

Knowledge about physical activity among older adults:

Short term effects of a neighbourhood environment Internet-based intervention

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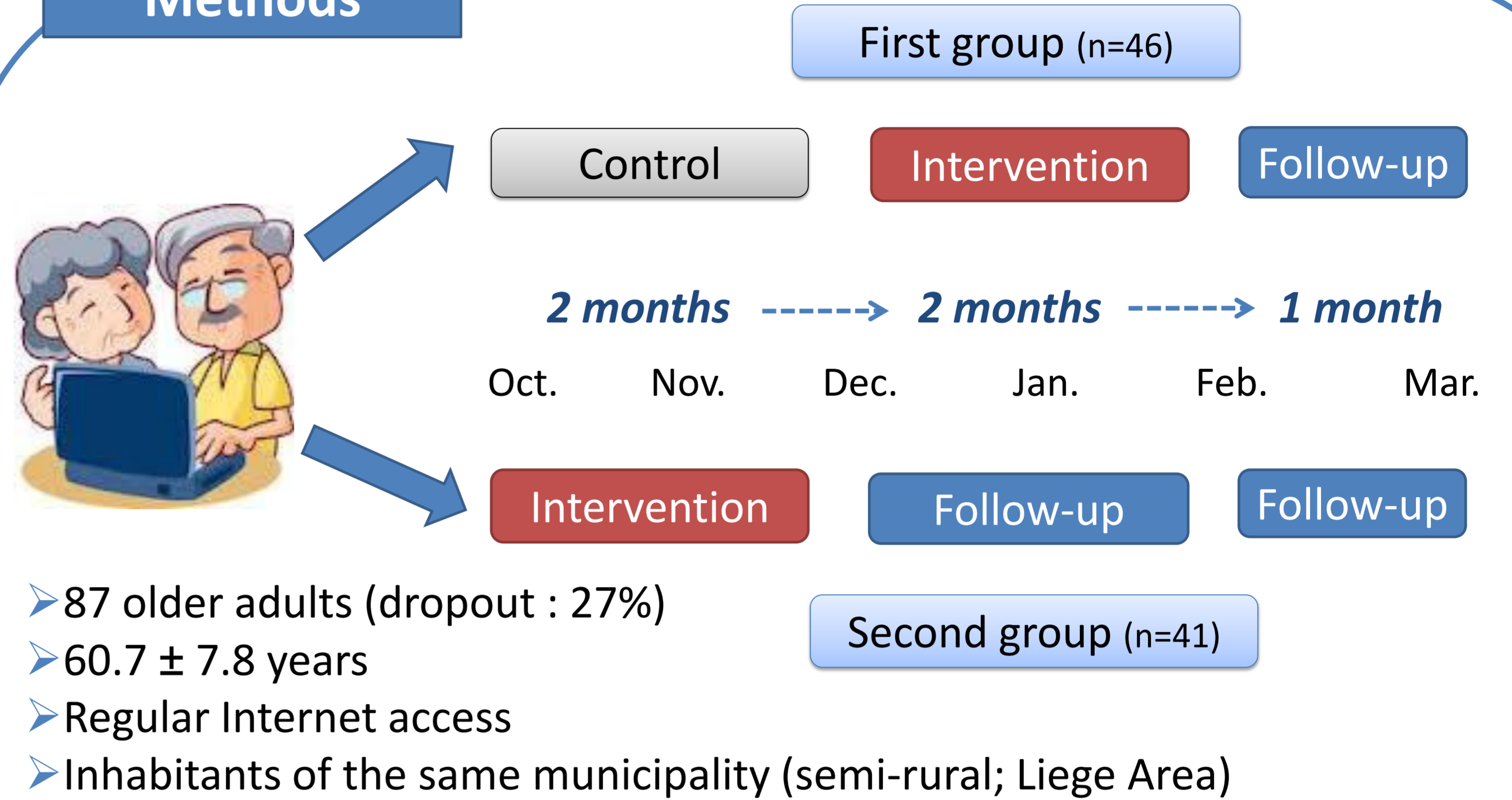
Highlights

- ✓ Intervention is composed of a 2 month access to a neighbourhood environment website and of 2 monthly tailored emails
- ✓ The intervention resulted in short term improvements of the knowledge about physical activity (PA) recommendations by the intervention groups
- ✓ Knowledge about the environmental opportunities for PA increased slightly during intervention but remains rather poor
- ✓ Relationships between premotivational constructs, such as PA knowledge, and motivation about PA in a long term perspective are still unclear

Background

- ✓ Despite multiple proven health benefits¹, population in Western countries meet less and less the public health recommendations for PA when they get older²⁻³
- ✓ Recent studies have shown that Web-based interventions to promote PA exposed promising effects⁴, with at least as many positive outcomes as non Web-based interventions, and at a lower cost⁵⁻⁶
- ✓ Older adults are the fastest growing group of Internet users⁷ and use it for health-related subjects⁸
- ✓ Knowledge about PA, a premotivational construct, could be increased using Internet-based interventions⁹⁻¹⁰

Methods



Aim

Explore the effects of a neighbourhood environment Internet-based intervention on knowledge about PA among older adults

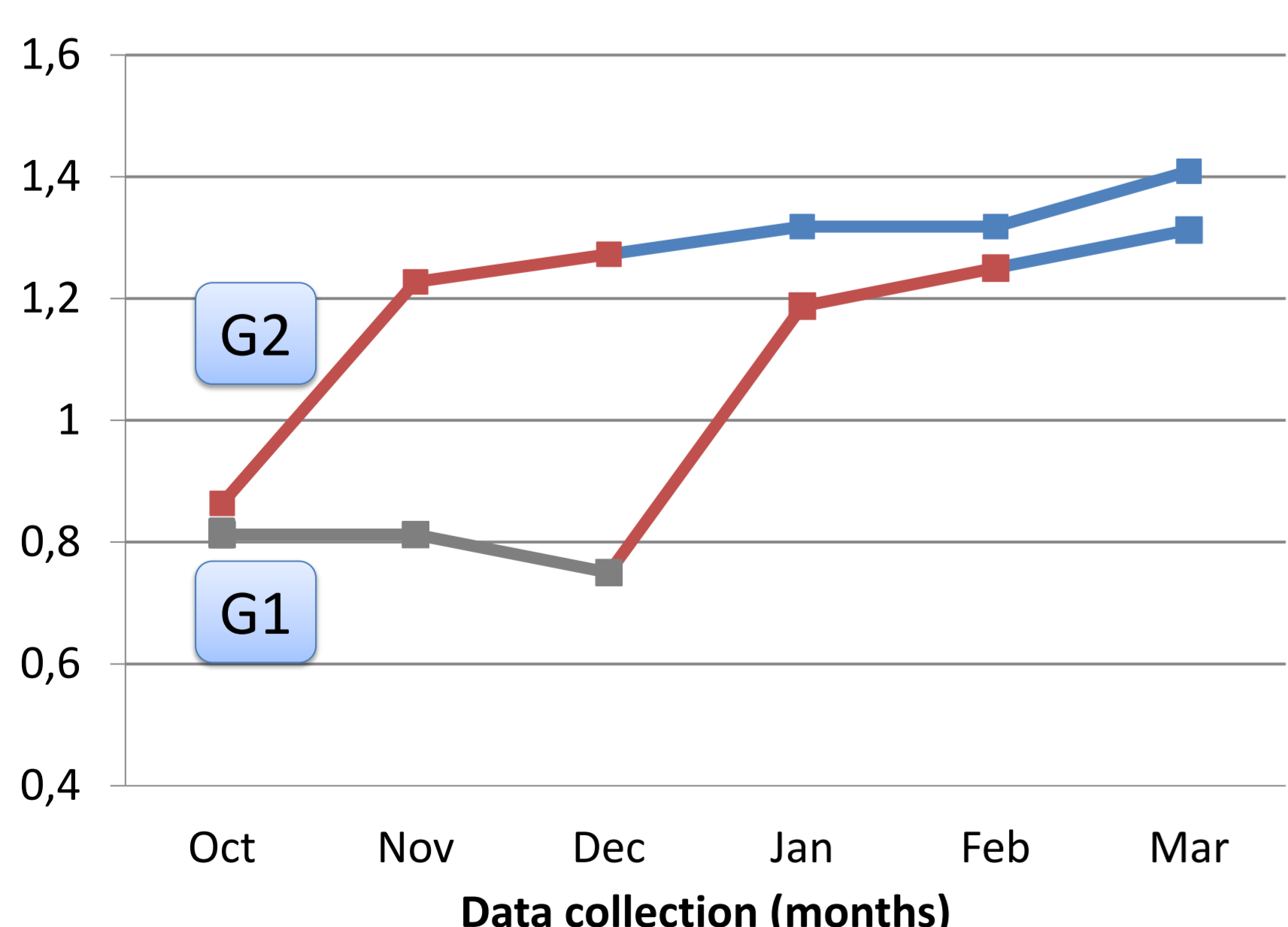
- Monthly online assessment
- Knowledge about PA recommendations (/4) :
 - Minutes/week of endurance activities (/1)
 - Days/week of strengthening activities (/1)
 - Days/week of stretching activities (/1)
 - Minimum amount (minutes) of effective PA (/1)
 - Knowledge of local opportunities for PA
 Open-ended question (1pt per cited opportunity)

Intervention : Environmentally PA website + tailored emails



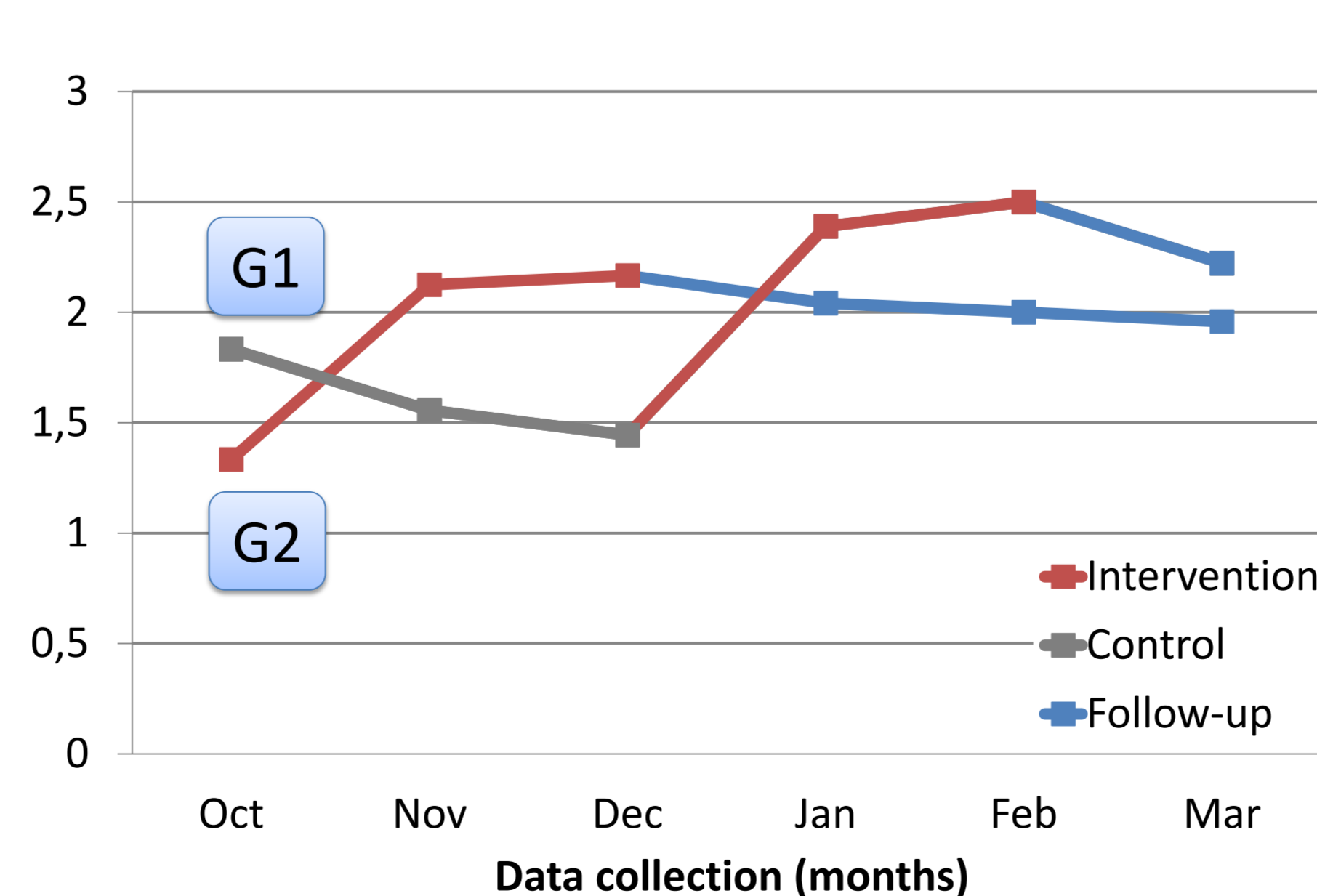
Results

Knowledge about PA recommendations (/4)



- ✓ Significant increase during intervention in group 1 ($p=0.044$), overall for group 2 ($p=0.032$)
- ✓ During follow-up, knowledge remains quite stable and increases slightly

Knowledge of local opportunities for PA (n)



- ✓ No significant increase during intervention in both groups ($p=0.184$ & $p=0.259$)
- ✓ Knowledge remains versatile and rather poor (1 to 3 opportunities cited per participant)

Conclusions

- ✓ A neighbourhood environment Internet-based intervention resulted in short term improvements of the knowledge of PA recommendations by older adults
- ✓ Few improvements of the knowledge of the local opportunities for PA were observed despite the environmentally approach of the intervention
- ✓ A similar but longer (3 month) intervention with weekly tailored feedback exposed significant improvements¹⁰, but higher drop out rate (30%)
- ✓ Create more "senior friendly websites" could help to extend their exposure and engagement to an Internet-based intervention¹¹⁻¹²
- ✓ Further research must extend relationship between premotivational constructs, such as PA knowledge, and motivation about PA in a long term perspective