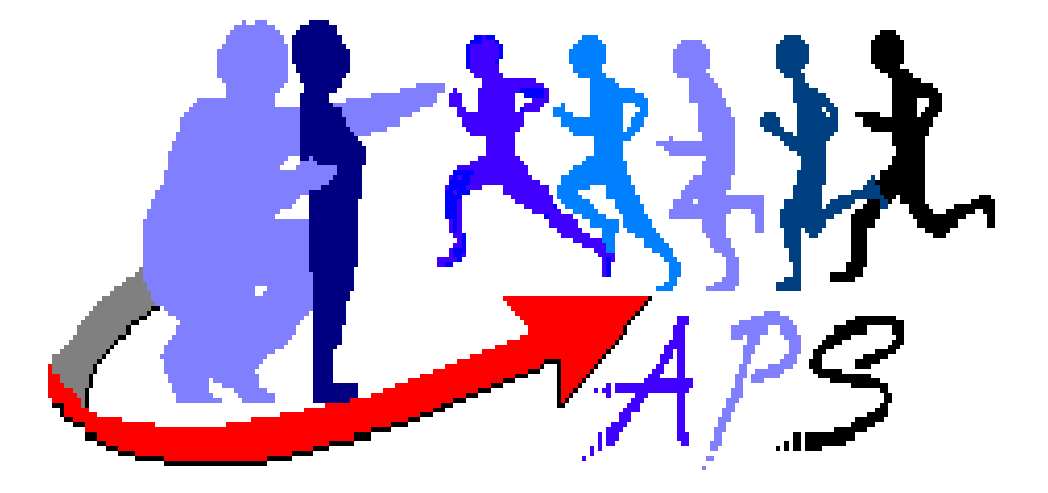


Which characteristics for an Internet-delivered intervention to promote physical activity? Opinions and usages of older adults



Jérôme Rompen, Alexandre Mouton & Marc Cloes

Highlights

- ✓ **Bouger plus** : web-based intervention to promote physical activity (PA) among older adults (website + tailored e-mails)
- ✓ **Purpose** : determine which components of the intervention are the most used by the participants and which components are the most useful to improve their PA level
- ✓ **Results** : information about local environment and personal tips seem to be particularly useful, according to participants
- ✓ Future interventions should include a social forum and some regular sessions of collective PA with a coach

Introduction

- ✓ Physical activity level declines with age¹, particularly after 50 years old²
- ✓ 55% of Belgian from 55 to 74 years old are weekly users of Internet³
- ✓ Internet-based interventions showed promising effects to promote PA among older adults⁴⁻⁵
- ✓ **Bouger plus** : web-based intervention to promote PA among older adults

Purpose

- ✓ To determine which components of the **Bouger plus** intervention are the most used by the participants and which components are the most useful to improve their PA level

Methods

Public :

- ✓ 87 older adults over 50 years old (dropout : 27%)
- ✓ 60.7 ± 7.9 years
- ✓ Inhabitants of the same municipality (semi-rural, 15 000 citizens, Liège area)
- ✓ Regular Internet access

Intervention :

- ✓ A 2 months access to a PA promotion website
- ✓ 2 tailored e-mails based on the PA stages of change theory⁶

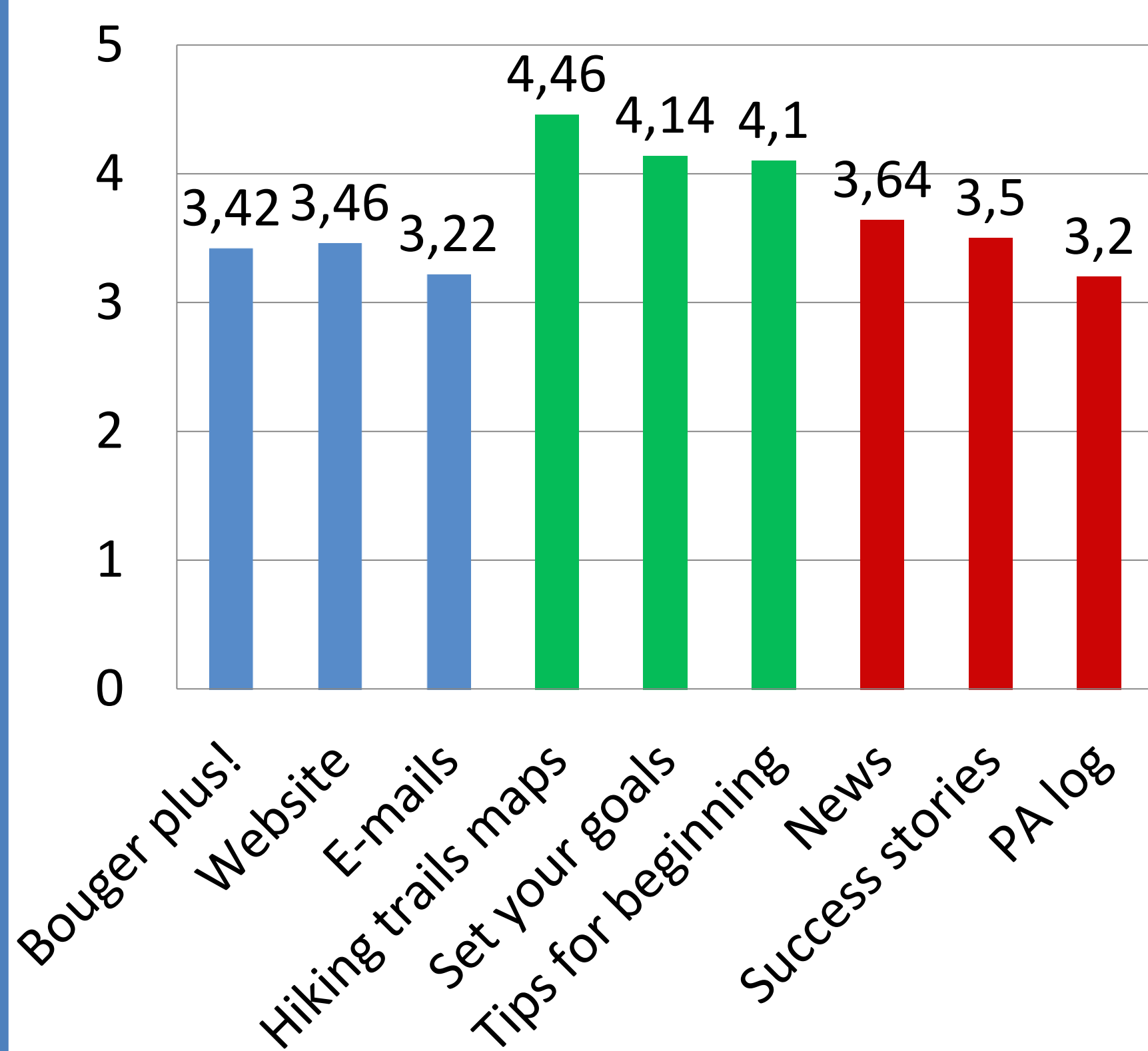
Assessment tools :

- ✓ A post-intervention questionnaire (utility of each component of the intervention, general opinion, suggestions for future actions)
- ✓ The measure of the number of visits of each page of the website

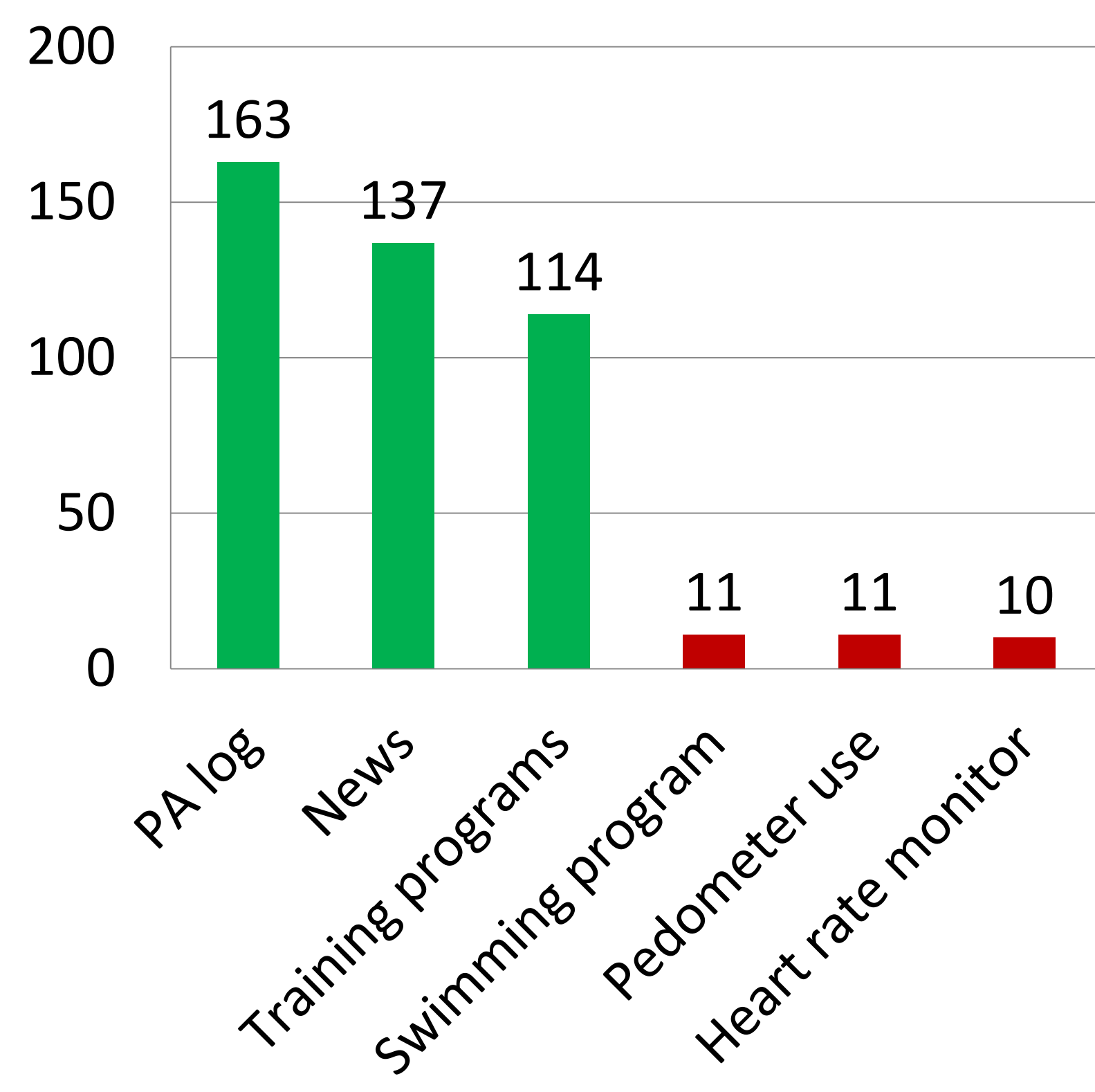


Results

Utility of the components of the intervention (score /6)



Number of views of the website pages



All components received a score above 3/6

Top pages : « Hiking trails maps », « Set your goals » and « Tips for beginning »

Flop pages : « News », « Success stories » and « PA log »

Total views : 1634

Top views : « PA log », « News » and « Training programs »

Flop views : « Swimming program », « Pedometer use » and « Heart rate monitor »

Conclusions

- ✓ Information about local environment and personal tips seem to be particularly useful, according to participants
- ✓ On the other side, older adults do not seem interested in technological tools like pedometers, heart rate monitors or PA logs. Some approaches should be implemented to point out their usefulness.
- ✓ However, all parts of this intervention were useful, according to the participants (scores higher than 3/6)
- ✓ In future interventions, all components could be preserved
- ✓ Some elements might be added, like a social forum or some regular sessions of collective PA with a coach

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