



Every step matters!

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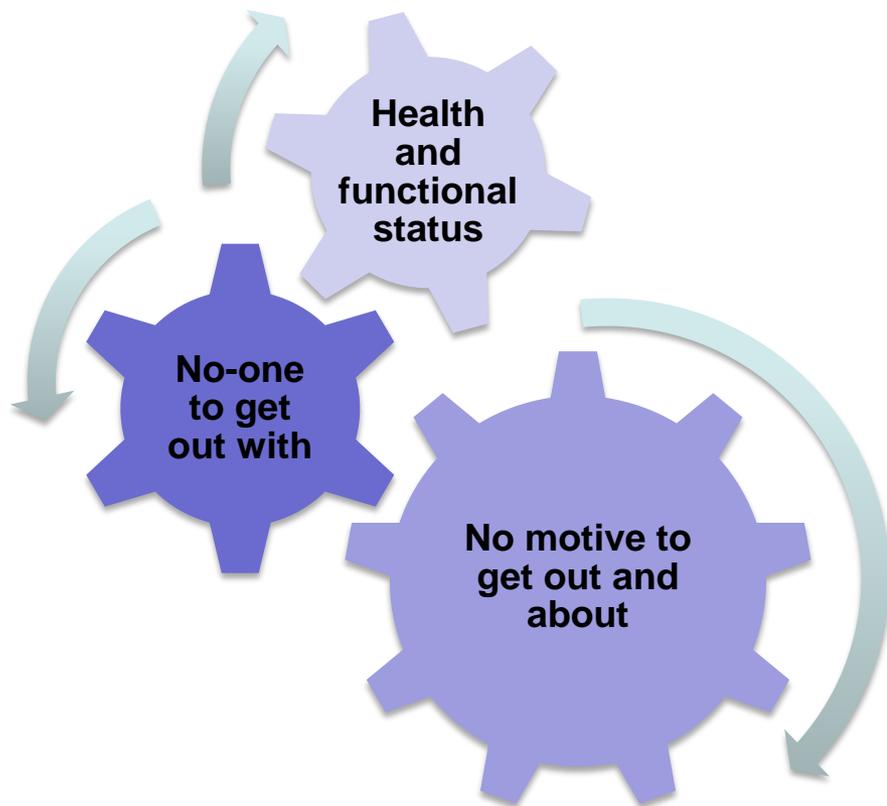


It's never too late: Physical activity as we age
19th October 2016

- ❑ Strong evidence about the importance of physical activity in later life however older people the **least active** population
- ❑ In a **3/4-year** follow-up study of older people (70+):
 - **15%** less steps, **12%** less moderate activity and **7.5%** less physical function (*Fox et al, 2015 Age and Ageing*)
 - **Twice the risk** of unplanned hospital admissions for people with low levels of PA (<4000steps a day)

- ❑ **Every step outside matters.** Getting out **at least once a day** for any purpose contributes to moderate activity increase (*Davis et al, 2011 IJBNPA*)
- ❑ **Every step inside matters.** People are sedentary 71% of recorded time. Each break in sedentary time= 0.58 point increase in leg function (*Davis, Fox, Stathi et al., 2014 Journal of Aging and Physical Activity*)

What people say, what people mean



(Stathi et al., 2012 Journal of Aging and Physical Activity)

Avon Network for the Promotion of Active Ageing in the Community

Promoting physical activity in older adults: A guide for local decision makers

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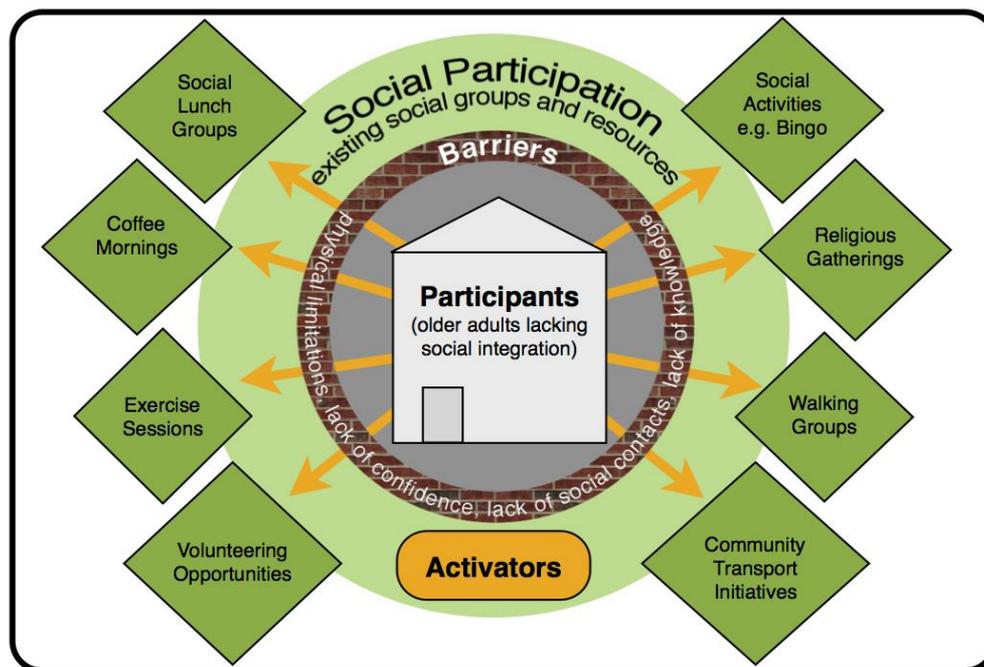
Stathi et al., 2014:
<http://ageactionalliance.org/wordpress/wp-content/uploads/2014/03/AVONet-report-2014-March.pdf>

Public health priority: Delay the transition



1. How can we effectively engage people with early signs of frailty?
2. Physical activity interventions do work in the short term. What about long-term maintenance?

Gathering evidence: Project ACE



Promotion of active ageing through peer volunteering

ACE findings and lessons

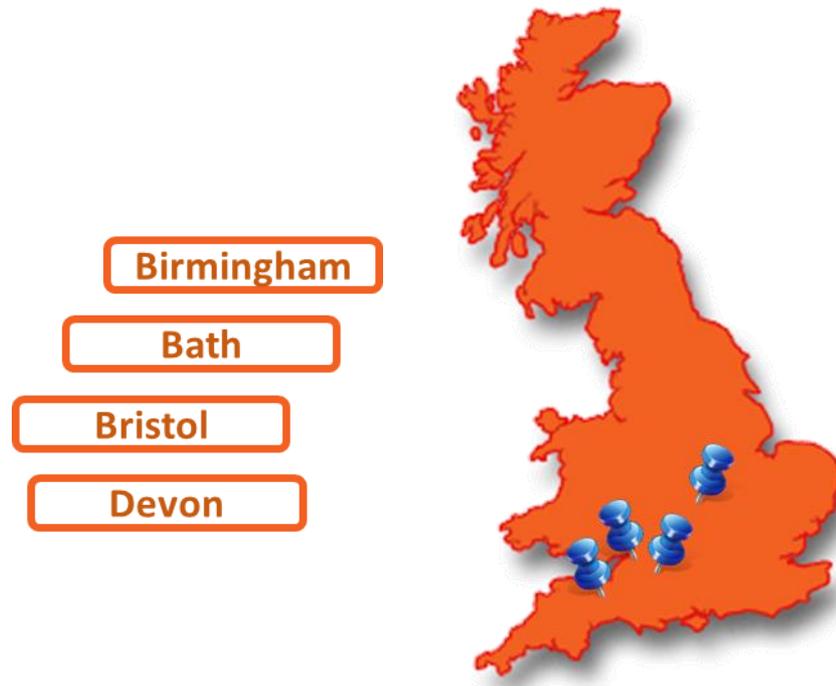


- **increased confidence and participation** in local activities
- participants felt **part of the ACE team** and **ownership of the ACE programme**
- **Ambassadors** emerged organically

- ✓ **Tackle** perceptions and signpost to **locally available resources**
- ✓ **Partnerships** are crucial for success
- ✓ Leverage the **network of participants for sustainability**

it's been like a door opening!

(Withall, Thompson, Fox, Davis, Grey, de Koning, Lloyd, Parkhurst & Stathi, 2016, The Gerontologist, In press)



PHR Project:13/164/51

REACT: Retirement in ACTION

Dr Afroditi Stathi on behalf of the Trial team

Overview of the REACT study



A two arm, multi-centre, pragmatic trial conducted over 54 months

- Bath/Bristol, Birmingham and Exeter
- Full-economic evaluation
- A process evaluation
- An fMRI imaging sub-study to detect brain changes

Informed by the
successful US
trial:



Eligibility criteria

People at risk of major mobility limitations

Poor physical function (scores of 4 to 9/12 in SPPB)

Health issues that would not preclude gentle exercise

Aged 65 years or over

Not in full-time employment

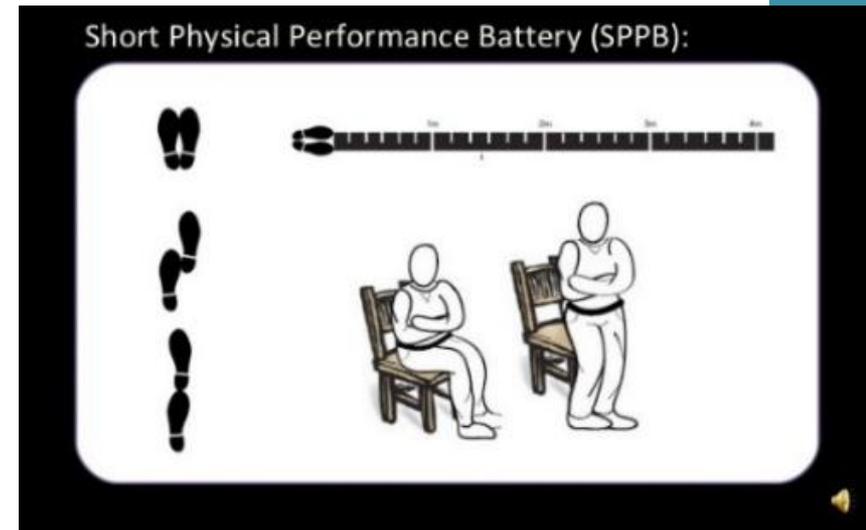
Intervention group (384 members)

12 month – exercise and social-educational programme

Comparison group (384 members)

3 educational/social sessions focused on healthy ageing

- ❑ How can we effectively engage people with mobility limitations to a 12-month comprehensive group exercise and socio-educational programme?
- ❑ Can we support a sustained improvement in functional ability in older adults 24 months later?



1. **Systematically empowering people** to identify and experience local activity opportunities during the 12-month intervention
2. Maintenance is the focus from day one > **Signpost, experience, adopt**
3. Targeted social time: **Tea with impact!**
4. An evidence-based socio/educational programme delivered in groups capitalising on **sharing and supporting**
5. A specifically designed **Ambassadors programme** offered to all intervention participants
6. **Strong buy in** from community providers – they provide staff, time and venues
7. **A comprehensive insight** on how to engage with this population
8. A **large, representative study** which if successful could lead to adoption by NHS

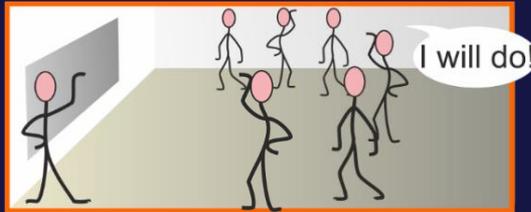
Overview of REACT intervention



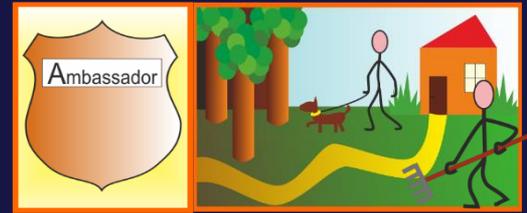
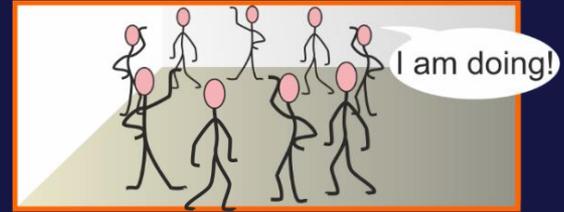
Start up



Build up



Taking charge



Week 1

Week 9

Week 25

Week 52

Our partners – What is in there for them?



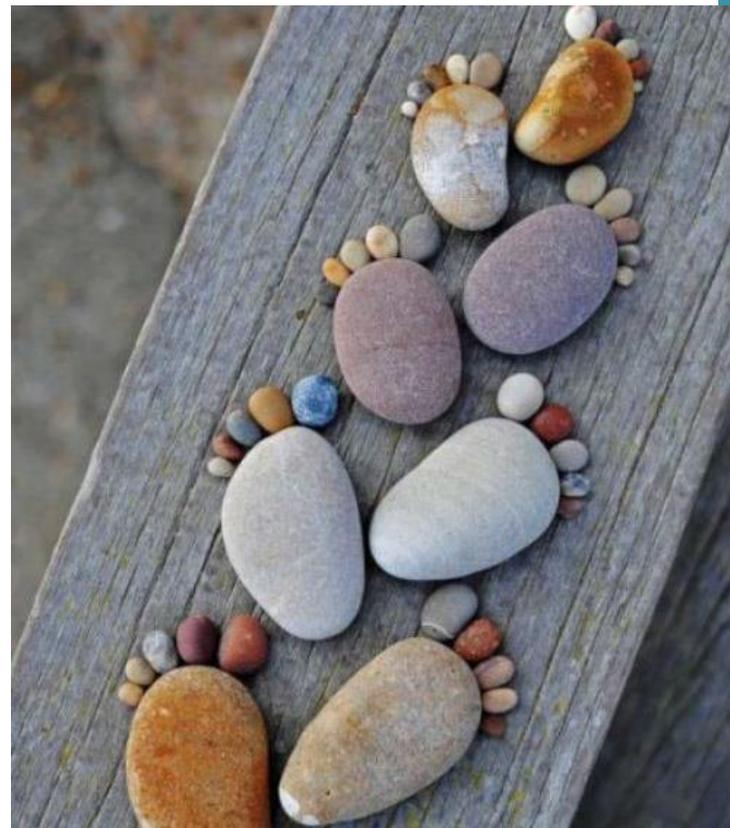
- Raising the profile of the organisation by being the first to be involved in a future national programme
- Free full economic evaluation
- Free training of staff
- Free Licence to offer the REACT sessions after the end of the 12-month intervention
- Increasing awareness/attendance of other activities/initiatives they offer
- Working closely with the REACT Ambassadors to promote their initiatives with older people living in their catchment areas

AGE UK Birmingham
Agewell Community Interest Company
Portway Lifestyle Centre (Sandwell Leisure Trust)
Sandwell and West Birmingham Hospitals NHS Trust
Westbank Organisation, Devon
Bath and North East Somerset Council
St Monica's Trust
St John's Hospital
GLL Social Enterprise
Sirona Social Enterprise
Bristol Ageing Better Initiative (AGE UK Bristol)

Take home messages



- ❑ It is never too late. Maximise public health benefits by engaging people in transition
- ❑ Every step matters. Get out at least once a day. Break bad sitting.
- ❑ Engage with community partners – Buy in and commitment are necessary for successful delivery
- ❑ Focus on maintenance from the beginning. Avoid creating dependencies
- ❑ Engage with older people and leverage their great resource for maximising impact



- ❑ Completed internal pilot phase
- ✓ 150 people randomised: 2 groups in Exeter, 2 groups in Birmingham, 2 in Bristol/Bath have started the REACT programme

- ❑ Entered main trial phase
- On-going and demanding recruitment
- Aim: 9 groups at each trial site
- On-going partnership building



Acknowledgments



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Dr Claire Sexton (Brain imaging- Cognitive Function)

University of West of England

Professor Selena Gray (Public Health)



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