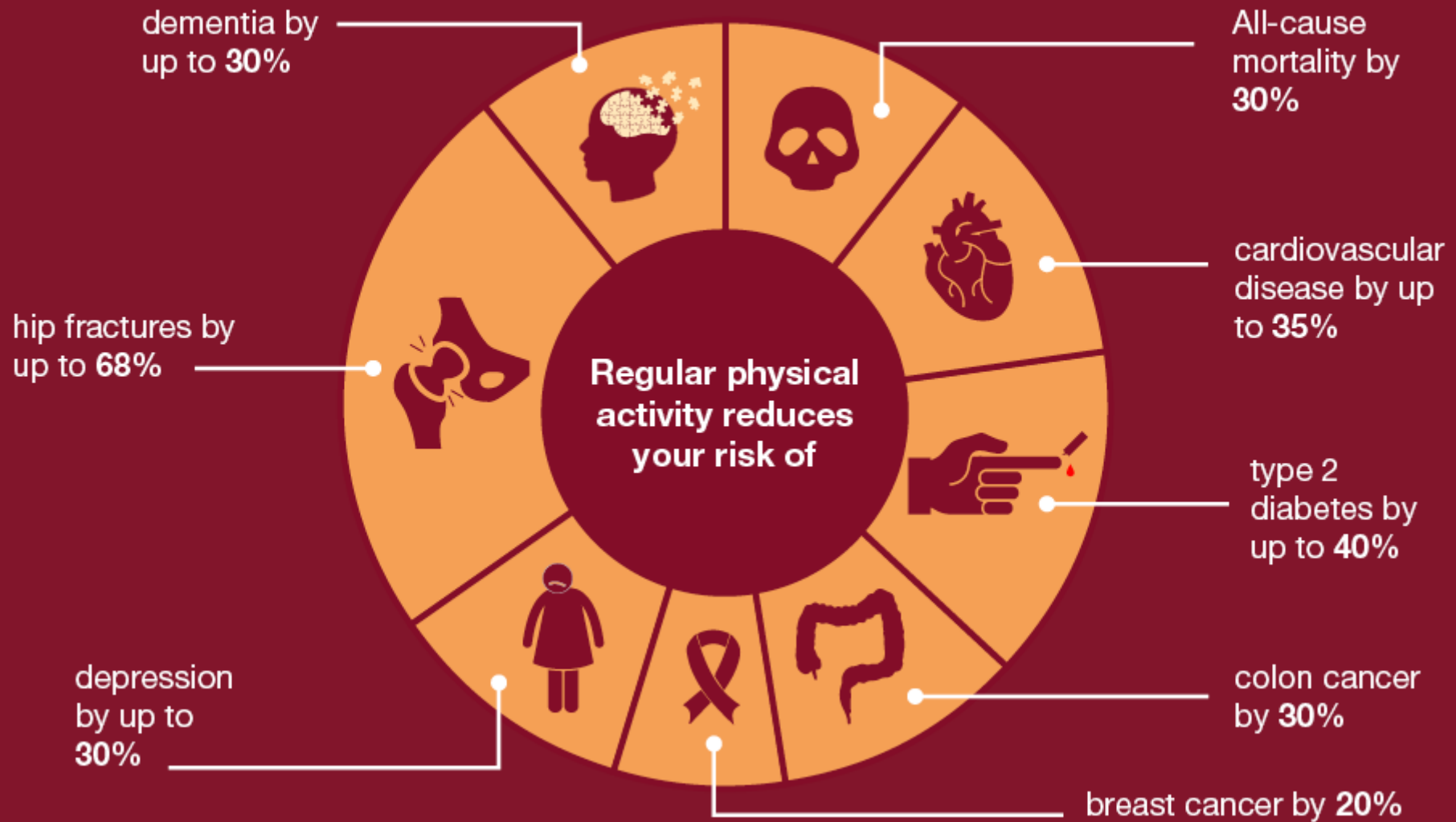


APPHLE Health Integration Team

Active People: Promoting Healthy Life Expectancy

Selena Gray, Afroditi Stathi

What are the health benefits of physical activity?



How much should older people do?

Guidelines for those aged 65 years and over:

150 mins per week of moderate physical activity

Muscle strengthening and balance exercises



What do people actually do?



Less than a third of 65-74 year olds and less than one in eight adults aged **75 years and over** have done physical activity lasting **at least 10 minutes** in the previous four weeks

Does it matter?

- 240 older people (70 Years and over) in Bristol study followed up for 4 years
- Every 1000 steps a day at baseline associated with a 36% reduction in mortality
- Moderate to high physical activity associated with reduction of new diseases and less unplanned hospital admissions

Fox et al 2015 Age and Ageing

Factors associate with frailty

- Wide range of socio-demographic, physical, biological, lifestyle and psychological factors including:
 - Falls
 - Activities of Daily Living
 - Reduced function of extremities

Systematic review: Feng et al 2017 PLOS One

Short Physical Performance Battery (SPPB test)

What is it?

- Stand up and sit 5 times
- Timed 8 metre walk
- Balance tests
- Low scores associated with decreased function and decline into frailty



LIFE US study

- Physical activity intervention in older people
- Reduction in incidence of new major loss of mobility – being unable to walk 400m
- 30% compared to 35% in control group
- Hospitalisation led to increase in rate of major loss of mobility

Pahor et al JAMA 2014

Active Connected and Engaged ACE Study

- Peer led interventions using volunteers that support older people to get “out and about” have positive effects on physical, social and mental wellbeing (the ACE project).
- Working with St Monica’s to extend to Hartcliffe and Withywood

ACE findings: participants

- Motives for engaging were mostly social
- Barriers to participation included lack of confidence, no-one to attend with, fear of exclusion or “cliquiness” in established groups, bad weather, transport issues, inaccessibility of activities, ambivalence, and being “set in their ways”.

RETIrement in ACTion (REACT)

- NIHR funded study £1.6m
- Physical activity intervention for high risk older adults
- Assessed by Short Physical Performance Battery test (SPPB)
- Can it reduce mobility related disability in older people?

REACT study

- 700 people recruited
Bristol, Birmingham
and Exeter
- Group exercise
classes
- Focus on social
interaction and
empowerment



Working with

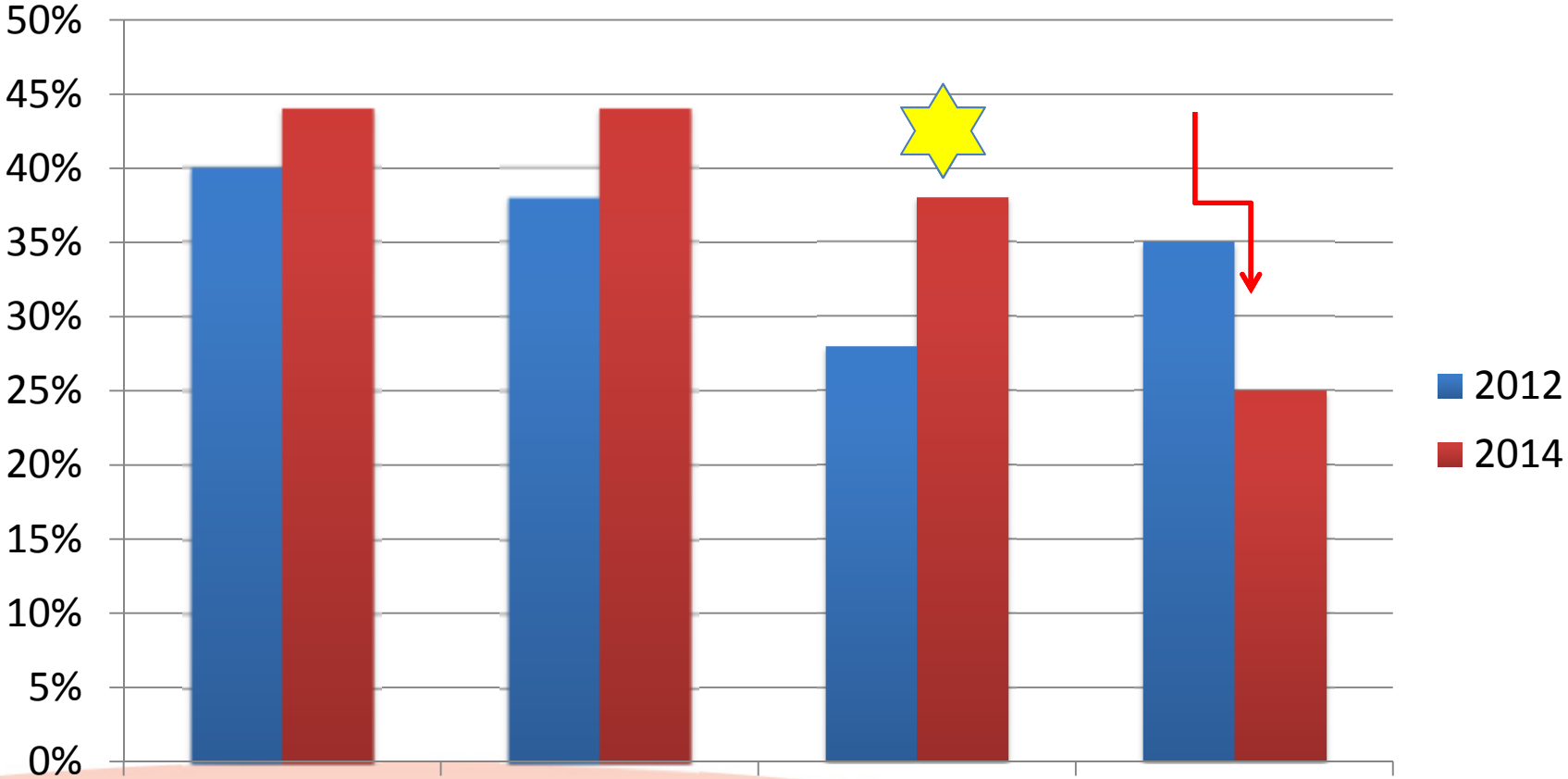
Bristol City Council:
Staying Steady
Bristol Ageing Better
Active Ageing Bristol
(St Monica's, Anchor and
Bristol Sport Foundation &
Linkage)
Lifecycle
CCG



Active Ageing Bristol



Proportion of active 65 years +



N Somerset

S Glos

Bristol

Plymouth

Key message

Get out
and about
everyday



APPHLE HIT aligns to:

- STP Prevention, Early Intervention & Self-Care Strategy
- Holistic approach to increasing physical activity needed – social and psychological elements essential
- ACE and REACT offer models that can be embedded in existing programmes