

HIPS/17/18 – Sit Less, Move More: Improving sedentary behaviour and physical activity in community-dwelling older adults; development and feasibility testing of a novel technology-supported intervention

People aged 65 years and older make up an increasingly large percentage of the Scottish population. Therefore, helping older people live healthier lives is critical to avoid a crisis in health and social care. Sitting less and doing more physical activity can help older people improve their health and wellbeing, and live independently for longer. We have developed a new device (the Activator) to show people how long they sit and how many steps they take each day, so they can set goals to sit less and move more. We have shown an early version of the device works with middle-aged men, and have produced a new version providing feedback on a Smartphone. We have also shown that: 1) older adults who do more with other people, sit less; 2) light activities and walking might help them break up sitting time. We will now work with older adults to adapt the Activator and Smartphone feedback for use in a new intervention to help them sit less and be more active by breaking sitting with light activities, walking, and strength and balance exercises, and by doing more things with other people. The intervention will then be tested in a small-scale study.