

## Network Newsletter: August 2010

### **Research Update: Parkinsons & predicting falls**

Australian researchers have identified a combination of tests which are useful in predicting falls amongst people with Parkinsons. Study participants (people with early stage Parkinsons who were able to walk independently) performed a number of assessments and then reported falls over a 6-month period. [The fact that 48% of participants had at least one fall over the 6 months highlights the importance of reducing falls amongst this group.] The tests which were found to be the best predictors of falls risk (once results were combined) included a test of overall Parkinson's symptoms, a questionnaire on how often people tended to "freeze" while walking, and a test of balance.

*[American Academy of Neurology (2010, August 8)]*

### **Research Update: Walking reduces stroke risk**

A recently published study found that women who walked two or more hours per week had a 30% lower risk for any type of stroke. Researchers in the United States followed 39,315 female health professionals (average age 54) participating in the Women's Health Study. From this 12-year follow up study, researchers found that other leisure time activities also had beneficial preventive effects; women who were most active were 17% less likely to have any type of stroke compared to the least active women. Lead researcher, Jacob Sattelmair of the Harvard School of Public Health in Boston offered this practical advice for pacing walking activities: "If you cannot talk, slow down a bit. If you can sing, walk a bit faster."

*[Stroke – Journal of the American Heart Association (AHA) 2010;41:1243x.]*

### **Network Connections - Getting your news out and helping you to make the most of the Network!**

Cycling project for the over 50s ([www.pedaleastsussex.ning.com](http://www.pedaleastsussex.ning.com)) is keen to develop contacts with health professionals in East Sussex, in order to partner up to make the project more effective and enable more people to join in. Contact Tony Rowell: [info@go-local.org.uk](mailto:info@go-local.org.uk) or 07714099481.

Developing physical activity programmes for people aged 45-65 and looking for input in the following areas: consulting with this age group; popular sports and activities; encouraging participation; successful marketing strategies; use of social media... Any learnings or ideas to share please contact: [Kelly.Riley@sheffield.gov.uk](mailto:Kelly.Riley@sheffield.gov.uk)

Do you have a request for Network Connections? Send max 50 words to [info@vidawellness.co.uk](mailto:info@vidawellness.co.uk)

Follow us online to stay up to date with all the active ageing news and Vida Network updates:

1. Facebook: search 'vidanetwork' and click 'like' to get all our updates



2. Follow us on twitter – 'VidaNetwork'



3. LinkedIn: Connect with Claudine Aherne (Vida Wellness)

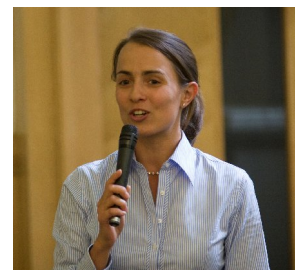


In partnership with the BHF National Centre and ICAA, we hosted the UK's first ever Active Ageing Seminar on July 13<sup>th</sup>. Thanks to everyone who joined us for your enthusiasm and great contributions on the day!



Our keynote speaker was Colin Milner, founder of the International Council on Active Aging® (ICAA). Colin has been recognised by the World Economic Forum as one of “the most innovative and influential minds” in the world on ageing-related topics. His talk on Wellness Trends was entertaining, interesting and thought-provoking.

Attendees at the seminar included fitness and health professionals, as well as researchers and representatives from national organisations. There was valuable networking time and an opportunity to catch up with contacts and exchange ideas. Claudine Aherne presented her Vision for Active Ageing in the UK and a number of Network members took part in our Innovation Exchange (thanks to Dr Afroditi Stathi for chairing this great session!).



Here's a selection of comments from Seminar attendees:

*Just wanted to say how much I enjoyed yesterday afternoon. I met some really interesting and inspiring people!*

*Enjoyable and stimulating event. Many thanks!*

*It was very useful sharing issues and good practice!!*

*Congratulations on producing an interesting, valuable and well organised event.*

For more information on ICAA  
please visit: [www.icaa.cc](http://www.icaa.cc)



We would like to thank our sponsors  
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We are already planning for our next event in 2011! More details to follow soon.

Please do get in touch if you would like to be involved in this event.

Vida Wellness: 0333 1234 334 (local-rate)

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