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Impact of a mobility-focused knowledge translation intervention on physical activity levels of older adults: The Move4Age study

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Move4Age: Purpose



- ▶ People are accessing the Portal
- ▶ April 1st-30th, 2018
 - ▶ >31, 000 sessions
 - ▶ >65, 000 page views
 - ▶ >24, 000 citizen alert email subscribers

Move4Age: Purpose

Does using the Portal change what people know and do to stay active and mobile?



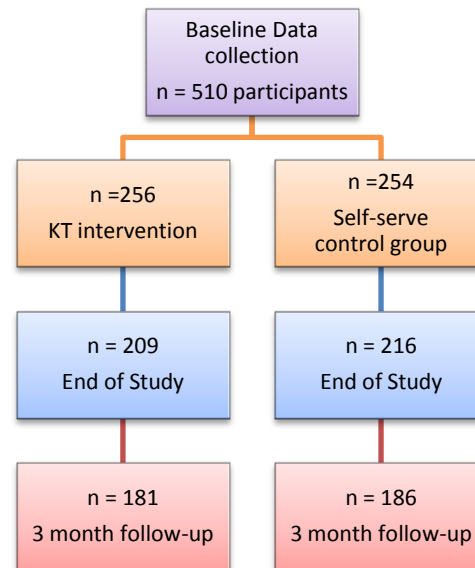
Move4Age: Design

- ▶ **Mobility-focused KT intervention**
 - ▶ Weekly email alerts
 - ▶ Social Media
 - ▶ Mobility 'browse' page
- ▶ **Self-serve control group**
 - ▶ Able to access the Portal
 - ▶ No tailored KT strategies
- ▶ **Outcomes:**
 - ▶ Physical activity (RAPA)
 - ▶ Knowledge
 - ▶ Intentions
 - ▶ Self-rated health (5-point Likert)

Move4Age: Results

Participants:

- ▶ Mean age: 64.7 years
- ▶ 84.3% female
- ▶ 59.7% retired
- ▶ 33.8% new to Portal
- ▶ 29.4% met PA guidelines
- ▶ 54% classified as 'Active'
- ▶ 46.5% no mobility limitation



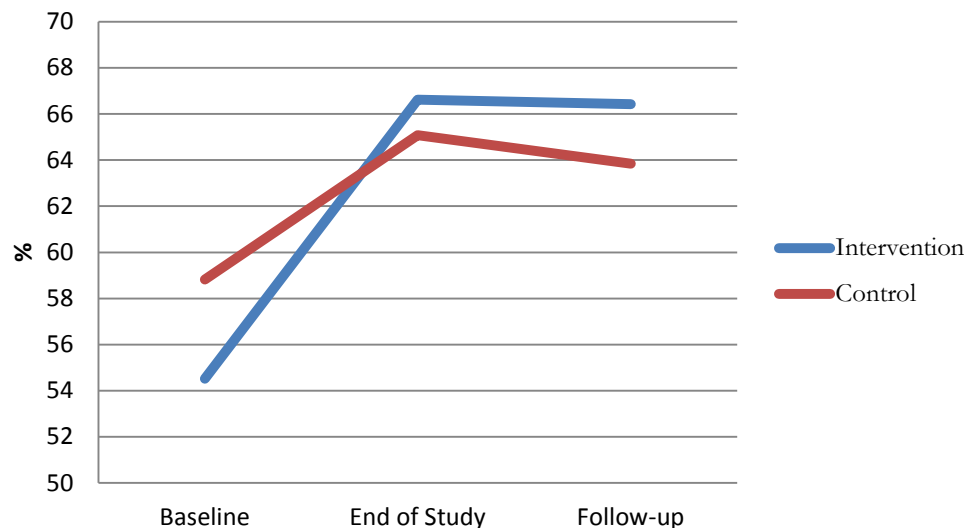
Move4Age: Results

- ▶ Both groups more likely to increase PA (RAPA)
 - ▶ No difference between groups
 - ▶ Improvements maintained at 3-months
- ▶ Same results seen for knowledge, behavioural intentions, and self-rated health

Exploratory Analysis:

- ▶ Significant effect of intervention amongst those with lowest self-rated health

% of participants classified as 'Active' (RAPA)



Conclusions

- Accessing the Portal results in increases in PA, with changes sustained beyond study period
- Different KT strategies may be more useful for different groups
 - E.g. more intensive and tailored interventions for those who are less healthy or health seeking

Next Steps

- ▶ The Portal can be useful for other health topics as well, and the resources on the Portal can be used as educational materials in other studies
 - ▶ Wrapping up study on cancer prevention behaviors
 - ▶ Commencing study on the Portal's cancer screening Patient Decision Aids

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