Role of activity monitors in adopting an active and healthy lifestyle

Conference or Workshop Item

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Role of activity monitors in adopting an active and healthy lifestyle

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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

- active and healthy ageing
- self-management of health
- monitoring by carers
- socialisation
- self-monitoring
- social prescribing
Funding timeline

Sir Halley Stewart Trust

ESRC Impact Acceleration Award

<table>
<thead>
<tr>
<th>Month</th>
<th>May 2016</th>
<th>April 2017</th>
<th>July 2017</th>
<th>June 2018</th>
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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]
For post-workshop dialogues

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