



# Role of activity monitors in adopting an active and healthy lifestyle

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*in collaboration with Age UK Milton Keynes, Carers MK, Samsung UK and University of Oxford*

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## Research strands related to people aged over 55



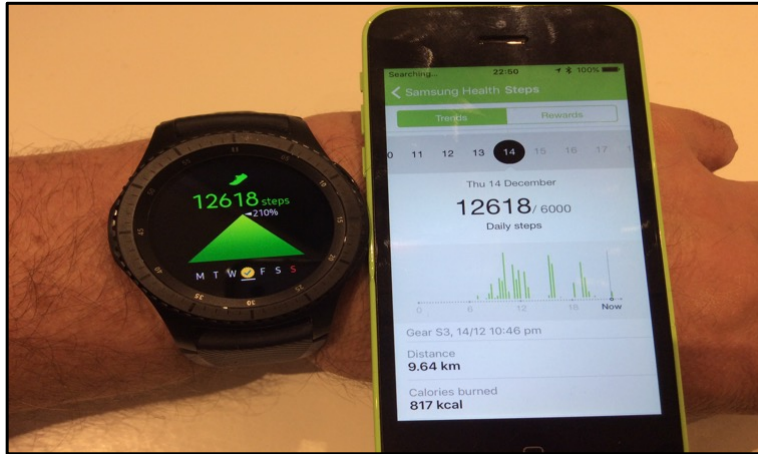
social isolation and loneliness in people over 55 years in MK

digital skills of people aged over 55 years

activity monitors for older people, carers, and people being cared for



## Activity monitors

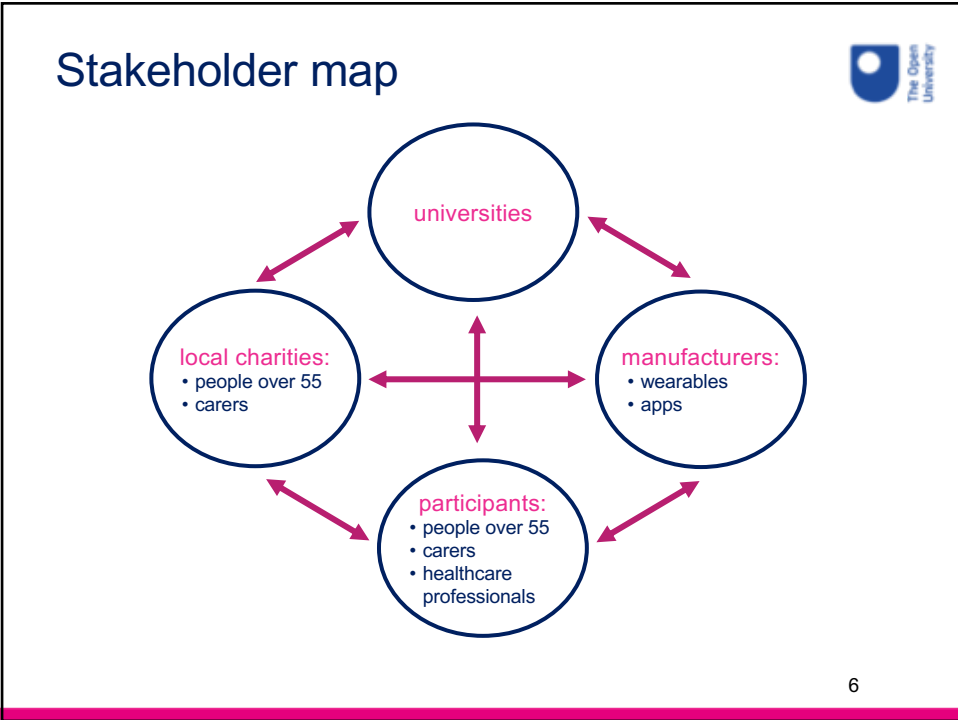
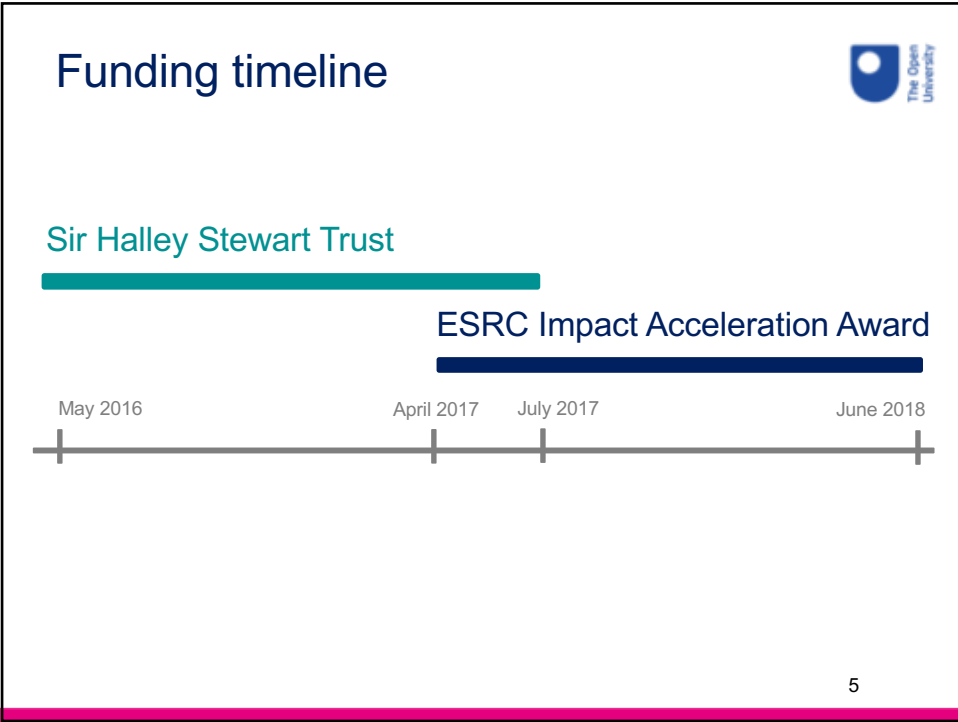


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## Research objectives



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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.

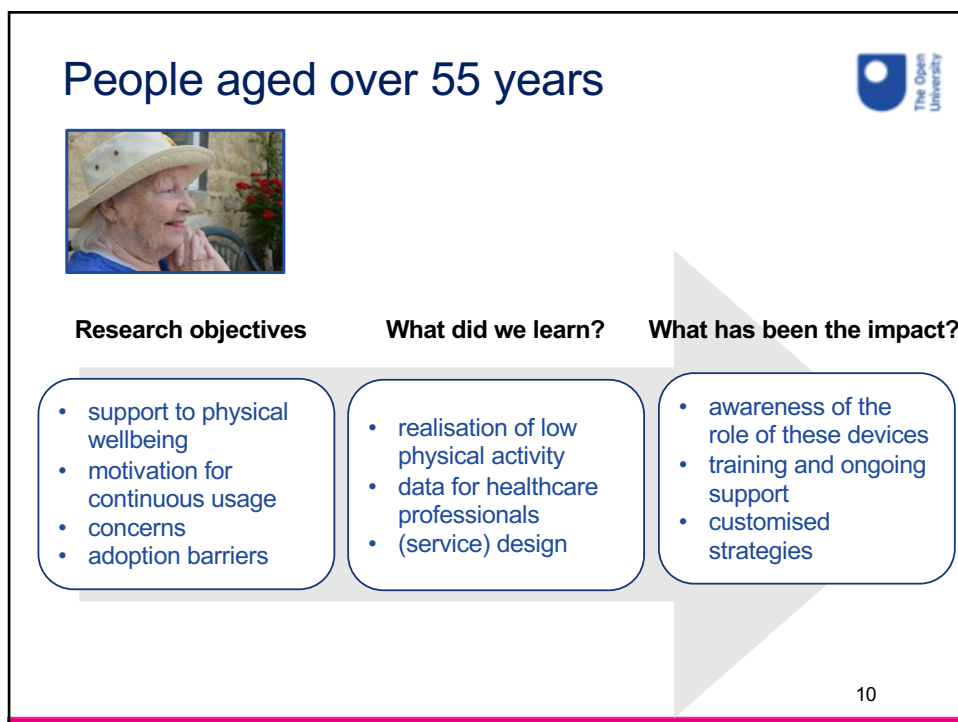
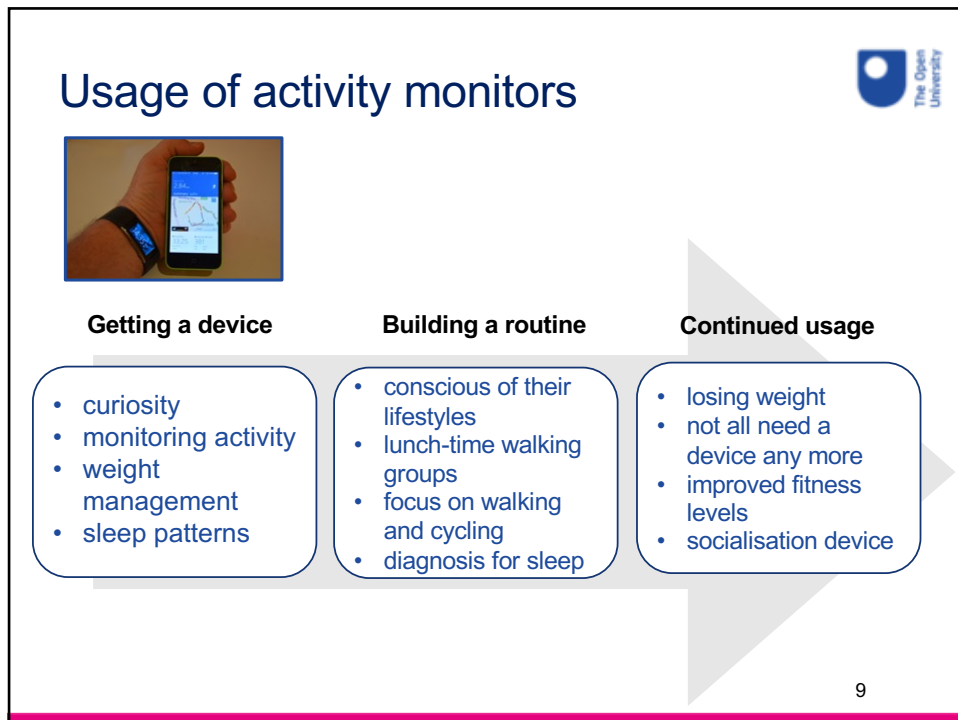
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## Use of activity monitors (2016 - present)



Users of activity monitors, 2016

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## Usage of activity monitors



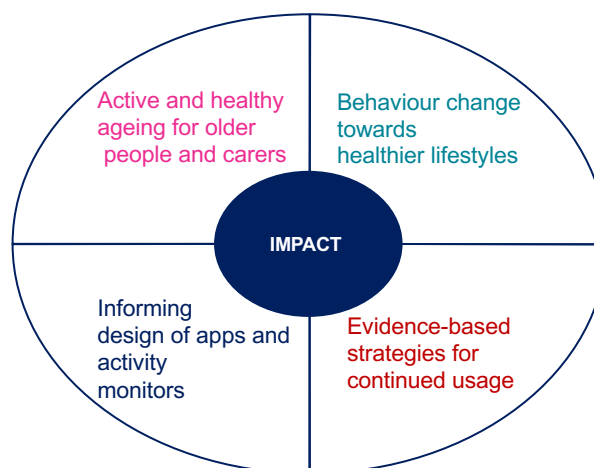
*"I have observed that when I was more active my sleep was less disrupted so certainly my intention is to try to **stay more active and see if that does improve my sleep quality**" [55-64, male, workshop]*

*"...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]*

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## Impact through knowledge exchange



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## For post-workshop dialogues



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