Around 39% of UK adults are still failing to meet Government recommendations for PA (2), and the numbers look even worse when we consider older adults or the poorest quintile of the population (3).

PA is linked to increased life expectancy, and better quality of life. For example, there is an increased risk of cancer, heart disease, stroke and diabetes in people with higher amounts of sedentary behaviour (5).

boost PA in those people whose levels of activity were low and to sustain new good habits that were acquired during lockdown.

There is a ‘window of opportunity’ to build on this increased interest and design strategies to both boost PA in those people whose levels of activity were low and to sustain new good habits that were acquired during lockdown.

smaller scale interventions around the country, for example in care homes, and then scale up those interventions to the rest of the population.

There are also opportunities for better data that could be achieved through improving linkages between h[ivirx hexewixw2 Jsv i|eq tpi0 wxyh}rk xli vipexmsrwlmt between PA and the Hospital Episode Statistics (HES) database, which details all admissions, A&E attendances, and outpatient appointments at NHS hospitals in England.

Challenge 3: How can we measure and track physical activity?

Measuring and tracking PA is a global challenge, but it is izir qsvi hml gypx mr sphiv ehypxw figeywi sjxli zspyqi of movement for non-traditional sports and activities they are more likely to do (for example, gardening). Workshop participants emphasised the importance of studying sedentary behaviour, but further thinking is needed about how this might be done in practice (for i|eq tpi0 mx mw hml gypx xs qiewyvi mregxmzmx}-2

One option is to make use of the numerous wearable products and wellbeing services that are on the market. Harmonising data from wearable devices and improved capture of movement from non-traditional sports and activities could be very useful in understanding PA. The issue is that these products are rarely targeted at older consumers. This results in a lower uptake of such products by older consumers in comparison to younger people (12, 13). This means that less data for this age group will be available. Further thinking is needed about how it might be possible to increase the use of wearable devices by older people.

Measuring strength and balance is also extremely important, especially because older people are at a higher risk of falls. Improved measurement and tracking of strength and balance in relation to the built environment could be very helpful for designing cities and homes that are more age-friendly (7, 14).

1. Kohl HW, 3rd, Craig CL, Lambert EV, Inoue S,