



SITLESS

**Exercise Referral Schemes enhanced by Self-Management Strategies to
battle sedentary behaviour**



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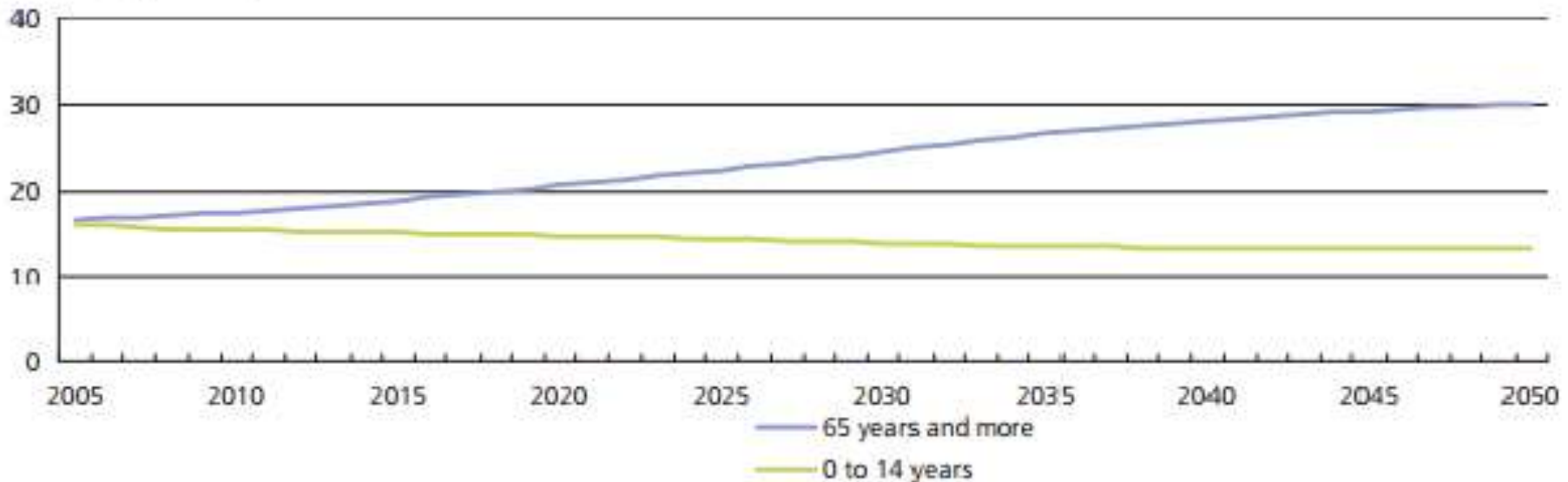
"This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 634270"

Background

- Older adults (65+ years) is the fastest growing segment
- The increase of the elderly population leads to increased prevalence of frailty, risk for poor health outcomes, and related health and social care costs

Figure SP.11: Population projections, EU-27

(% of total population)



Background

- Physical activity (PA) has well documented health benefits
- Approximately two thirds of the European population are inactive

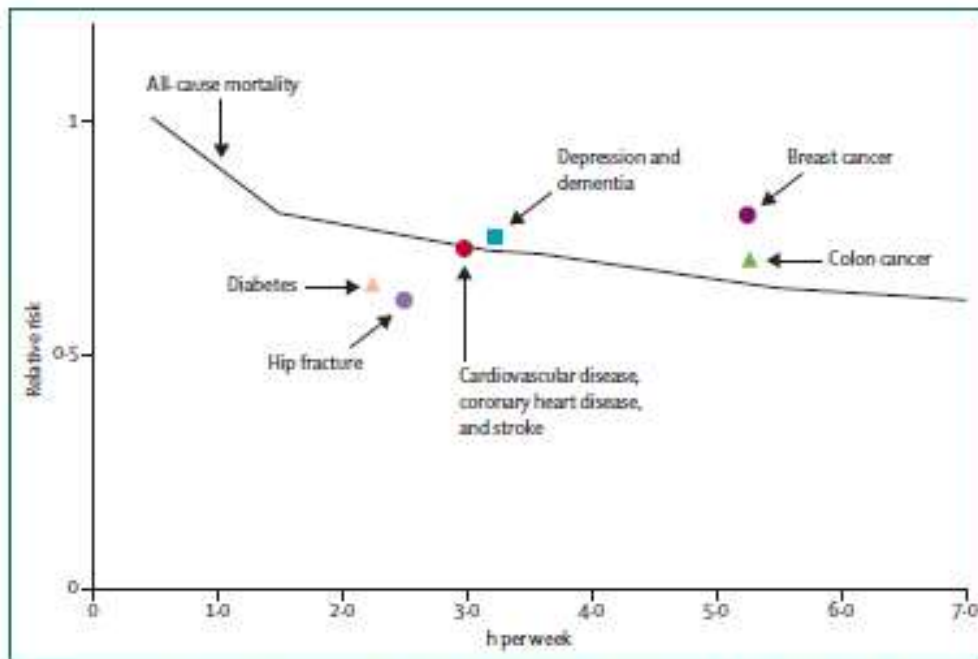


Figure 2: Associations of moderate-to-vigorous physical activity with key health events, including all-cause mortality
Adapted with permission from Powell and colleagues.²⁸

THE EVIL CHAIR



Need for innovation...



City of Melville launches 'Fit for Life' community physical activity program

Australasian Leisure Management (press release) · 5h ago



Physical activity could improve your happiness, study says

Atlanta Journal Constitution · 5 Apr 2018



Physical Activity Conversations With Patients Need to Be Routine, AHA Says

TCTMD · 6 Apr 2018

Need for innovation...

- Only common physical activity programme across European health services are Exercise Referral Schemes (ERS)
- Low uptake and adherence, especially in older adults
- Added challenge of increasing sedentary behaviour in older adults



Key Aims

- ▶ Develop and test complex intervention to address sedentary behaviour and physical activity
- ▶ Exercise referral schemes enhanced with self-management-strategies
- ▶ Test long-term (cost) effectiveness (18 month follow-up)



STUDY PROTOCOL

Open Access

The SITLESS project: exercise referral schemes enhanced by self-management strategies to battle sedentary behaviour in older adults: study protocol for a randomised controlled trial

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Abstract

Background: Older adults are the fastest growing segment of the world's population. Recent evidence indicates that excessive sitting time is harmful to health, independent of meeting the recommended minimum to adequate physical activity (PA) guidelines. The SITLESS project aims to determine whether exercise referral schemes (ERS) can be enhanced by self-management strategies (SMS) to reduce sedentary behaviour (SB), increase PA and improve health, quality of life and function in the long term, as well as psychosocial outcomes in community-dwelling older European citizens from four countries, within a three-armed pragmatic randomised controlled trial, compared with ERS alone and also with general recommendations about PA.

Methods: A total of 1300 older adults will be included in this study, recruited from four European countries through different existing primary prevention pathways. Participants will be randomly allocated into an ERS of 18 weeks (21 sessions, 45-60 min per session), ERS enhanced by seven sessions of SMS and four telephone prompts or a control group. Outcomes will be assessed at baseline, month 4 (end of ERS intervention), month 18 (18 months post intervention) and month 22 (22 months post intervention). Primary outcomes will include measures of SB (time spent sedentary) and PA (steps per minute). Secondary outcomes will include muscle and physical function, health/economic related outcomes, anthropometry, quality of life, social networks, anxiety and depressive symptoms, disability, fear of falling, executive function and fatigue. A process evaluation will be conducted throughout the trial. The full analysis will follow an intention-to-treat principle and will include all randomised participants for whom a baseline assessment is conducted. The study hypotheses will be tested with mixed linear models with repeated measures, to assess changes in the main outcomes (SB and PA) over time (baseline to month 22) and between study arms.

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ONE-TO-ONE
MEETING



GROUP BASED
SESSIONS

TELEPHONE
FOLLOW-UP



REDUCE
YOUR TV
TIME



INTERRUPT
YOUR SITTING
TIME



LIMIT YOUR
COMPUTER USE



SITLESS

EXERCISE REFERRAL SCHEMES ENHANCED
BY SELF-MANAGEMENT STRATEGIES TO
BATTLE SEDENTARY BEHAVIOUR

PROTECT BONE
HEALTH AND
MUSCLE MASS



2 DAYS PER WEEK

REDUCE YOUR
RISK OF FALLS



75 MINUTES OF
VIGOROUS INTENSITY
PHYSICAL ACTIVITY

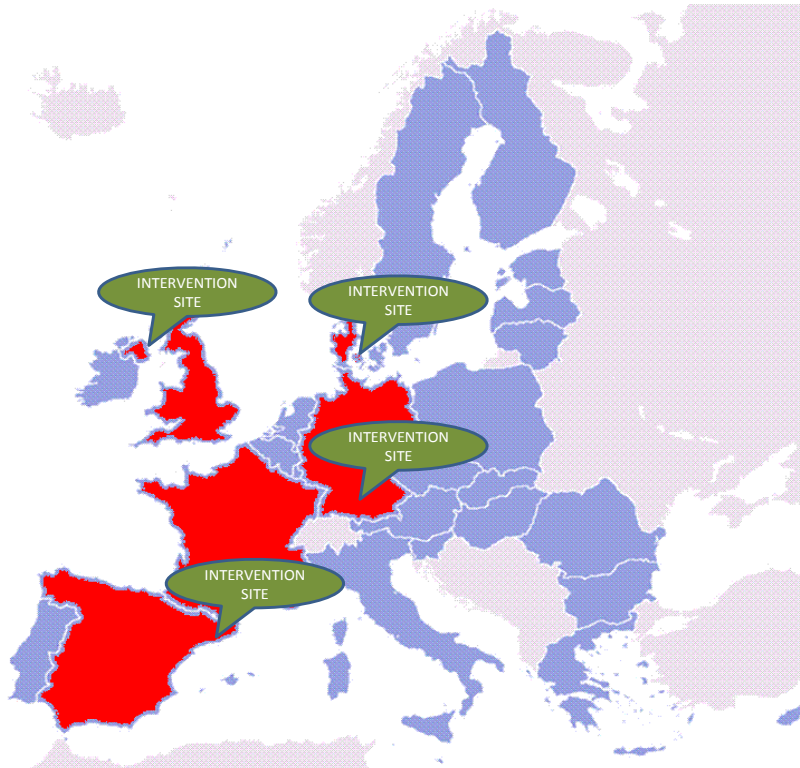


OR 150 MINUTES OF
MODERATE INTENSITY
PHYSICAL ACTIVITY

OR A COMBINATION
OF BOTH



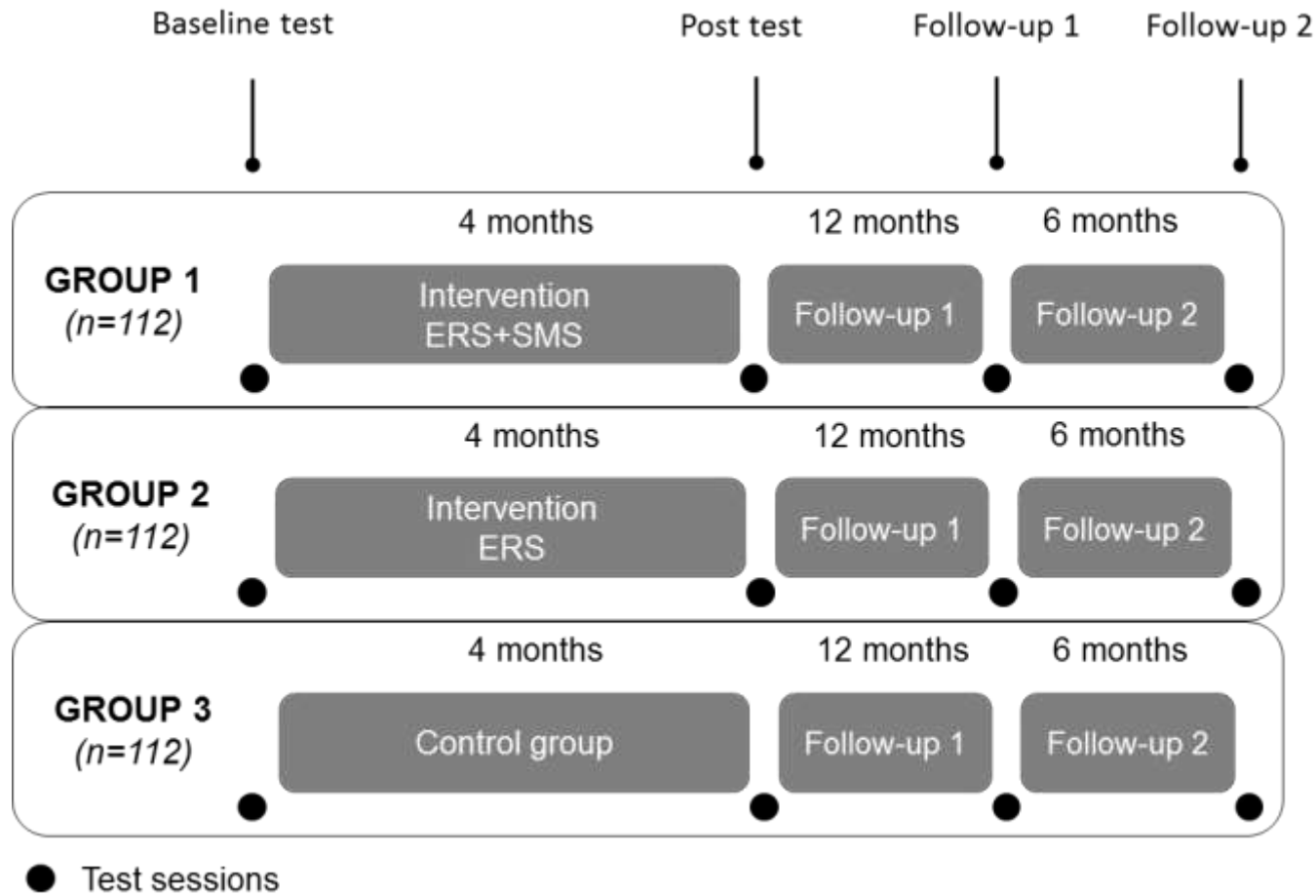
INTERVENTION SITES



- ▶ **CATALONIA:** Fundació Blanquerna
- ▶ **DENMARK:** University of Southern Denmark
- ▶ **UNITED KINGDOM:** Queen's University Belfast
- ▶ **GERMANY:** Universität Ulm

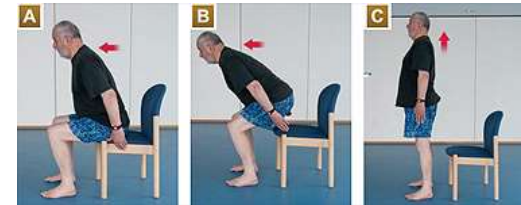


Design



Outcomes

- ▶ Day to day physical activity
- ▶ Functional performance
- ▶ Mental health and wellbeing





“SITLESS will provide a breakthrough in the field of physical activity promotion, since it combines several already tested concepts but that have never been proofed together in such a comprehensive and multidimensional way with an important focus on long term effects”

Progress

- ▶ Intervention developed with service users
- ▶ 1300 participants recruited
- ▶ Intervention complete
- ▶ Will finish post intervention assessments this month

Lessons

- ▶ Need to develop interventions that are suitable for cross-cultural application
- ▶ Our participants value social interactions in programme over the health benefits or the novelty



Benefits of working in partnership

- ▶ Collaboration with experts
- ▶ Opportunities for impact (e.g. Danish National Physical Activity Guidelines for Older Adults)
- ▶ Travel



Future Direction

- ▶ Upstream programmes that engage the least active older adults
 - Socially isolated
 - Low socio-economic position
 - Preventing functional decline

- ▶ Implementation research

Thanks for listening

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