

# Physical Activity in Older Adults: NICOLA cohort

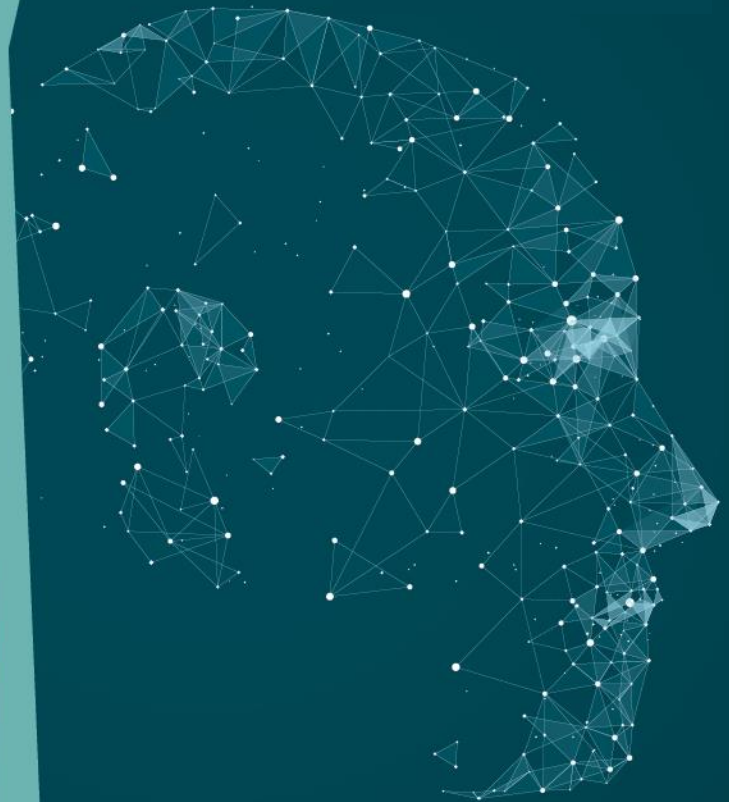
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# Physical activity for adults and older adults

Benefits health

Improves sleep

Maintains healthy weight

Manages stress

Improves quality of life

Reduces your chance of

Type II Diabetes -40%

Cardiovascular disease -35%

Falls, depression etc. -30%

Joint and back pain -25%

Cancers (colon and breast) -20%

Some is good,  
more is better

Make a start today:  
it's never too late

Every minute  
counts

## Be active

at least  
**150**  
minutes  
moderate intensity  
per week  
increased breathing  
able to talk

OR  
or a combination of both

at least  
**75**  
minutes  
vigorous intensity  
per week  
breathing fast  
difficulty talking

to keep muscles, bones and joints strong  
**Build strength**  
on at least  
**2**  
days a week



**Minimise sedentary time**  
Break up periods of inactivity



For older adults, to reduce the chance of frailty and falls  
**Improve balance**  
2 days a week

UK Chief Medical Officers' Physical Activity Guidelines 2019



## Early key findings from a study of older people in Northern Ireland The NICOLA Study

November 2017

Editors  
Sharon Cruise  
Frank Kee

Northern Ireland Cohort for the Longitudinal Study of Ageing  
... Understanding today for a healthier tomorrow

Chapter 6

6

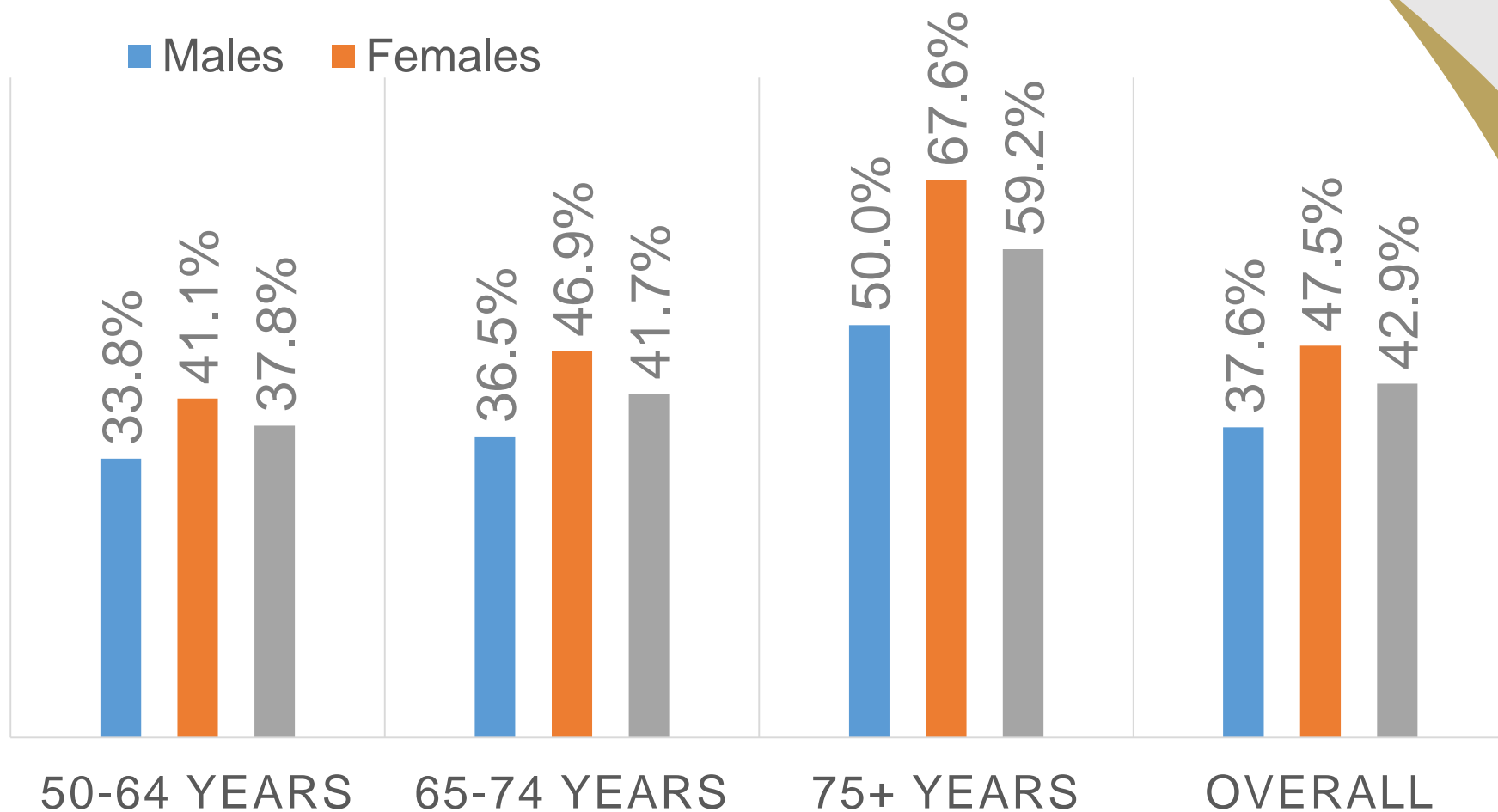
## Alcohol use, smoking and physical activity among older adults

Mark A. Tully, Angie Scott and Sharon Cruise

### Key Findings

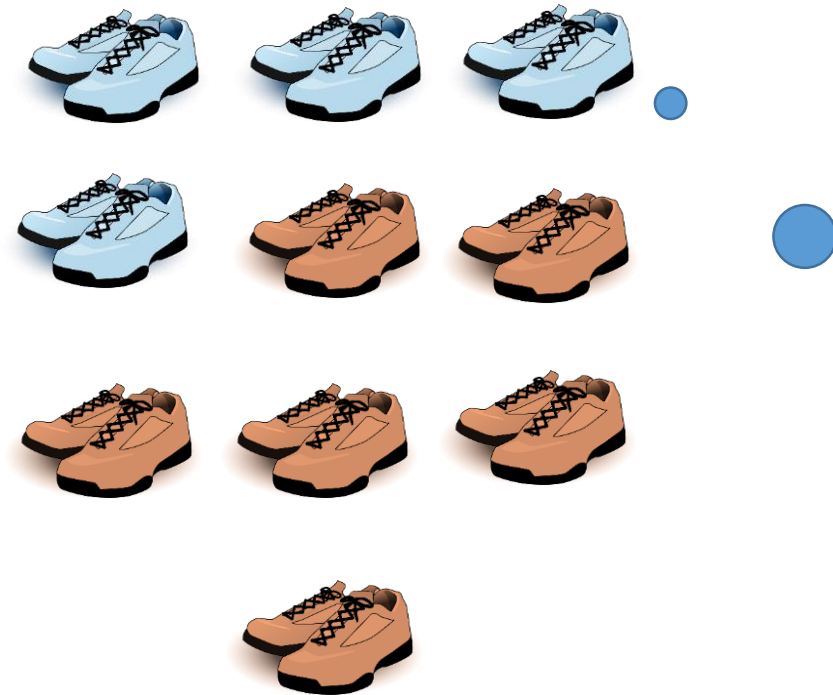
- 61% of NICOLA participants reported drinking alcohol on a regular basis.
- 18% of participants (approximately one in three regular drinkers) consumed more than the recommended level of 14 units per week.
- 17% of participants reported that they smoked currently.
- The highest rates of smoking were observed among participants who were single, younger, lived in urban areas and/or the most deprived areas and had the lowest education levels.
- 57% of participants reported undertaking sufficient physical activity to benefit their health (150 minutes or more per week).
- Physical inactivity tended to be highest among participants who were women, older, single, lived alone, had the lowest education level, and lived in areas of social deprivation.

- Stratified random sample of ~8500 men/women aged 50+ in Northern Ireland
- Longitudinal : Repeated measures every 2-4 years for a period of >10 years
- Computer Assisted Personal Interview (CAPI) plus self-completed questionnaires
- Physical activity measured using the short form of the International Physical Activity Questionnaire (IPAQ).



# Overall – 43% inactive

50-64 yrs	38%
65-74yrs	42%
75+yrs	59%

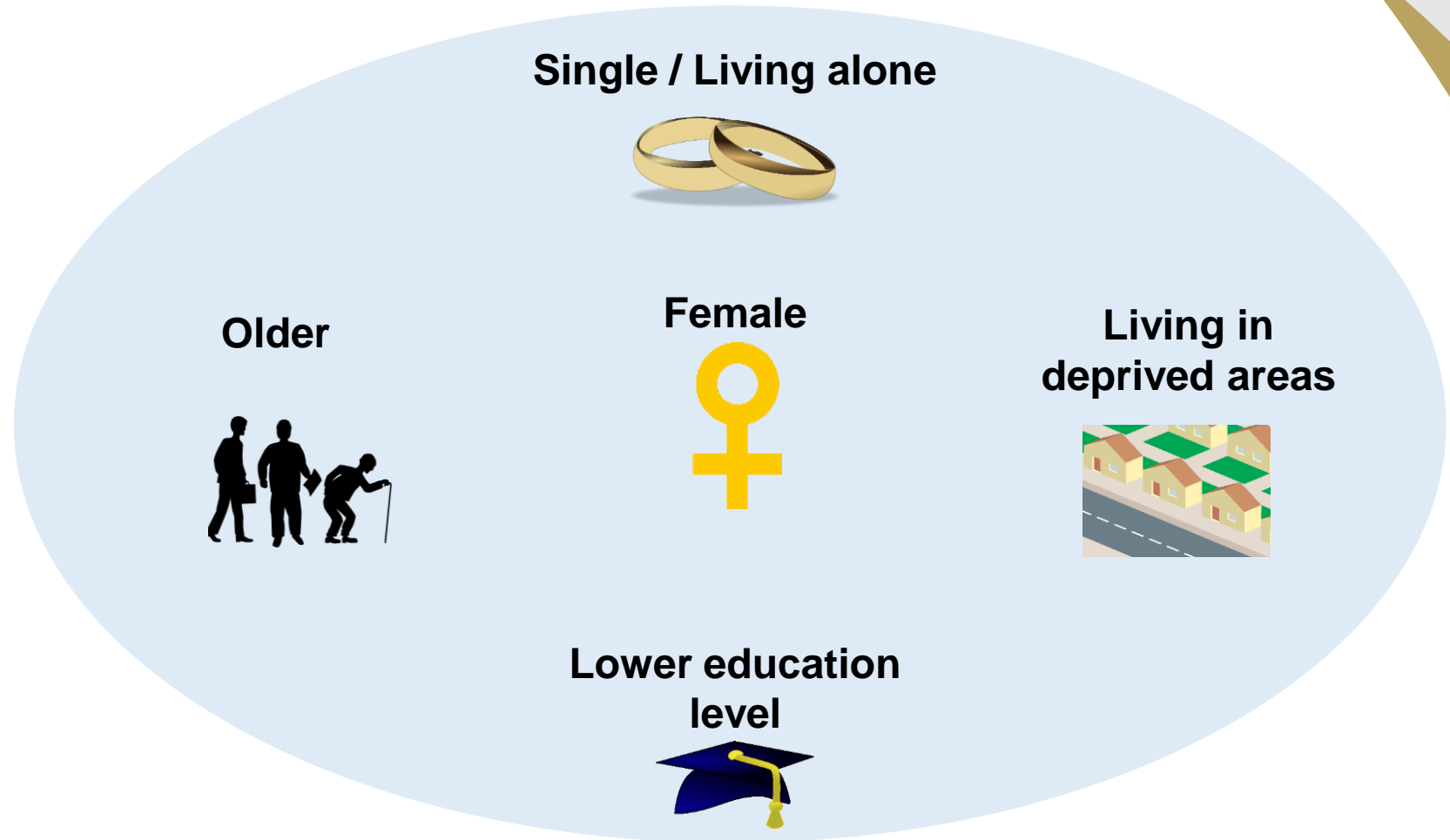


22% reported  
taking no  
moderate to  
vigorous  
physical activity

**Living alone                      54% inactive**  
**Living with others    39% inactive**



# Characteristics of physically inactive older adults in Northern Ireland



# Acknowledgements/Funders





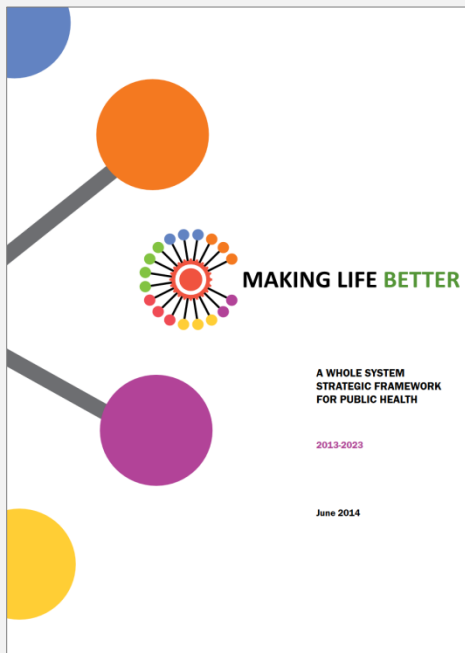
# Physical activity and Older adults

## An overview of policies in Northern Ireland

**Dr Conor Cunningham**  
Institute of Public Health  
in Ireland

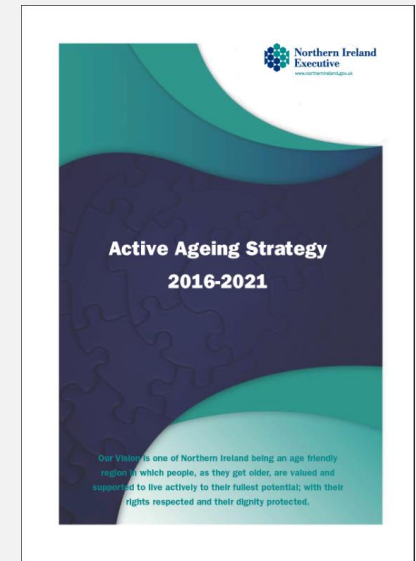
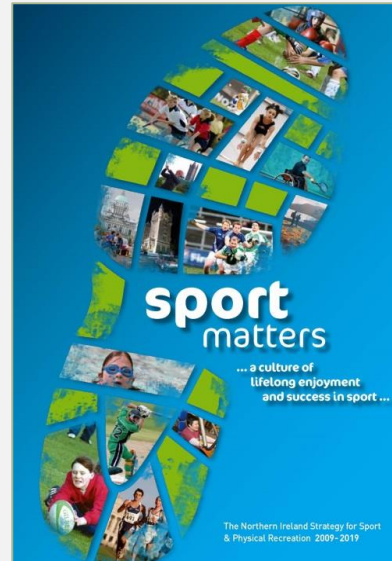
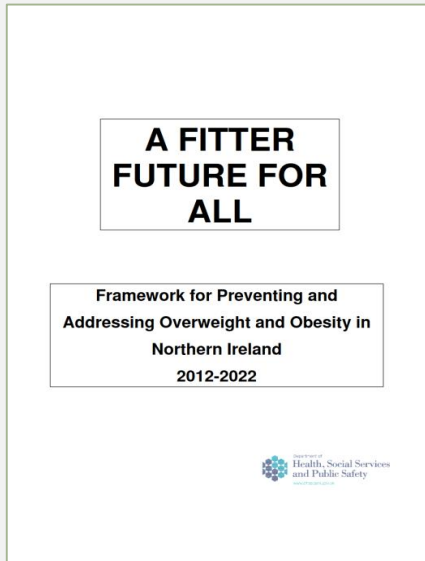


# PA policy (for older adults) in NI



Strategic framework to provide direction for policies and actions to improve the health and wellbeing of people in Northern Ireland

# PA policy (for older adults) in NI

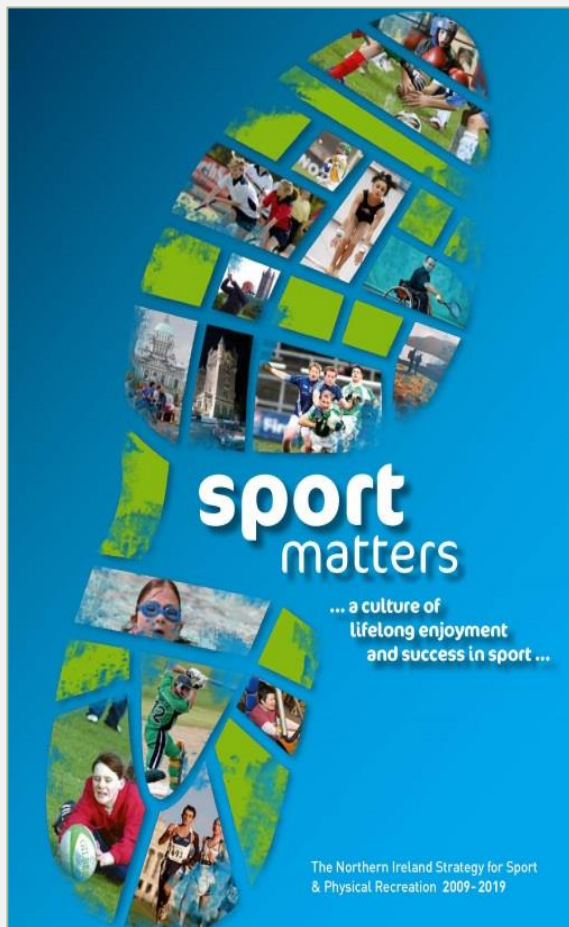


# A FITTER FUTURE FOR ALL

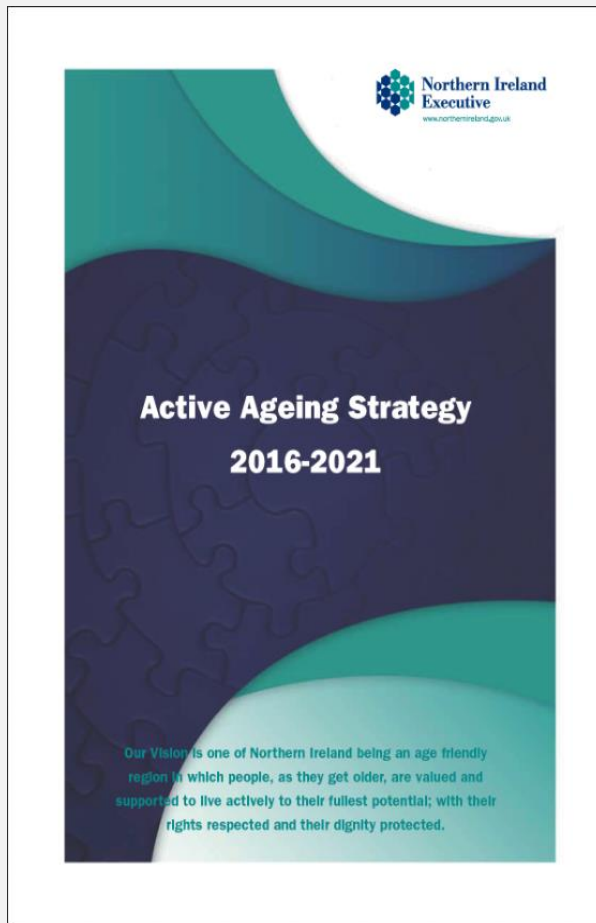
Framework for Preventing and  
Addressing Overweight and Obesity in  
Northern Ireland  
2012-2022



- **Overarching target** for adults: ‘to reduce the level of obesity by 4% and overweight and obesity by 3% by 2022 (2012)’
- **2 long term objectives:**
  1. To increase the percentage of people eating a healthy, nutritionally balanced diet
  2. To increase the percentage of the population meeting CMO guidelines on PA
- “Improved awareness and achievement of CMO’s guidelines for physical activity, including older people”



- The NI Government commitment to sport and recreation, formally endorsed by the NI Executive and Assembly
- Participation was one of the high level targets
- “By 2019 to deliver at least a 6 percentage points increase in the participation in sport and recreation among older people from the 2011 baseline”



- The NI Government commitment to support older people to live actively to their fullest potential
- Key message: keeping active as we age is a vital component of ensuring that we remain independent and healthy
- The strategy is linked to outcome 4 of the Northern Ireland draft programme for government: “We enjoy long, healthy, active lives”

## Questions for each case study

- **Q1:** What can we do to get such older people active?
- Q2: Who should be involved and how?
- **Q3:** What do we know works?
- Q4: What doesn't work and why?

Under each question – list the **key themes** that emerge from your group work and discussion