

Physical activity in later life

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Who we are

About us



Centre for Ageing Better

- An **independent charitable foundation**.
- We are funded by an **endowment** from the National Lottery Community Fund.
- We are part of the network of **What Works organisations** that promote the better use of evidence in policy and practice.

About us



- We know that what we do before we are old greatly affects our prospects for a good later life.
- That's why our focus is on those approaching later life, a life stage between mid-life and later life (**approx. aged 50-70**).

What we do

Our priority goals



Centre for Ageing Better

Our aim is for people approaching later life to:

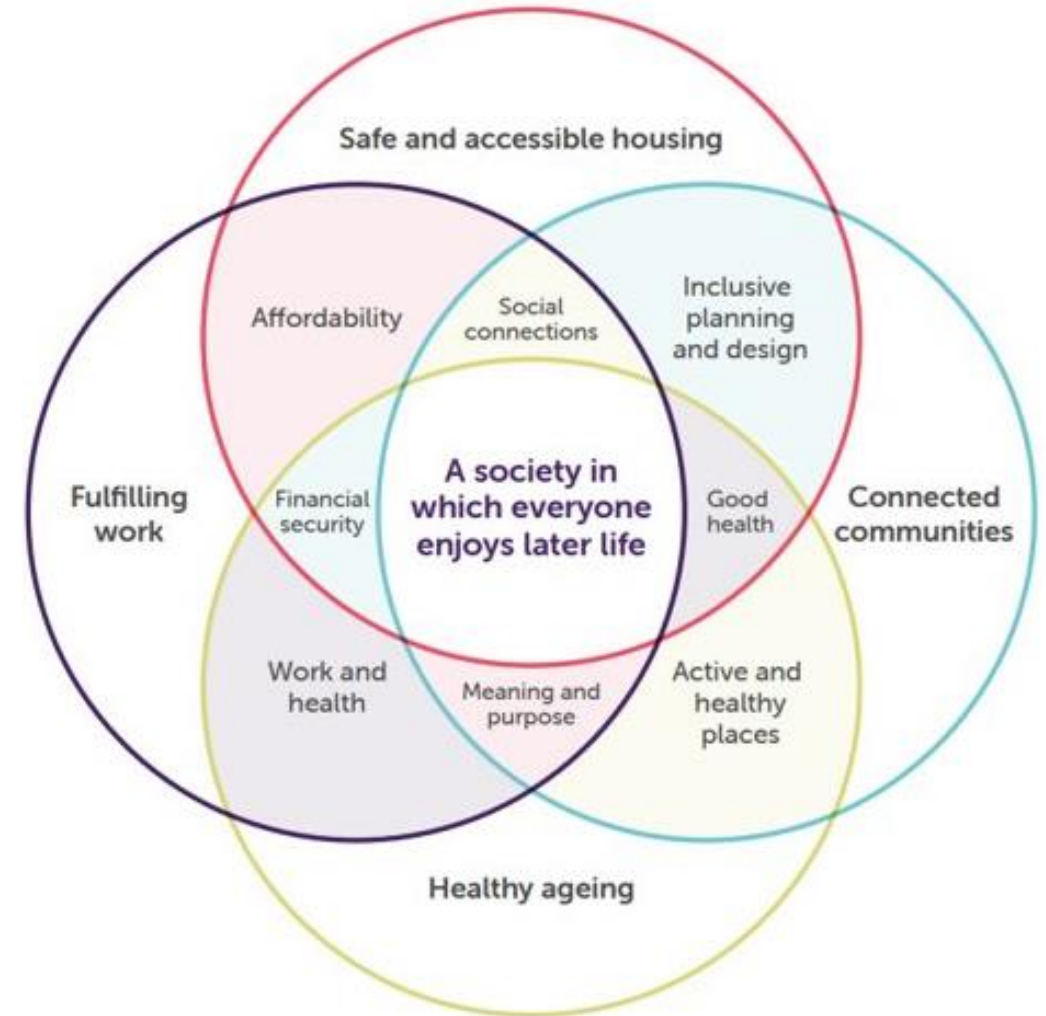
- **Live healthier, more active lives**, reducing the risk of poor health, delaying onset, progression and impact of disease and disability
- Be in **good quality work for longer**, boosting savings and delaying drawing pensions
- Live in **safe, accessible and adaptable homes**, remaining independent and active for longer
- Live in **communities** where social relationships flourish, making it easier to **build and maintain close connections** as well as wider everyday contact

Our priority goal for healthy ageing

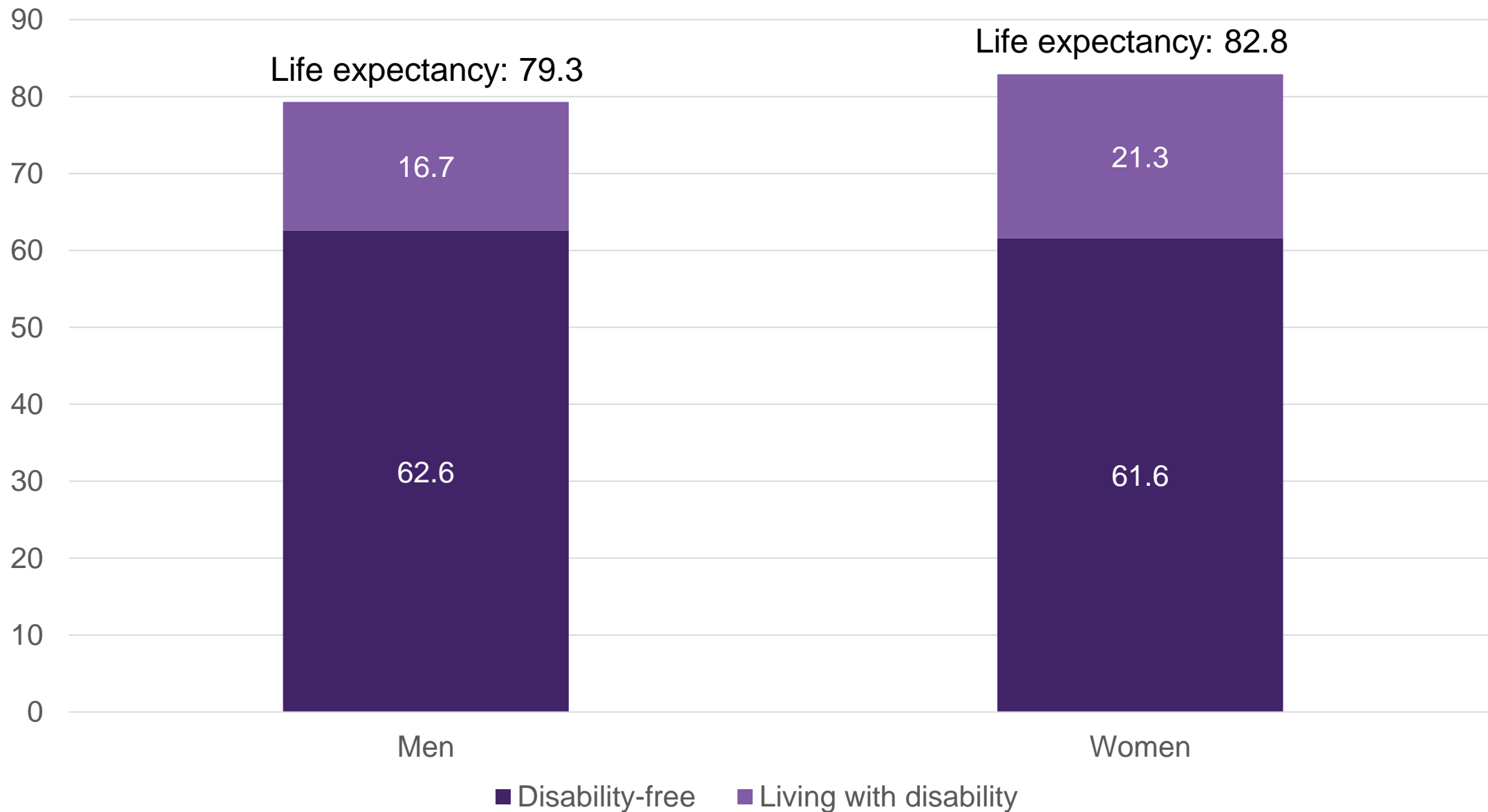
Our goal is for people to have **five more years free of preventable disability**

And

To **reduce the gap between the richest and poorest** people in disability-free life expectancy by 2035.

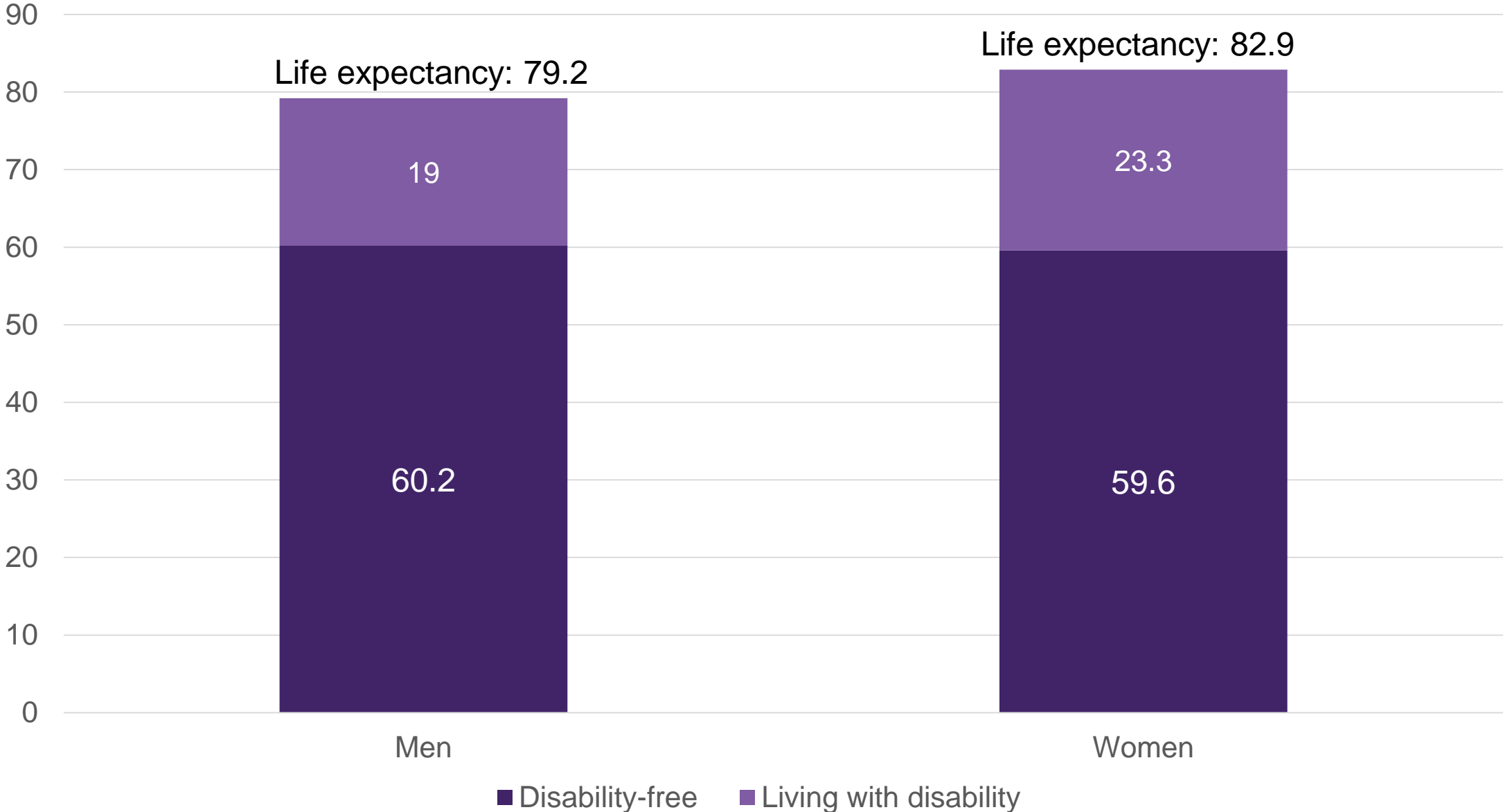


DFLE at birth – UK



Source: Office for National Statistics (2019), Health state life expectancy at birth and at age 65 by local areas, UK

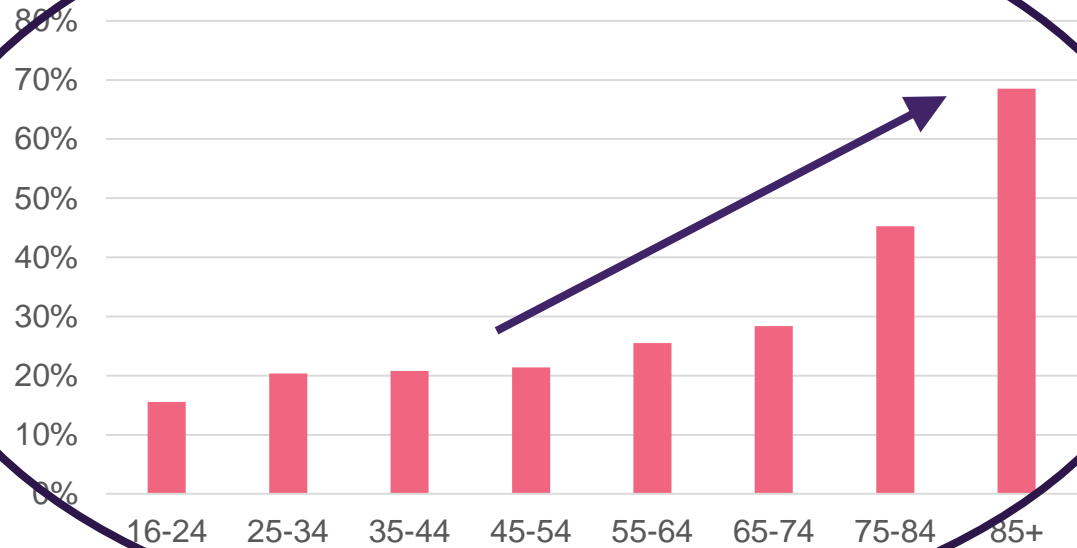
DFLE at birth - Lincolnshire



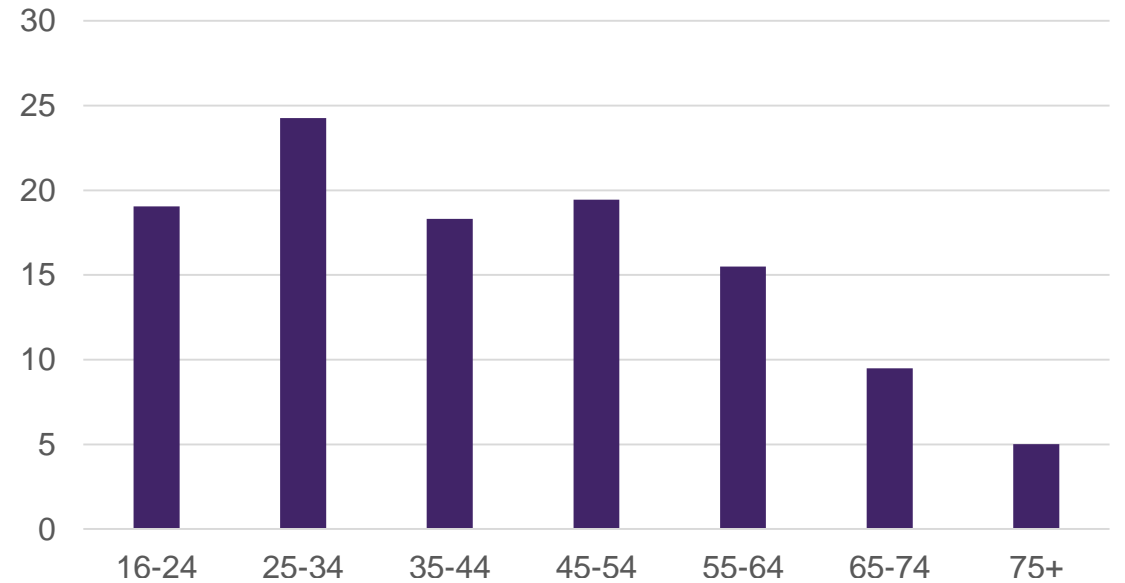
Source: Office for National Statistics (2019), Health state life expectancy at birth and at age 65 by local areas, UK

Risk factors for disability in mid and later life

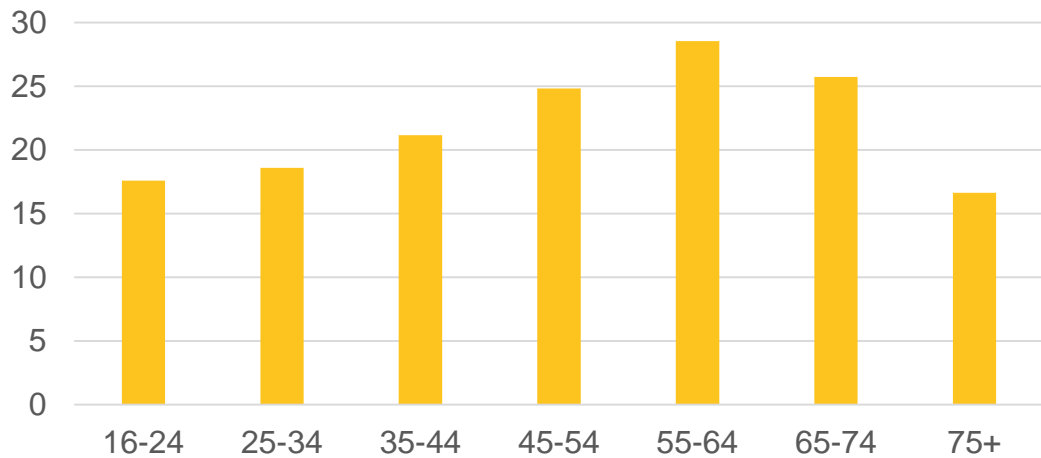
Physical inactivity



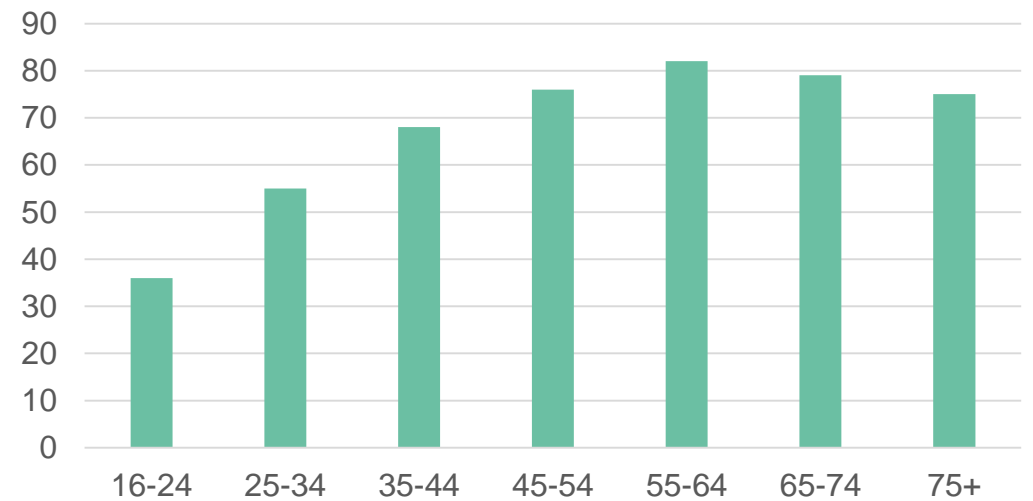
Current smoker



Drinking at increased or higher risk



Overweight or obese



What do we mean by physical activity?



AT LEAST MODERATE INTENSITY *

BOUTS OF 10 MINS OR MORE THAT
ADD UP TO ONE OF THE THREE
LEVELS OF ACTIVITY

* VIGOROUS INTENSITY COUNTS AS DOUBLE

INACTIVE

LESS THAN **30** MINUTES A WEEK

FAIRLY ACTIVE

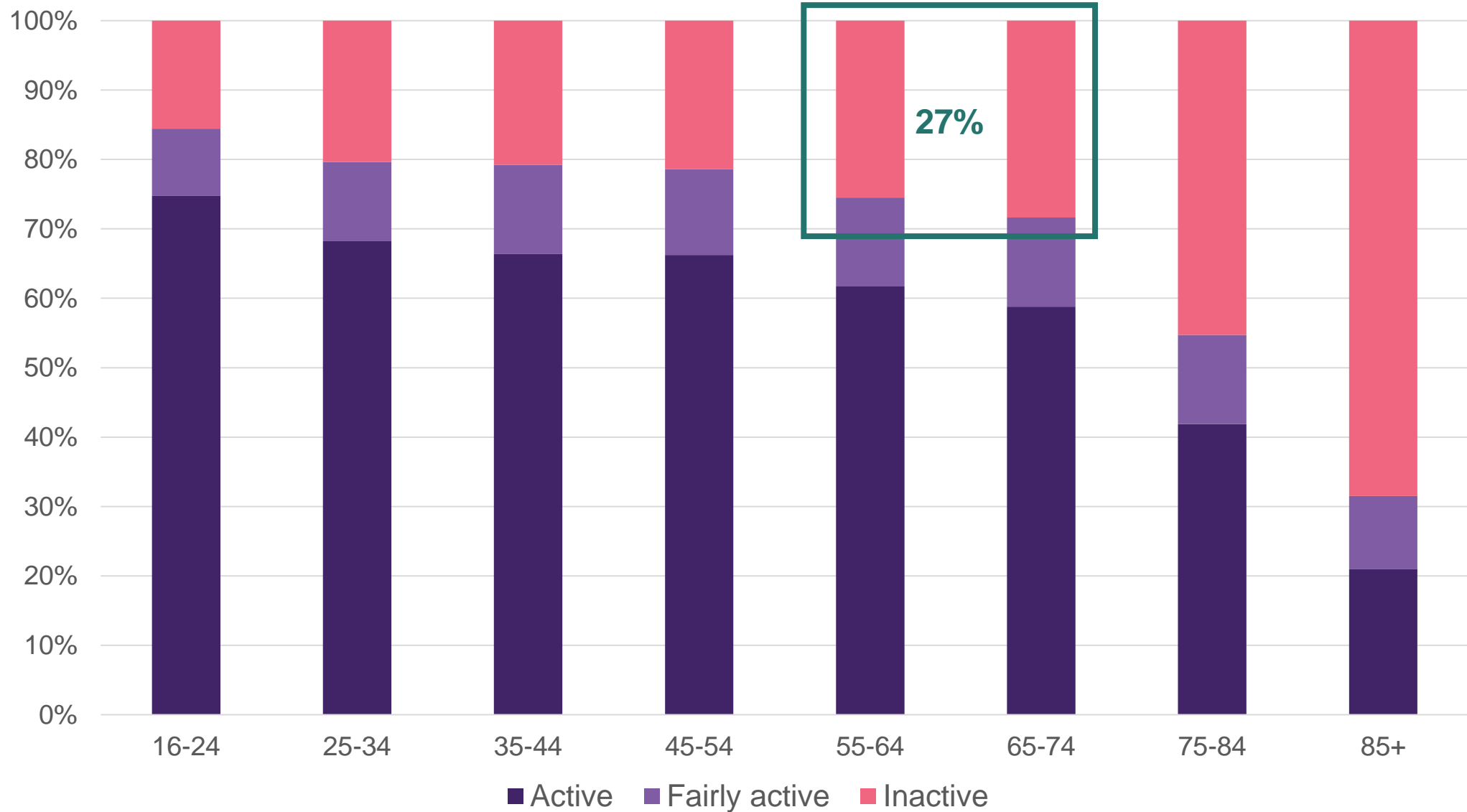
30-149 MINUTES A WEEK

ACTIVE

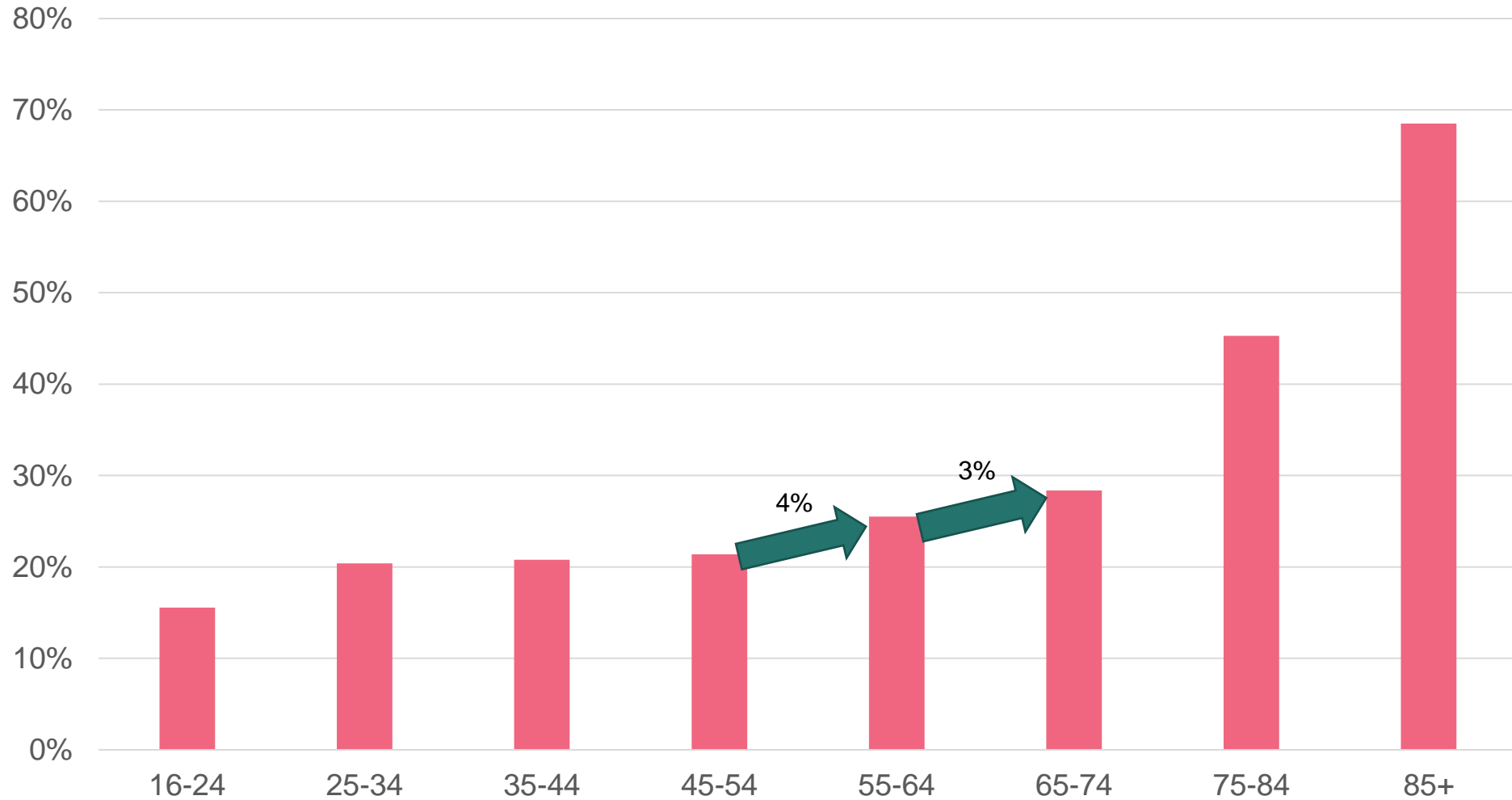
150+ MINUTES A WEEK

Who are we
focused on?

We are most interested in those classified as 'inactive'

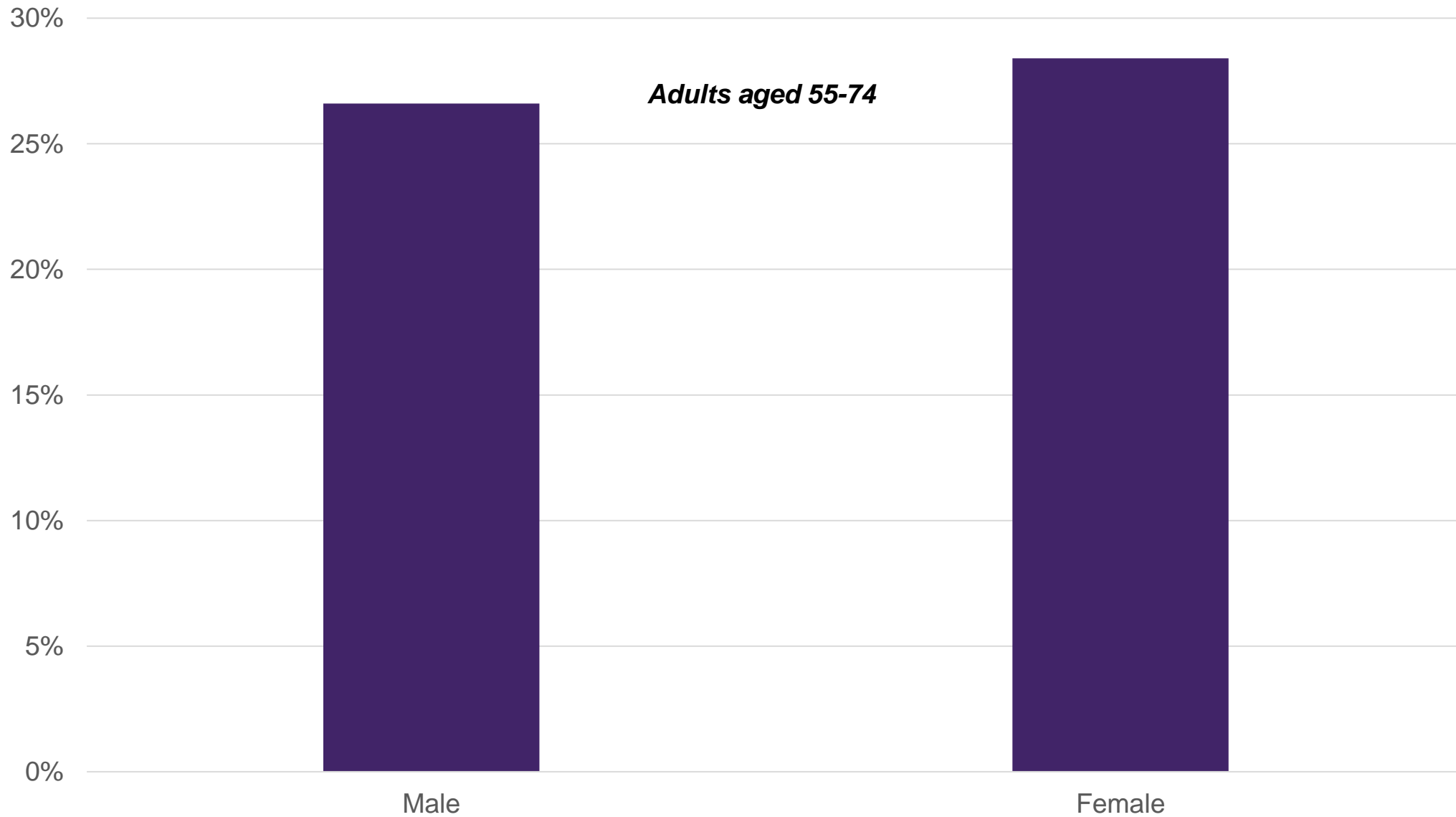


Why are people dropping off and becoming more inactive as they grow older?

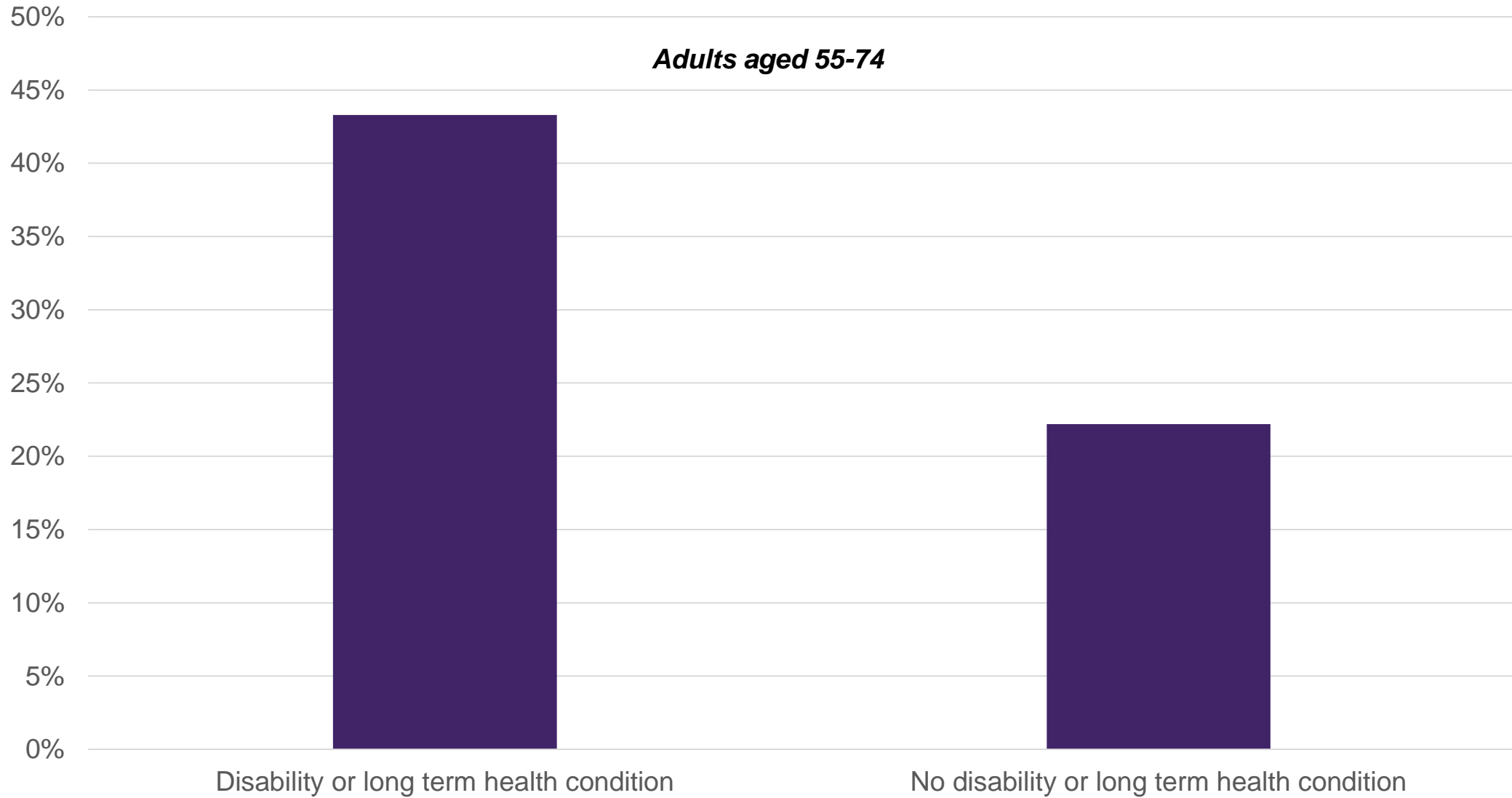


Who is more likely
to be inactive?

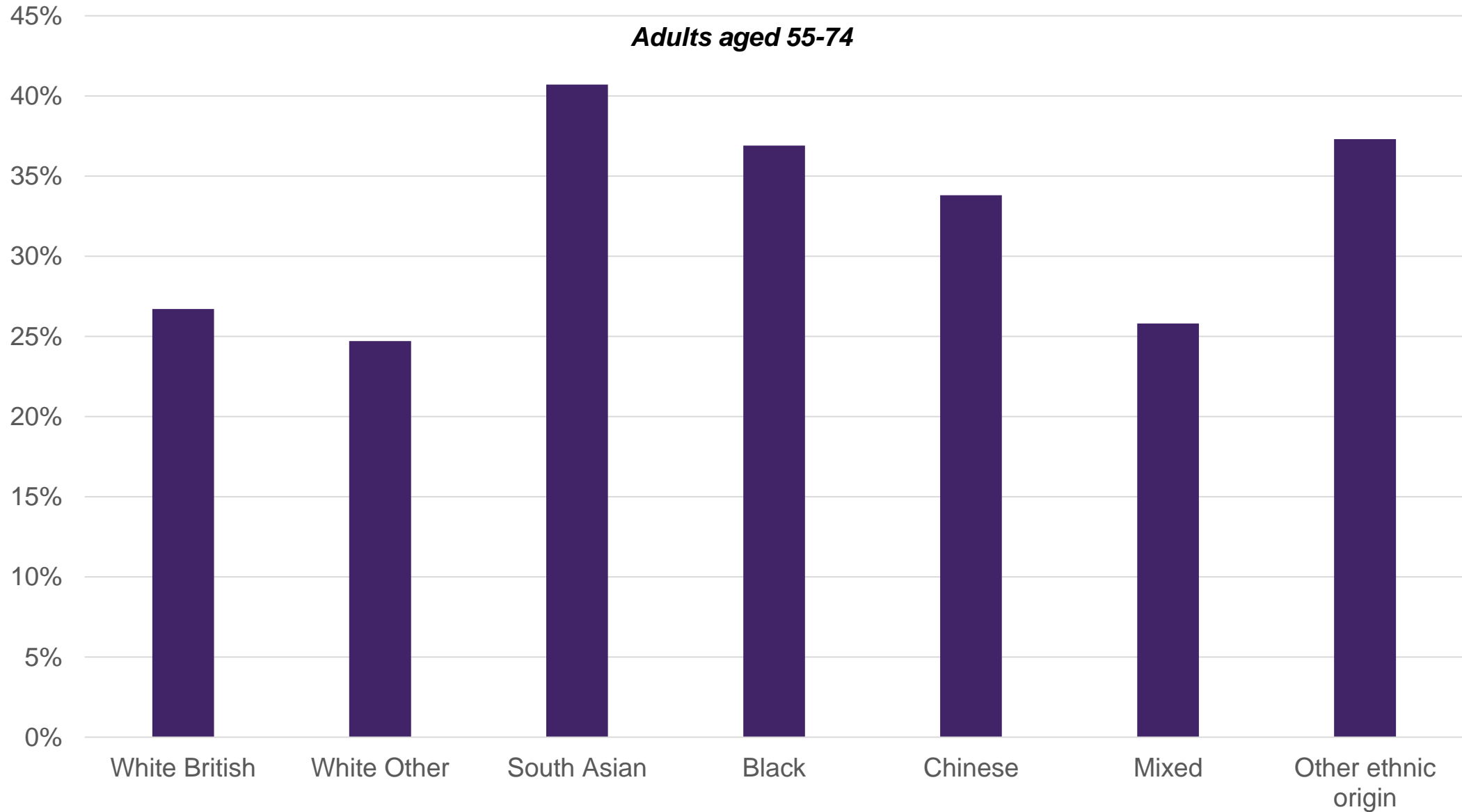
Women slightly more likely to be inactive than men



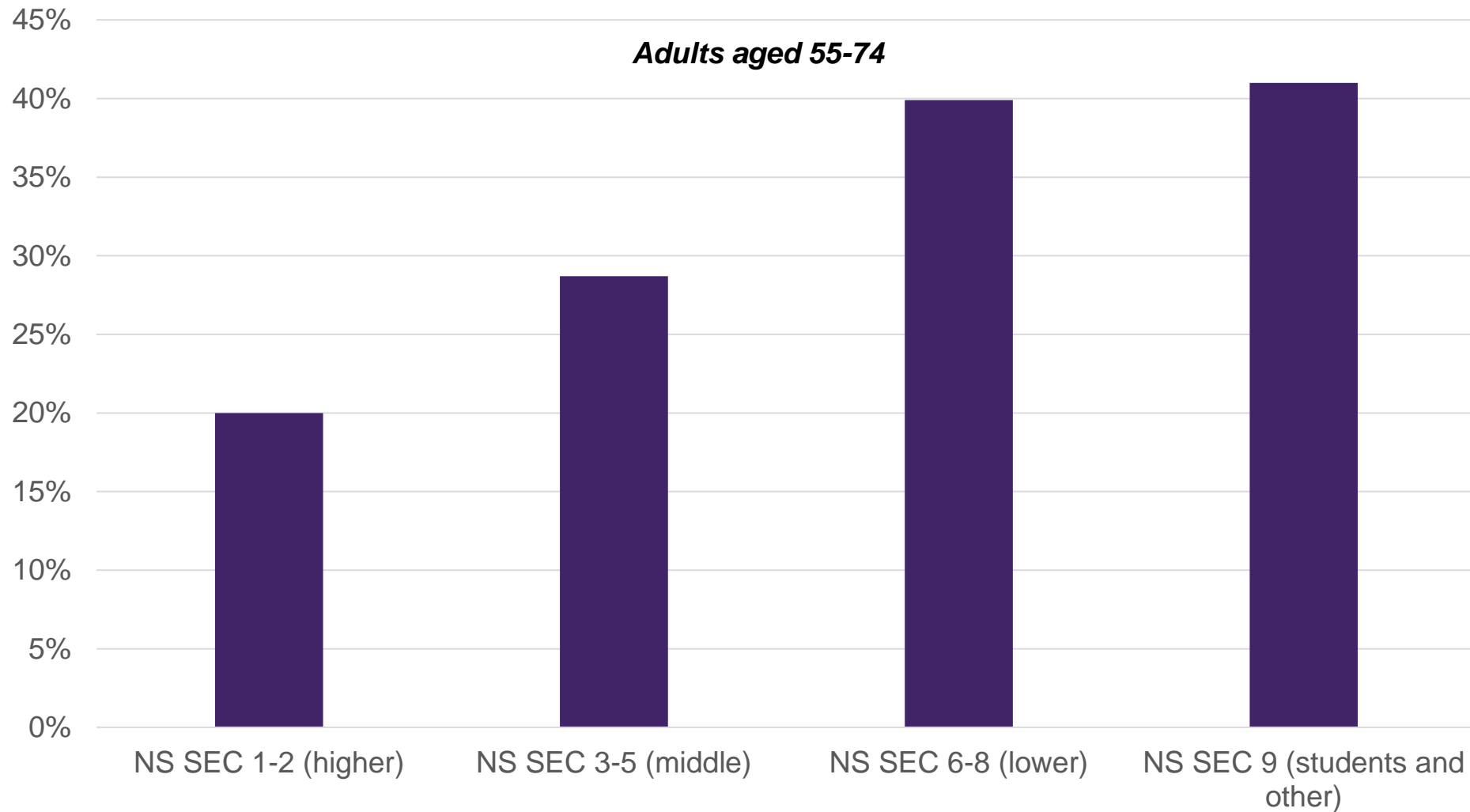
More likely to be inactive if you have a disability or health condition



Inactivity levels by ethnicity



Inactivity levels by social status



NS-SEC groups are defined as: **Higher (NS-SEC 1-2)**: Managerial, administrative and professional occupations (e.g. chief executive, doctor, actor, journalist). **Middle (NS-SEC 3-5)**: Intermediate, lower supervisory and technical occupations; self employed and small employers (e.g. auxiliary nurse, secretary, plumber, gardener, train driver). **Lower (NS-SEC 6-8)**: Semi-routine and routine occupations; long term unemployed or never worked (e.g. postman, shop assistant, bus driver). **Students and other (NS-SEC 9)**.

Source: Sport England (2019), Active Lives Adult Survey: May 18/19 Report.

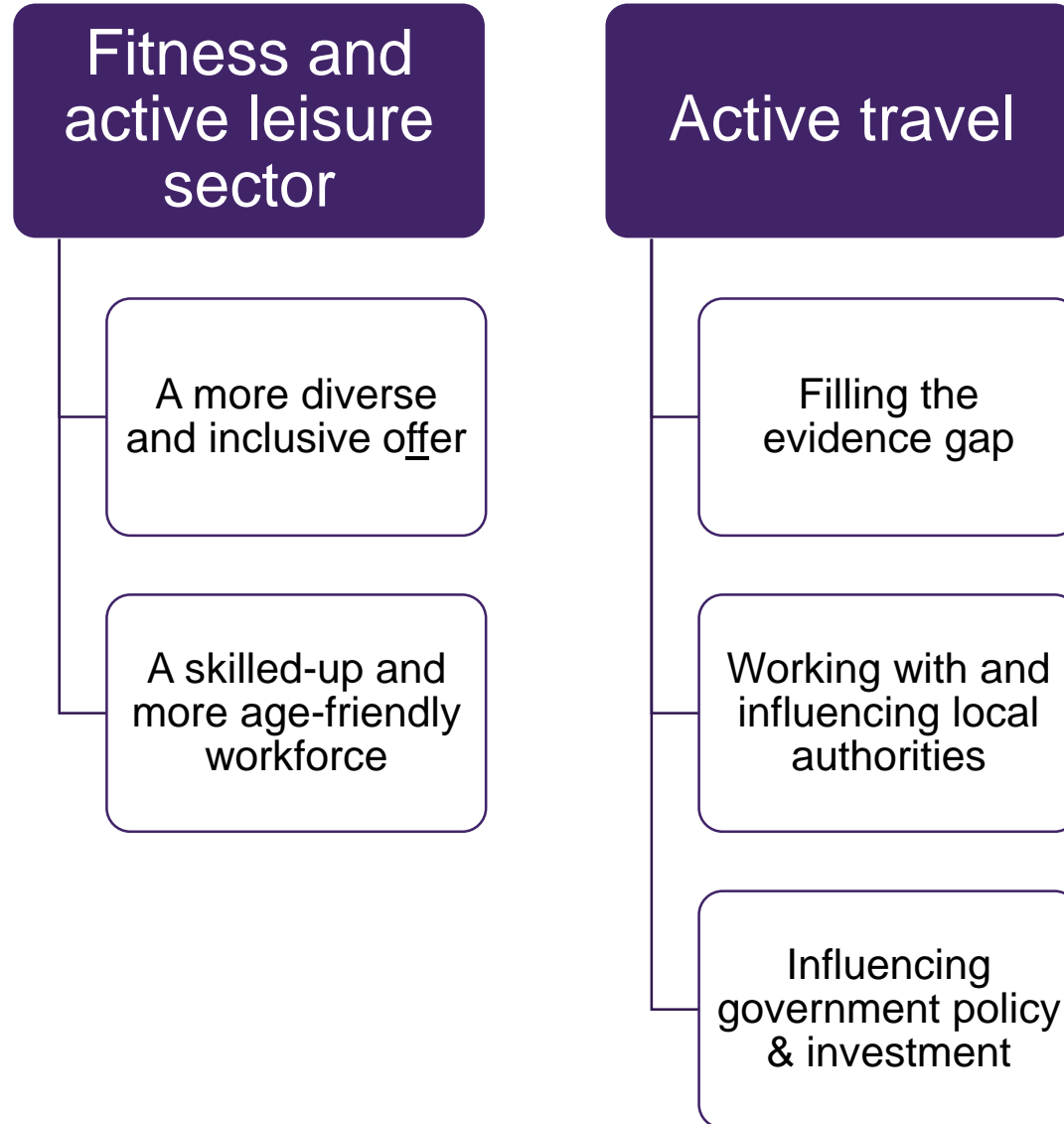
Barriers stopping people from becoming more active

- **Practical**
 - E.g. cost or access to parking, transport
- **Health**
 - Poor physical or mental health
 - Disabilities
 - Fears about pain or falling
- **Sociocultural**
 - Lack of time
 - Lack of knowledge
- **Psychological**
 - Lack of motivation
 - Low self-efficacy
 - Perceived lack of capability
 - Lack of social support
- **Availability**
 - A lack of diverse and inclusive offers that appeal to this cohort and are suitable to their age and ability

What is the Centre
for Ageing Better
doing on physical
activity?

Our priorities for physical activity

As an organisation, we have identified **two routes to change** were we believe we can add value:





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