Physical Activity: How well does systematic review evidence on physical activity interventions reflect the expressed views of older people?

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What did we do?

**Systematic review of qualitative research**

1. What are people’s experiences & preferences in relation to exercise and physical activity as they get older (aged ≥50y)?

2. What factors help older people to be physically active?

3. What factors prevent older people from being physically active?

**Systematic review & mapping of reviews**

4. What is known about the effectiveness of interventions to encourage older people (aged ≥50y) to be physically active?

5. Are there groups of older people for whom different interventions work better or less well?

6. What gaps & limitations are there in this information (including about particular activities, among particular population groups, etc.)?

**Overarching synthesis of reviews**

7. How well do the evaluated interventions map onto the preferences and problems described by older people themselves?

8. What could be done to enhance the ability of all older people to become more physically active, including those often marginalised?
Macro: Socio-cultural conditions
Meso: Community level factors
Micro: Psychosocial mechanisms
Pathways

The Ageing body
Life course
Sociability
Walkability
Health Literacy
Overarching synthesis

Physical activity benefits for adults and older adults

- Type II Diabetes: -40%
- Cardiovascular Disease: -35%
- Falls, Depression and Dementia: -30%
- Joint and Back Pain: -25%
- Cancers (Colon and Breast): -20%

For a healthy heart and mind:
- Be Active
  - Vigorous: Run
  - Moderate: Walk, Sport, Cycle, Stairs, Swim

To keep your muscles, bones and joints strong:
- Sit Less
  - TV, Computer, Carry Bags, Bowls

To reduce your chance of falls:
- Build Strength
  - Gym, Yoga, Tai Chi
- Improve Balance
  - Dance, Tai Chi

MINUTES PER WEEK:
- 75 or 150
  - Vigorous or Moderate
  - OR a combination of both

BREAK UP SITTING TIME:
- 2 DAYS PER WEEK

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!