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

![Activity monitor image]

Research objectives

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

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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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