Physical activity promotion for older adults living in the community
A review of reviews
our aim

to determine the nature and effects of interventions to promote the uptake and maintenance of physical activity in community dwelling older adults
195 records identified through database searching (June 2015)
8 additional records identified through peer consultation
21 new records identified through database searching (Nov 2015)
475 records identified through forward citation searching
179 records identified through google scholar searching

1158 record titles and abstracts screened
1128 records excluded for not meeting inclusion criteria

30 full-text reviews assessed for eligibility
11 reviews excluded with reasons
6: not directly related to PA promotion
2: focus on specific clinical condition
2: less than 60% studies related to people over 50 years
1: no empirical data

19 reviews included in the current review

19 reviews
515 papers
364 different studies
262 RCTs
data...
<table>
<thead>
<tr>
<th>Review &amp; year</th>
<th>ROBIS Assessment</th>
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<tbody>
<tr>
<td></td>
<td>Domain 1: Concerns regarding specification of study eligibility criteria</td>
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<tr>
<td>Arbesman 2012</td>
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<td>Chase 2015</td>
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<td>Conn 2002</td>
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<td>Conn 2003</td>
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<td>Foster 2013</td>
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<td>French 2014</td>
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<td>Geraedts 2013</td>
<td>Low</td>
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<td>Hobbs 2013</td>
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<td>Kassavou 2013</td>
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<tr>
<td>King 1998</td>
<td>High</td>
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<td>Moore 2015</td>
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<td>Müller 2014</td>
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<td>O’Brien 2015</td>
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<td>Ostrander 2014</td>
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<td>Richards 2013</td>
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<td>Stevens 2013</td>
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<td>Van der Bij 2002</td>
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<td>Van der Deijl 2014</td>
<td>High</td>
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<tr>
<td>Van Stralen 2009</td>
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**ROBIS Assessment**

Only 2 reviews of low risk of bias
participants

numbers: between 225 and 30,090
gender: mostly female
ethnicity: mostly white

age: 40 to 94 years (range)
age: 55.5 to 84.4 years (mean)
context

community (primarily)
also
participants’ homes
occupational therapy service
general practice
high-income countries
theories

Social Cognitive Theory, SCT (7 reviews, 39 studies)

Transtheoretical Model, TTM (5 reviews, 19 studies)

Cognitive behavioural theory (1 review, 2 studies)
interventions

✧ Physical activity promotion as part of larger health management programmes
✧ Home-based physical activity interventions with remote feedback
✧ Non-face-to-face interventions
✧ Multimodal interventions: physical activity and lifestyle counselling
✧ Behaviour change techniques
✧ Practical encouragement
✧ Interventions to promote walking in groups
outcomes

PA outcomes
- PA levels – self-reported
- PA levels – objective
- walking time/speed/distance

physiological outcomes
- cardiorespiratory fitness
- balance
- blood pressure
- heart rate
- BMI
- chronic pain & fatigue

functional outcomes
- functioning (physical & social)
- confidence in daily activities

psychological outcomes
- self-efficacy
- quality of life
- depression
- ‘mental outlook’

initial/sustained adherence
compliance

participation
facilitators of sustained participation in exercise

- person-centred, tailored interventions
- behavioural / cognitive-behavioural strategies
- ongoing support and frequent feedback
- non face-to-face and supervised interventions – both effective
- home-based group formats and walking in groups
Reviews included


publication coming soon...

thank you

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questions...

outcomes

Are we considering the right things? What is missing?

facilitating factors and barriers

Again, are we considering the right things? What is missing?
outcomes
Are we considering the right things? What is missing?

facilitating factors and barriers
Again, are we considering the right things? What is missing?

key ingredients to sustained change at scale
What would an ideal scalable intervention look like?