Physical activity in ageing and older adults – a public health perspective

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It’s never too late conference
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Inactivity is killing us

Decreasing activity levels since 1960s:
- Adults are over 20% less active
- By 2030 we will 35% less active

Physical inactivity is responsible for:
- 1 in 6 UK deaths
- Up to 40% of many long-term conditions
- Around 30% of later life functional limitation and falls

Estimated £7.4 billion annual cost

Ng SW, Popkin B (2012); Lee I-M, et al. (2012); Wen CP, Wu X (2012); WHO (2010); Ossa D & Hutton J (2002); Murray et al. (2013)
Physical activity and health & wellbeing

Individual Becoming More Active

- Fun
- Personal development
- Travel
- Social inclusion
- Health
We do less activity as we age
% meeting moderate-to-vigorous PA recommendations

Greatest drop

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Men</th>
<th>Women</th>
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<tbody>
<tr>
<td>16-24</td>
<td>80</td>
<td>60</td>
</tr>
<tr>
<td>25-34</td>
<td>70</td>
<td>50</td>
</tr>
<tr>
<td>35-44</td>
<td>60</td>
<td>40</td>
</tr>
<tr>
<td>45-54</td>
<td>50</td>
<td>30</td>
</tr>
<tr>
<td>55-64</td>
<td>40</td>
<td>20</td>
</tr>
<tr>
<td>65-74</td>
<td>30</td>
<td>10</td>
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<td>75-84</td>
<td>10</td>
<td>0</td>
</tr>
<tr>
<td>85+</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>50</td>
<td>20</td>
</tr>
</tbody>
</table>
Activity is important at every age

Physical activity for early years (birth – 5 years)
Active children are healthy, happy, school ready and sleep better

Physical activity for children and young people (5 – 18 Years)

Be physically active

Physical activity benefits for adults and older adults

What should you do?

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. MAKE A START TODAY: it's never too late!

Everybody Active, Every Day: The national framework for action

Active society

Active environments

Moving professionals

Moving at scale
Active society: Creating a social movement

- Changing general attitudes to make physical activity the expectation or social norm
- Working across sectors in the places we live and work
- Developing a common vision for “Everybody Active, Every Day”
Moving professionals: Activating networks

Utilising existing **network of influencers** on the public, the public & voluntary sector workforce

‘Making every contact count’ **across sectors and disciplines**

Starting with expertise & leadership in **key sectors**:

- Education
- Sports & leisure
- Health & social care
- Planning, design, transport

PHE (2014) *Everybody Active Every Day: a framework to embed physical activity into daily life.*
Active environments:
Creating the right spaces

Developing ‘healthy’ cities, villages, towns and communities

Linking across disciplines through planning and policy
  - ‘Active’ infrastructure planning
  - “Active by Design” campaigns
  - Capital funding investments

Embedding activity for all
  - Age-friendly
  - Disability-friendly

PHE (2014) Everybody Active Every Day: a framework to embed physical activity into daily life.
Moving at scale:
Interventions that make us active

• Positive change must happen at every level and must be measurable, permanent and consistent
• Implement ‘what works’ at scale
• Maximise existing assets
  o Human
  o Physical
• Make being active the easiest, efficient choice!

PHE (2014) Everybody Active Every Day: a framework to embed physical activity into daily life.
Some PHE resources

Active society
• One You campaign

Moving professionals
• Physical activity and dementia risk in BAME communities
• CMOs’ infographics
• ‘Get up and go’ falls prevention resources
• NHS Health Check dementia leaflet
• Clinical Champions health professional trainers

Active environments
• Active Design guidance
• Functional walking for disabled people review (*soon*)

Moving at scale
• Older people local health profiles
• ‘What works’ evidence summary
• Standard Evaluation Framework
• Introductory guide to evaluation
• Physical activity data tool
• Systematic review of older adults lifestyle interventions for healthy cognitive ageing (*soon*)
So what next?

Physical activity is crucial for healthy ageing and good health and wellbeing in later life.

Need for interventions targeting older adults, as well as consideration of older adults across all domains of action.

Need to embed evaluation at every stage and scale up ‘what works’.
Let’s get *Everybody Active Every Day!*

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