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

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

<table>
<thead>
<tr>
<th>Getting a device</th>
<th>Building a routine</th>
<th>Continued usage</th>
</tr>
</thead>
<tbody>
<tr>
<td>• curiosity</td>
<td>• conscious of their lifestyles</td>
<td>• losing weight</td>
</tr>
<tr>
<td>• monitoring activity</td>
<td>• lunch-time walking groups</td>
<td>• not all need a device any more</td>
</tr>
<tr>
<td>• weight management</td>
<td>• focus on walking and cycling</td>
<td>• improved fitness levels</td>
</tr>
<tr>
<td>• sleep patterns</td>
<td>• diagnosis for sleep</td>
<td>• socialisation device</td>
</tr>
</tbody>
</table>

### People aged over 55 years

<table>
<thead>
<tr>
<th>Research objectives</th>
<th>What did we learn?</th>
<th>What has been the impact?</th>
</tr>
</thead>
<tbody>
<tr>
<td>• support to physical wellbeing</td>
<td>• realisation of low physical activity</td>
<td>• awareness of the role of these devices</td>
</tr>
<tr>
<td>• motivation for continuous usage</td>
<td>• data for healthcare professionals</td>
<td>• training and ongoing support</td>
</tr>
<tr>
<td>• concerns</td>
<td>• (service) design</td>
<td>• customised strategies</td>
</tr>
<tr>
<td>• adoption barriers</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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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