

# THE IALH UPDATE

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## Exploring Stakeholders' and End-Users' Perceptions of Physical Activity Guidelines



Photo by Wellness Gallery Catalyst Foundation Pexels.com

Regular physical activity has been shown to prevent several non-communicable diseases (such as heart disease, diabetes, and dementia) as well as improve mental health and quality of life. As a result, physical activity is a key component in many frameworks and programs. For example, the Canadian Frailty Network promotes activity as one of the five major steps adults of any age can take to avoid frailty. But what types of physical activities are recommended? How much physical activity should one do each week and for how long? Numerous physical activity guidelines have been developed, but uptake remains low with almost one-third of adults failing to meet recommended activity levels.

IALH Student Affiliate Heather Hollman (Exercise Science, Physical and Health Education) is the first author on a recent publication exploring stakeholders' and end-users' perceptions of guidelines related to physical activity and/or sedentary behaviour. In this review, stakeholders included health care providers and policy makers while end-users included target populations, such as individuals 60 years of age and older. The term "guidelines" included national documents, guidelines developed by various organizations, expert consensus statements, etc.

A total of 304 articles related to physical activity and/or sedentary behaviour guidelines were retrieved and 31 were reviewed in detail. The majority of the articles reviewed in detail targeted children and youth (0 to 17 years of age). However, six focused on adults (18 to 64 years of age), four focused on older adults (65 and older) and four targeted individuals with special conditions (e.g., cancer survivors, individuals with multiple sclerosis, and individuals with spinal cord injuries).

With regard to guidelines targeting adults and older adults, both end-users and stakeholders provided negative feedback. End-users felt the guidelines were too simplistic, needed to be more appropriate for a range of literacy levels, and should focus more on motivating and encouraging people to meet recommended activity levels. Both end-users and stakeholders felt the guidelines failed to take into account different abilities, health situations or socioeconomic status. With respect to older adults, end-users wanted "images of physical activities that were representative and realistic for them...[as well as] clear instructions on how to achieve varying levels of activity." End-users also wanted information regarding health and social benefits associated with following the guidelines. By contrast, guidelines targeting individuals with cancer, multiple sclerosis or a spinal cord injury were well received.

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The authors stated that although guidelines regarding physical activity and sedentary behaviour are typically based on research evidence, when the guidelines are communicated to end-users, the information must be understandable and attainable. They noted that researchers and policy makers could potentially improve perceptions and ultimately uptake of guidelines by:

- using lay language;
- defining terms (such as “moderate intensity”, “muscle-strengthening”);
- providing examples of physical activities that individuals of different ages, abilities, and socioeconomic and cultural backgrounds could employ to achieve the guidelines; and
- communicating the information in visually appealing ways with clear instructions.

To read the full article, go to <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-022-01245-9>.

## Resources

### The Landmark Study

Over 600,000 people in Canada are living with Alzheimer’s Disease or another form of dementia. As the population continues to age, the number of people affected by dementia will also increase. It is estimated that by 2030, the number of people affected will increase to over 990,000 individuals. Dementia is a complex condition with many risk factors including several that can be modified (such as hearing loss, alcohol intake, and social isolation). Individuals with dementia may experience cognitive decline, changes in mood and behaviour, and the loss of functional abilities. Individuals living with dementia are not alone. It is estimated that over 350,000 care partners provide, on average, 26 hours of care per week. The Alzheimer Society of Canada has conducted a microsimulation study to estimate the number of people in Canada who are expected to develop dementia over the next 30 years. They also explored what could happen if the onset of dementia is delayed by 1, 5 or 10 years. The first of three reports on this landmark study can be found at <https://alzheimer.ca/en/research/reports-dementia/landmark-study-report-1-path-forward>.

### Sensory Loss and Dementia

This webinar, which is presented by Dr. Paul Mick, an ear, nose and throat specialist, focuses on the association between sensory loss (particularly hearing loss) and the development of dementia. Hosted by the Alzheimer Society of Saskatchewan. To view the webinar go to [https://www.youtube.com/watch?v=9x\\_9\\_JAm058](https://www.youtube.com/watch?v=9x_9_JAm058).

### Project Visibility – Creating Inclusive Communities for LGBTQ+ Older Adults

Aging differs for everyone, and people’s identities and experiences lead to various realities and needs. This documentary explores the experiences of LGBTQ+ older adults and illustrates the need for inclusive services especially as people age. To view the documentary, go to <https://www.youtube.com/watch?v=tqnVxzIRBHA>.

## Congratulations



Congratulations to IALH Student Affiliate Edith Munene (Social Dimensions of Health) on being the inaugural recipient of AGE-WELL’s Karen Kobayashi Memorial Award in Technology and Aging. This award, which is named for Dr. Kobayashi, a former Professor in Sociology and IALH Research Fellow, is “intended to pay tribute to Dr. Kobayashi’s belief that research should make a positive, real-world impact.” Edith’s research interests include healthy aging, digital health and tools, quality health care access, racialized health disparities, and discourses on women’s rights and empowerment. To date, most of her professional work and education/research has been developed and carried out collaboratively in interdisciplinary teams with colleagues from applied global/public health, social sciences, leadership and policy, humanities, medicine, nursing, and social work across a number of international public and private entities, academic institutions and health care authorities in Europe, Africa and the USA. Edith describes herself as an “evolving social gerontologist who uses a health equity lens to explore the intersections of structural, cultural, and individual factors/experiences affecting health and lifelong aging.”

# Research Opportunities

## Object Visual Attention Study

IALH Research Fellows Jordana Wynn and Tarek Amer (both Assistant Professors in Psychology) are looking for research participants for a study on attention and the visual system. The goal of the study is to explore how attention guides our visual system to process everyday objects. Participants will be asked to look at various pictures of objects on a computer screen and make judgements about them while their eye movements are recorded using a remote tracking system.

To be eligible, individuals must:

- be 65 years of age or older
- speak English fluently
- have normal or corrected-to-normal vision (no bifocal lenses)
- not have severe visual impairments
- have no history of psychiatric or neurological disorder or a head injury

Participation will require about 2 to 2.5 hours. Participants will be offered \$30 in recognition of their time. For more information or to participate, contact Drs. Wynn and Amer at [uvic.mva.lab@gmail.com](mailto:uvic.mva.lab@gmail.com) or by phone at 250-472-5014.

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## Consumer-Partner Required for Project on Pain Perception

IALH Research Fellows Marianne Black (Mechanical Engineering) and David Kennedy (Exercise Science, Physical and Health Education) are seeking a Consumer-Partner for a research project on pain perception. The study will explore the feasibility of developing and testing a mobile app designed to alter pain perception in individuals with hand osteoarthritis. The research team is interested in hearing from individuals with hand arthritis who are willing to provide brief consultations. For more information, contact Dr. Black at [marianneblack@uvic.ca](mailto:marianneblack@uvic.ca) or by phone at 250-853-3177.

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## Parent-Infant Sleep Ecology

Dr. Christine Ou, an Assistant Professor in Nursing and IALH Research Fellow, is conducting a study looking at parent-infant sleep in the family unit with Postdoctoral Fellow Dr. Laine Halpern-Zisman. Participants will be asked to complete an online survey. Results from this study may help with understanding how parents' and infants' wellbeing is influenced by sleep and may provide ideas on how to improve parental and infant wellbeing through attention to sleep-related behaviors.

This study is for all family structures (e.g., adoptive and biological parents who may be in single-parent families, parent-couples, multi-parent families, LGBTQ+ parents, parents who are co-parenting and live in different households, etc).

To be eligible, individuals must:

- be an adoptive or biological parent
- have a 6 to 18 month old healthy, singleton infant

For more information, or to participate, please see <https://bit.ly/babyparentsleep>.

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## Aging in Place Challenge Program

The National Research Council of Canada's Aging in Place Challenge Program is intended to support technology and innovation to enable individuals to age in place in their own homes and communities. The perspective of older adults' lived experience is essential to the success of the projects this program supports. The Aging in Place team is looking for adults over 65 years of age as well as caregivers who support them to provide input on technologies to ensure they match the lifestyle, needs and expectations of the people they are designed for. For more information, go to the National Research Council's [Experts by Experience](#) page.



## Brain Art



*Quest for Wholeness*

Submitted by Larissa Fielding of Continuing Studies.

IALH's Brain Health Research Cluster recently hosted a Brain Art competition that was open to faculty, post-doctoral fellows, undergraduate and graduate students, research assistants, and staff from all departments at UVic. The goals of the event were twofold: to bridge science and art and to encourage creative approaches to visualizing what brain health means. Submissions needed to be: a) focused on the brain; b) inspired by research; and c) original. However, they could focus on the whole brain, a favourite brain structure, brain cells, mental health, brain changes over the lifespan, or the aging brain. The entries were showcased at a recent IALH event, as well as at a day-long event open to the campus community. Congratulations to Larissa Fielding of Continuing Studies on receiving the People's Choice Award for her entry entitled *Quest for Wholeness*. A showcase of all entries can be found at <https://youtu.be/OMtwhw5meTc>.

## Upcoming Events

### Exercise as Vascular Medicine

Thursday, June 29, 2023, 1:30 to 2:30 pm, Hut R, Room 103a and online via Zoom

Professor Daniel Green is a Cardiovascular and Exercise Physiologist at the University of Western Australia. His research provides a platform for the evidence-based use of exercise in the prevention of cardiovascular disease. He will discuss the history of ideas pertaining to our current understanding of cardiovascular circulation and why arteries matter in achieving lifelong health. Additionally, he will discuss challenges associated with detecting and treating vascular dysfunction over the lifespan and will provide solutions for optimal management after early vascular disease detection, summarizing the use of exercise and environmental therapy to improve vascular health.

Link to attend: <https://us06web.zoom.us/j/82362103268?pwd=b0hCR3NFNWZGc0FpeExueDVHQkJRZz09>  
 Meeting ID: 823 6210 3268  
 Passcode: 20230629

### Memory Café Victoria

Memory Café Victoria is arts-focused, intergenerational, and based around connection. The café is designed around creativity, imagination and meaningful activities that involve learning, participation, and interaction with others. Memory Cafés are designed for individuals with memory loss and their care partners. Activities are professionally facilitated and may include drumming, painting, music-making, poetry and more. Groups meet weekly at a local community recreation centre. Registration is required as space is limited to 7 individual/care partner pairs at each location. The cost is \$240 per pair for 12 weeks. Upcoming cafés are as follows:

Saanich: Gordon Head Recreation Centre, 4100 Lambrick Way  
 Tuesdays, Sept 19 to Dec. 5 from 10:00AM to 12:00PM

Oak Bay: Monterey Recreation Centre, 1442 Monterey Avenue  
 Tuesdays, Sept 19 to Dec. 5 from 1:00 to 3:00PM.

Tillicum: Pearkes Recreation Centre, 3100 Tillicum Rd  
 Thursdays, Sept 21 to Dec 7 from 1:00 to 3:00PM.

For more information, contact Debra Sheets at [dsheets@uvic.ca](mailto:dsheets@uvic.ca). To register for any of the cafés, go to <https://www.memorycafevictoria.org/>.

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# #IALHMoves

with Sascha Zuber - “Using Everyday Chores to Stay Physically Active”

“ I try adding more activities into my daily routine wherever possible...they allow me to feel more **active** and **energized**. ”

Sascha Zuber is a Postdoctoral Fellow from the University of Geneva. Sascha worked on his fellowship at IALH from February 2022 to February 2023, under the supervision of Dr. Scott Hofer. During their time here, Sascha and his family enjoyed the many natural landscapes that Canada and Vancouver Island have to offer. Sascha has found some creative ways to build activity into his daily life.

## How did you get started in this activity?

During my studies, I found I spent so much time sitting inside, either in class or studying in the library, which usually left me feeling really tired and lazy in the evenings, sometimes experiencing brain fog. That is when I started trying to spend as much time outdoors as possible, which usually results in some physical activity.

Some of these activities include taking the stairs whenever possible, walking while running errands, and walking outside (with earphones) during a phone call.

## How long have you been doing this activity and what changes have you noticed over time?

I would say these are more habits than actual activities, so I think they kind of build up over time. I try adding more activities into my daily routine wherever possible. Although these activities are not very demanding compared to actual physical exercise, they allow me to feel more active and energized, and ultimately benefit my mental health through physical activity.

## What helps you to stay motivated to keep doing this activity?

Everyday chores often aren't much fun to do, we all know that, but by combining them with some activity, maybe one that allows me to look at a nice landscape, I notice I feel better, which keeps me going.







**Where is your favourite local place to do (or train for) this activity?**

I like walking around the football field on campus while doing my phone calls.

**What challenges do you face trying to maintain or fit this activity into your daily routine?**

Usually it's the weather... we all get lazy when it's rainy or windy. But even by going for a short 5 minute walk, I notice the difference in my mood.

**How do you overcome this challenge?**

It's usually enough to remember how good I feel after I get some fresh air.

**What advice would you offer to someone who would like to try or is just starting out in this activity?**

Whenever you are doing one of your daily chores, think about whether there is an alternative, a more fun, active way of doing it.

I do not think that everyone needs a big new year's resolution, a new diet plan, or an extreme workout schedule. How many of us stick to those? If you can add a few small changes here and there into your daily routine, they add up over the week. You might just end up maintaining those habits and ultimately search for new opportunities to stay active.

**“Even by going for a short 5 minute walk, I notice the difference in my mood.”**

