

PROJECT AIM

The aim of the **Residents in Action Trial (RiAT)** was to help older people living in retirement villages get physically active and sit less.



RiAT

To do this, **RiAT** encouraged older people to improve the quality of their motivation

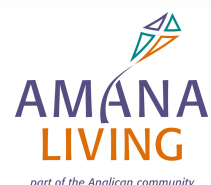
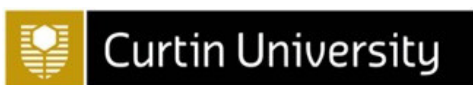


Low-quality motivation

High-quality motivation

PARTICIPANTS

116 residents from 14 retirement villages located in Western Australia between Busselton and Perth took part. The average age of the residents was 78 and 92% were female.



WHY WALKING IS GOOD FOR OLDER PEOPLE

The risks of chronic diseases increase with age.

These risks can be reduced by taking part in regular and sustained physical activity.

Unfortunately, people tend to become less active as they get older.



PROJECT OVERVIEW

RiAT was a 16-week, peer-led walking intervention held in 14 retirement villages in Western Australia. Resident ambassadors volunteered to lead their peers in some of the villages.

Residents of some villages received motivational training .



WHAT WE DID

3 group walks per week
(led by ambassadors in
villages with ambassadors) +
2 self-organised walks per week

week 1 - 10

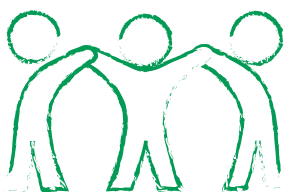
5
self-organised
walks per week

week 11 - 16

16 weeks

PHASE ONE

During the first 10 weeks, 3 group walks in and around the retirement villages were planned each week. In villages with ambassadors, the ambassadors were asked to lead the group walks. Residents were also encouraged to independently take part in 2 extra walks per week. This helped the residents to prepare for the second phase of RiAT.



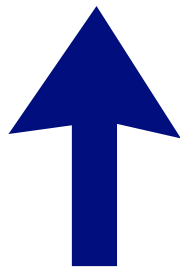
Resident ambassadors who received motivational training were encouraged to adopt a supportive communication style with their group of walkers, to encourage walkers to improve the quality of their motivation.

PHASE TWO

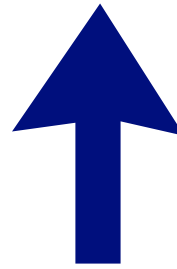
During the last 6 weeks, residents in all villages were encouraged to independently take part in 5 self-organised walks per week.

This was designed to encourage the residents to continue walking independently after the RiAT program was finished.

WHAT WE FOUND

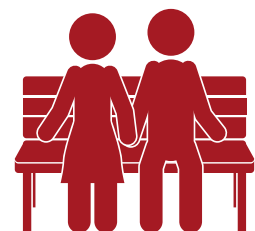
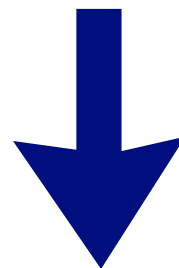


The residents' quality of motivation increased by 20%



On average, residents increased their daily steps by 750 steps

Prolonged periods of sitting declined by 7%



- 8% of walkers dropped out
- No one experienced any injuries or health problems taking part
- There were no changes in mental health (e.g., depression and anxiety)

WHAT HELPED RESIDENTS TO TAKE PART?

- **Enjoyment of walking with others**
- **Creating new routines**
- **Self-monitoring**
- **Social support**

It was really great that the people who joined, especially a couple of them who probably wouldn't have walked or socialised very much ... I found that [the program was] advantageous to them ... [Her] husband doesn't get out much and do stuff, he was great ... and he has continued to do it which is great



Ambassador
(age 70)

I still use [the pedometer]. As a matter of fact, I've got it on right now and it was a matter of great interest as to how many steps I'd done in one day, and I'd try to increase them if I could



Woman who
continued walking
(age 87)

What it did was make me more aware of it and also made me more conscious about parking further away from shops and stuff so I'd walk further



Man who
continued walking
(age 74)

WHAT MADE IT HARD TO TAKE PART?

- Declining health
- Grief



I've had a very difficult time and my husband's been very ill and he passed away a couple of weeks ago ... Well, it made it all rather too difficult for me and I haven't [walked] lately, but I will try and get back to it.



Woman who continued walking, but was challenged (age 84)

Unfortunately, we got residents who were sick, and their health deteriorated. So ... that impacted on their ability to go out and go walking, so it's hard to say if they hadn't have had the illnesses whether they would have kept going or not.



Village Manager



TAKE-HOME MESSAGES

- Risks of poor health increase with age.
- Regular physical activity and minimised sitting can reduce these risks.
- The Residents in Action Trial helped some older people living in retirement villages to increase their daily steps, reduce prolonged sitting, and improve their motivation for walking.

ACKNOWLEDGEMENTS

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THANK
YOU

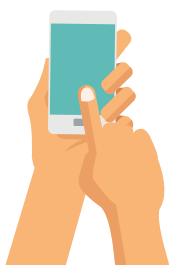
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