care reconciliation
- Family and care reconciliation
- Legal aspects
- Financial aspects
- Good Practices
- Emergency services

Caring for an older person

Your own needs as a carer

Support by the state

How to get practical help
When you expect a child, the community (your family, friends, co-workers) rally around you and your spouse. When you expect your first child, you receive gifts, well wishes and the encouragement that you are entering a wonderful, albeit challenging, chapter in your life. As you prepare to welcome your child, you feel pride at the thought of your role as parent: How you will shape the mind of a youngster, impacting him or her with your wisdom, insights and knowledge.

Now think about a similar life experience, just one on the other end of the spectrum. An aging relative, a spouse, a parent, a grandparent, needs your help. And, you want to help— you believe in making the most of the years you have left together. But, when you tell your friends, your colleagues, even other family members, the comments you may hear are a far cry from well-wishes. “I could never do that! Why do you?” Or, the more common response: “Why don’t you just put your mother (or your wife, or your grandfather) in a nursing home? That way you won’t...
Ciao Giovanni Lamural

Cosa c'è di nuovo

Pubblica Qualcosa...

Arianna Poli PROSSIMO EVENTO...

Assistenza ai pazienti con demenza, conferenza Auser - Irca
L'evento Assistenza ai pazienti con demenza, conferenza Auser - Irca inizia il 05/06/2015.

29 maggio · Mi piace · Commenta · Condividi

Arianna Poli Buongiorno a tutti! :)

Novità

03/11/2014 Lo spazio di ascolto della dott.ssa Ananna Poli diventa più flessibile. Può chiederle disponibilità per il giorno e l'orario che preferisci mandando un semplice messaggio privato.

Richieste

2 richieste di amicizia

Nuovi Iscritti
1. Di positivo oggi c’è che...
   13 Risposte  86 Visite

2. Al fianco di una persona con Demenza...
   21 Risposte  236 Visite

3. Spazio di scrittura - Le vostre storie
   26 Risposte  188 Visite

4. quando l’assistenza del malato diventa troppo stressante...
   0 Risposte  10 Visite

5. Assistenti familiari – Badanti
   9 Risposte  96 Visite
I miei messaggi

0 nuovi messaggi ricevuti su un totale di 6

01. 11 novembre 2014

02. 11 novembre 2014

Arianna Poli

10 people
10 settembre 2014

[Null]

2 people
[Nessun Oggetto]

Cinzia X
Cristina X
Andrea X
Benjamint X
Arianna X
Amici Online (2)
Chat

Interactive Services

Write in the darker field below and press enter

Introduce Yourself

Francesco Barbabella
Hi everybody!

Frida Andreasson

Francesco Barbabella

Francesco Barbabella

Francesco Barbabella
Videochat

Interactive Services

Video Chat

Benvenuto in AVChat 3.0 (http://www.avchat.net). Manda un messaggio agli altri utenti digitando il tuo messaggio nella casella di testo in basso e premendo INVIO.
The Caregiving years: an Introduction

I May Help

Stage 1: The Expectant Carer

Stage 1

Who are you?

You have a growing concern that, within the near future, your family member or friend will...
The Caregiving years: an Introduction

Stage 1: The Expectant Carer

In the near future, I may help a family member or friend.
InformCare for care professionals

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Carers’ confidence with internet

<table>
<thead>
<tr>
<th>Region</th>
<th>Not at all</th>
<th>Little</th>
<th>Somewhat</th>
<th>Much</th>
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</thead>
<tbody>
<tr>
<td>Total</td>
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A powerful tool across Europe

• A set of support services for carers, available for free via internet in **32 versions, 27 EU countries and 23 languages**

• **Contents’ quality and user-centeredness** ensured via a systematic involvement of **final users and stakeholders** over 2 years, and a 3-month field phase

• More than **2,500 web pages** of contents specifically produced to address **informal carers’ needs** & over **300 web pages** for **care professionals and employers**

• For some countries, this kind of web-based support is available in local/national language for the first time!

• **A powerful tool to promote policy measures to better support carers at EU, national and local level:** implementation planned in Ancona and Marche Region
Aims:
1. to reduce burden in family carers of AD patients
2. to maintain AD patients at home

Methodology: 18-month long RCT with 450 dyads of non institutionalised AD patients (MMSE score between 10 and 20) and their family carers (at least 1 hour of care/week) living in the Marche Region

Funding: Ministry of Labour and Social Policies
Study design

Group 1 → UP protocol (n=150) → Patient receiving support from a case manager

Sampling
Contents of “CASE-MANAGER” intervention

- 3 home-based counselling sessions
- Monthly follow-up calls
- Guide to facilitate access to local support services for patients with AD
- Additional social workers to facilitate service integration
## Contents of technological intervention

- Fire alarm sensor
- Anti-flood sensor
- Safety sensors
- Bed sensors
- Movement lights
- Control unit for remote monitoring

<table>
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<tr>
<th>Unità di controllo</th>
<th>Sensore antincendio</th>
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<tr>
<td>Sensore allagamento</td>
<td>Controllo perimetrale</td>
</tr>
<tr>
<td>Sensore letto</td>
<td>Luce di cortesia automatica</td>
</tr>
</tbody>
</table>
Outcomes of interventions

- **Case management**: reduction of carers’ burden in 2 out of 5 cities (in one by 20%, and decided to adopt it as a new routine)
- **Technology**: was appreciated by 2/3 of recipients, prevented accidents in 13% of cases and reduced by 14% the level of carers’ burden as well as the anxiety level
- An even more crucial role of **migrant care workers** to mitigate carer’s burden!
Use of care services by age group of recipients

- MCW: 36.0
- Private nurse: 21.7
- Home nurse visit: 0.6
- Day care: 1.1
- GP home visits: 2.4
- 80 y +: 4.8
- 80 y +: 6.0
- 80 y +: 5.9
- 80 y +: 6.0
- 80 y +: 14.3
- Outpatient visits: 11.4
- Outpatient visits: 9.6

<80 y  80 y +
### CRUCIAL ROLE OF PRIVATELY HIRED LIVE-IN CARE WORKERS

<table>
<thead>
<tr>
<th>Correlates of CARER’S BURDEN</th>
<th>Coef. (Rob. SE)</th>
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</thead>
<tbody>
<tr>
<td>Caregiver Gender (female)</td>
<td>4.67**(1.12)</td>
</tr>
<tr>
<td>- Kinship (ref: other relative)</td>
<td>3.88*(1.71)</td>
</tr>
<tr>
<td>son/daughter</td>
<td></td>
</tr>
<tr>
<td>Hours of care provided (+1 h)</td>
<td>0.09** (0.01)</td>
</tr>
<tr>
<td>Private care worker (ref= No)</td>
<td></td>
</tr>
<tr>
<td>- Yes, on a live-in basis</td>
<td>-4.41*(2.04)</td>
</tr>
<tr>
<td>Perceived social support</td>
<td></td>
</tr>
<tr>
<td>- From family (+1 pt. MSPSS)</td>
<td>-0.53** (0.14)</td>
</tr>
<tr>
<td>IADL impairment (+1 pt.)</td>
<td>0.32** (0.05)</td>
</tr>
<tr>
<td>ADL impairment (+1 pt.)</td>
<td>0.86* (0.43)</td>
</tr>
<tr>
<td>Behavioral disturbances (yes)</td>
<td>3.68** (1.25)</td>
</tr>
<tr>
<td>Caregiver diseases (+1)</td>
<td>0.18 (0.50)</td>
</tr>
<tr>
<td>Physical Health Score</td>
<td>-0.18** (0.06)</td>
</tr>
<tr>
<td>Mental Health Score</td>
<td>-0.51** (0.06)</td>
</tr>
<tr>
<td>Constant</td>
<td>37.35** (9.64)</td>
</tr>
</tbody>
</table>
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   c. Active ageing in rural areas: the LAAR (Longevità Attiva in Ambito Rurale) project
Reviewing & strengthening intergenerational solidarity & cooperation

• What can be done to ensure that today’s social and demographic changes will not weaken solidarity between generations in the future?

• How can the contribution given by retired people to society be measured through their unwaged activities like grandparenting and volunteering?

• What are the good practices aimed at increasing older people participation to such activities after their retirement?
Life long learning

• What are the most appropriate non-formal and informal learning forms for older people?

• What are the barriers faced by older people in accessing formal training and education? How can they be overcome? Role of educational institutions in supporting older learners?

• What are the specific needs of older women, migrants & disabled older people in this field, as well as of people living in rural or remote areas?

• How can knowledge transfer among generations be promoted to ensure benefits to all parties?
“Let’s Regenerate!”: OBJECTIVES
(coordinator: Sara Santini, INRCA: s.santini2@inrca.it)

School pupils:
• foster knowledge about both active ageing and care needs in older age

Older people:
• residents in care homes: stimulate residual cognitive, relational and emotional capacities
• older volunteers: promote recognition of their work

Local community (Municipality of Ancona):
• promote intergenerat. solidarity in community
# METHODOLOGY: A RESEARCH-ACTION

<table>
<thead>
<tr>
<th>Intergenerational activities</th>
<th>Scientific monitoring</th>
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<tbody>
<tr>
<td>• Practical laboratories</td>
<td><strong>Assessment tools</strong></td>
</tr>
<tr>
<td>• Playing games</td>
<td>• 3 surveys (T1, T2, T3)</td>
</tr>
<tr>
<td>• Biographical interviews</td>
<td>• periodic evaluations</td>
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<tr>
<td>• Acting</td>
<td>• qualitative interviews, focus-group and</td>
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<tr>
<td>• Music and singing</td>
<td>questionnaire</td>
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<tr>
<td>• Discussion</td>
<td><strong>Analysis</strong></td>
</tr>
<tr>
<td>• Visits to nursing home, school and</td>
<td>• Content analysis</td>
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<tr>
<td>volunteers’ headquarters</td>
<td>• Descriptive analysis</td>
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</tbody>
</table>

**Analysis**
PUPILS’ OPINION ON OLDER AGE AND ACTIVE AGEING

Are older people a “weak” group in our community?

Up to what age can a person be active in society?

Bars showing percentage of responses:
- T0: 39% No, 61% Yes
- T2: 5% No, 95% Yes

Bars showing percentage of age groups:
- T0: 70% Over 60 years, 30% Up to 60 years
- T2: 26% Over 60 years, 74% Up to 60 years
PUPILS’ OPINION ON INTERGENERATIONAL RELATIONSHIPS

**T0**

“Older people in Italy are a burden for the young, who cannot find work and have to pay their pensions!”

**T2**

“Older people are often neglected since they are deemed to be useless, but those I met certainly were not!”
<table>
<thead>
<tr>
<th>T0</th>
<th>T2</th>
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<tbody>
<tr>
<td>• Egoist</td>
<td>• Available to help</td>
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<tr>
<td>• Dishonest</td>
<td>• Available to listen to older people’s</td>
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<tr>
<td>• Unable to do craft and manual work</td>
<td>problems</td>
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<tr>
<td>• Lazy</td>
<td>• Lively</td>
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<tr>
<td>• Not devoted to family</td>
<td>• Nice, enjoiable</td>
</tr>
<tr>
<td>• Unable to listen to older people</td>
<td>• In need of a mentor (a guide in the</td>
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<td></td>
<td>life)</td>
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<tr>
<td>T0</td>
<td>T2</td>
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<tr>
<td>“There cannot be a relationship between the young and the old, because the first are unable to listen and the second are boring”.</td>
<td>&quot;I learnt that I can talk to a young guy of my past. I never thought that a young person might be interested in an old man like me “.</td>
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How can access to health and social care services be improved and better integrated, especially in deprived & sparsely populated areas?

How can formal public services support hard-to-reach segments of the older population, also to prevent elder abuse?

Can ICT improve knowledge about the services available, and to which extent can it release some of the burden on social and health services?
What are the most appropriate non-formal and informal learning forms for older people?

What are the barriers faced by older people in accessing formal training and education? How can they be overcome? Role of educational institutions in supporting older learners?

What are the specific learning needs of older women, migrants & disabled people living in rural or remote areas?

How can knowledge transfer among generations be promoted to ensure benefits to all parties?
Active Ageing in Rural Areas of the Marche Region
(coordinator: Cristina Gagliardi, INRCA: c.gagliardi@inrca.it)

• TARGET GROUP: 112 autonomous over-65 year old people
• GOALS: maintain psycho-physical capabilities: prevent social isolation and health deterioration
• METHODS: activities organised by 6 farms in form of:
  • intergenerational meetings and initiatives to disseminate older traditions among the young
  • physical exercise in rural contexts
  • cooking, food education, horticulture, pet therapy
  • “brain-laboratories” for cognitive fitness
  • networking events to promote social relationships
• MONITORING TOOLS: mixed methods methodology
• FUNDING: regional program with ad hoc call for proposals
MAIN OUTCOMES

- Improved overall wellbeing: 100%
- Improved social integration: 91%
- Increased intake of fruit and vegetables: 66%
- Increased physical exercise: 62%
CHANGES IN QUALITY OF LIFE

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Cognitively Weaker (MMSE ≤8)</th>
<th>Cognitively Stronger (MMSE &gt;9 (n=71))</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>3.3</td>
<td>3.4</td>
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<tr>
<td>2nd</td>
<td>3.6</td>
<td>3.7</td>
</tr>
</tbody>
</table>
Thank you!