Role of activity monitors in adopting an active and healthy lifestyle

Conference or Workshop Item

Role of activity monitors in adopting an active and healthy lifestyle

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in collaboration with Age UK Milton Keynes, Carers MK, Samsung UK and University of Oxford

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Research strands related to people aged over 55

- social isolation and loneliness in people over 55 years in MK
- digital skills of people aged over 55 years
- activity monitors for older people, carers, and people being cared for
Activity monitors

Research objectives

<table>
<thead>
<tr>
<th>active and healthy ageing</th>
<th>socialisation</th>
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<tbody>
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<td>self-management of health</td>
<td>self-monitoring</td>
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<tr>
<td>monitoring by carers</td>
<td>social prescribing</td>
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Funding timeline

Sir Halley Stewart Trust

ESRC Impact Acceleration Award

May 2016  April 2017  July 2017  June 2018

Stakeholder map

universities

local charities:
- people over 55
- carers

manufacturers:
- wearables
- apps

participants:
- people over 55
- carers
- healthcare professionals
Research methodology

**Surveys**
- 245 participants, aged 18 years and over;
- 518 participants, aged 55 and over;
- 74 carers;
- 82 healthcare professionals.

**Workshops**
- Four workshops with 55+ who were given activity monitors (2016-2017);
- Five workshops with 55+, carers, representatives of local charities, and manufacturers (2017-2018).

**Interviews**
- 10 users 55+;
- 10 carers;
- 12 healthcare professionals;
- 5 manufacturers;
- 2 local charities.

Use of activity monitors (2016 - present)

Users of activity monitors, 2016
Usage of activity monitors

Getting a device
- curiosity
- monitoring activity
- weight management
- sleep patterns

Building a routine
- conscious of their lifestyles
- lunch-time walking groups
- focus on walking and cycling
- diagnosis for sleep

Continued usage
- losing weight
- not all need a device any more
- improved fitness levels
- socialisation device

People aged over 55 years

Research objectives
- support to physical wellbeing
- motivation for continuous usage
- concerns
- adoption barriers

What did we learn?
- realisation of low physical activity
- data for healthcare professionals
- (service) design

What has been the impact?
- awareness of the role of these devices
- training and ongoing support
- customised strategies
Usage of activity monitors

“I have observed that when I was more active my sleep was less disrupted so certainly my intention is to try to stay more active and see if that does improve my sleep quality” [55-64, male, workshop]

“...if I walk into the village and back, I think, "I've had a good walk today." Then I look at the meter, and I think I've done 500 steps. You become much more aware of the fact that you're not walking as much as you should.” [55-63, female, interview]

The one [thing] I can say is that since I started with the lung condition the more I've been walking the less problem I've had with it. Whether that's a proper correlation or not, I don't know. That's certainly been the fact, the more walking I've done the less problems my lungs have been.” [71 years, male, interview]

Impact through knowledge exchange

Impact

Active and healthy ageing for older people and carers

Behaviour change towards healthier lifestyles

Informing design of apps and activity monitors

Evidence-based strategies for continued usage
For post-workshop dialogues

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