

Physical Activity for Older People

Health and Wellbeing Scrutiny
Committee

18 November 2015



Summary

- What is Physical Activity?
- Why is it a Priority for Older People?
- The effect of Physical Activity on the Aging Process
- Our Services
- Outcomes
- Recommendations
- Evaluation

What is Physical Activity?



Why a Local Priority?

Of the 24 wards in Newcastle, 18 have high proportions of older people aged 65 and over than the England average.

	65 -74	75+	Total
Newcastle-under-Lyme	12,000 (9.6%)	10,800 (8.7%)	124,500 (100.0%)
Staffordshire	86,000 (10.3%)	69,000 (8.3%)	831,300 (100%)
West Midlands	9.1%	8.1%	5,455,200
England	8.6%	7.9%	52,234,000

The Aging Process

- Decrease in maximum cardiac output
- Reduction in lung performance
- Loss of skeletal muscle mass
- Decrease in myoglobin in muscle cells
- Reduced insulin sensitivity
- Reduction in bone marrow and loss of minerals
- Decline in short term memory
- Changes in hormonal regulation
- Diminished capacity in immune system

Our Services

Our Facilities

- J2 and Kidsgrove SC

Our Fitness Team

- Cardiac Rehabilitation, GP Referral, Personal Training, Group Exercise, Disability

Our Programme

- All abilities – eldest user 88 (cardiac care)

Lyme Card

- 602 Members over 65 + 837 registered Lyme Card Holders

Outcomes

- Allocate exercise into member schedules
- Promote quicker healing
- Individual Physical Activity Programmes
- Functional Independence
- Reduce co-morbid conditions
- Promote Self Care
- Reduce Health Care Costs (Health Wider Economic Value £43.6m)
- Leisure Time (£21.2m GVA participation)

Recommendations

- Exercise participation at least twice a week for aging individuals
- Moderate exercise duration of more than 30 minutes
- Strength training, resistance training, and flexibility exercises, performed in conjunction with aerobic conditioning (This is capable of producing significant strength, endurance and functioning in the elderly population)

Recommendations contd.

- Warm-up and cool down phases of 5-10 minutes duration including flexibility and aerobic exercises (Important due to the risks of hypertension and musculoskeletal complication)
- Aerobic training should be initiated gradually at light intensity levels with progression to moderate intensity. (This assists in injury prevention by increasing the elasticity of the muscle and connective tissue)

Recommendations Contd.

- Participation in group physical activity provides social support and improve frequency of participation

Evaluation

Certified Health Professionals needed to assess:

Patients health status, including living conditions, depression or life satisfaction scales, mental examination, physical assessment and physical fitness

Long Term Measurements

Decreased mortality rates, increased life expectancy, reduction in prevalence of chronic diseases

Further Information

Fitness Trainers

Cardiac Rehab: Andrea.Turner@newcastle-staffs.gov.uk

GP Referral: Lynne.Dixon@newcastle-staffs.gov.uk

Personal Training: Mark.Morgan@newcastle-staffs.gov.uk

Group Exercise Hayley.Hal@newcastle-staffs.gov.uk

Health and Fitness Officer

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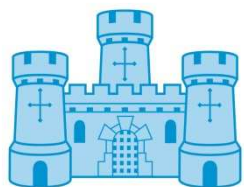
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