

Dr Anna C. Phillips
Reader in Behavioural Medicine
School of Sport, Exercise &
Rehabilitation Sciences
University of Birmingham

What are emerging issues in the field of PA and ageing

1. Any exercise is better than nothing (biggest gains are moving from sedentary to low/medium activity),
2. Sedentary time may be the silent killer (6-10% of deaths from non-communicable disease due to inactivity).
3. How long we sit/lie to be detrimental however is not known so accurate advice cannot be given.

What are your goals, objectives and activities

1. To standardise measures across different studies
2. To test the effectiveness of PA interventions in older groups from frail hospital patients through to community-dwelling older adults
3. To compare uptake and outcomes of interventions across groups and countries through standardisation of measures = PANINI

What are potentials of synergy

- Collaboration on large scale EU projects/training networks to build research capacity
- Links with industry and health care providers to maximise buy in to PA research
- Links with advisors and policy makers to maximise impact of PA research

What do we think all networks have in common/where do we complement each other

- Focus on active and healthy ageing, not necessarily 'sport' or 'exercise'
- From different sectors (healthcare, research, policy)