

Walking in Retirement Study+



Dr Aidan Searle

Senior Research Associate
NIHR BRC Nutrition Theme

A.J.Searle@bristol.ac.uk



Prof. Russ Jago, PhD
Professor of Physical Activity & Public Health

School for Policy Studies
University of Bristol

russ.jago@bris.ac.uk

Background

- There is a large number of older people that do not meet daily physical activity guidelines. Patterns of physical activity are socially patterned with lower levels of physical activity among those residing in lower income neighbourhoods and lower levels of income and education.
- Walking is an activity that can make major contributions to achieving the guidelines, has no specific cost, requires no equipment and is a behaviour that can be sustained across the lifespan.
- Walking has been shown to provide improvements in all-cause mortality, quality of life, mental health, social isolation and reduction in OAD risk and joint pain.

Potential benefits of walking

Brisk walking provides greater benefits than just moving. Despite these well-known benefits of walking there are gaps in knowledge on how to help currently sedentary older adults to;

- Explore the potential value of walking
- Initiate walking
- Increase the amount of walking in which they engage (both in terms of frequency and length of walk)
- Increase the intensity both in terms of pace and effort such as walking up hills.

Research aims

- How can we encourage currently sedentary older adults to engage in more walking and walking at a greater intensity?
- Explore these issues to guide the development of future walking campaigns through conducting qualitative interviews.

Recruitment and participation

- The criteria for participation is to recruit individuals aged 55-70 who are either due to retire in the next 12 months or who have been retired for 12 months or more who are not engaging in the recommended amount of physical activity.
- Individuals who agree to take part in the study will be asked to complete a brief online survey to collect demographic information and then have an interview with a member of the project team that will last about 45 minutes.
- The recruitment strategy will seek to recruit participants from more deprived groups.
- The interview will be conducted over the phone or via an online system such as Skype. The interviewer will ask questions about you, how much walking you do and what might help you to walk more often. As recompense for their time participants will receive a £20 gift voucher.

Online Survey and future plans

<https://bru-nutrition.onlinesurveys.ac.uk/attitudes-to-walking-econsent>

- The future plan is to develop an intervention to promote walking around retirement. It will focus on more than just walk but also increase speed, duration, challenge etc possibly with the use of technology.

Project team:

Prof. Russ Jago

Prof. Andy Ness

Dr. Charlie Foster

Dr. Aidan Searle