

Network Newsletter: October 2010

Research Update:

University College London has released further analysis of the data from the Health Survey for England, relating to physical activity participation and influencing factors (respondents were aged 60-69 in one dataset, 60-64 in another). They found very low awareness of physical activity recommendations and concluded that 'older adults had unrealistic views of their activity levels', with many reporting they were 'very' or 'fairly' physically active compared with their peers. The perceived barriers to physical activity included work commitments, lack of leisure time and poor health. The authors conclude that more attention needs to be paid to health promotion and education among the over-sixties.

Ageing and Society, 30:1343-1355 (August 2010)

Research Update: Bisphosphonates & Atypical Fractures

The US Food & Drug Administration have released an update to the Warnings & Precautions for bisphosphonate medications, taken by people with osteoporosis (these include Fosamax, Boniva & Reclast). They have noted an increased incidence of atypical fractures of the thigh amongst patients taking bisphosphonates. Both subtrochanteric and distal femur fractures are very uncommon, however seem to be occurring with more frequency amongst patients taking these medications. It is unclear if/ how bisphosphonates may cause these unusual fractures. Patients are advised to continue taking their medication. Healthcare professionals are advised to discontinue potent antiresorptive medications amongst patients who have evidence of a femoral shaft fracture.

<http://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsHumanMedicalProducts/ucm229244.htm>

Book Recommendation: The Vitamin D Solution, by Michael F Holick, PhD, MD

In this book, Dr Holick - the leading vitamin D researcher in the US - pulls together ground-breaking research into the benefits of vitamin D. Learn about deficiency levels and links with many diseases and conditions including obesity, diabetes, cancer and heart disease.

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

Beth Phillips (University of Nottingham) is recruiting for a study that requires 65-75 year old males to undergo resistance training at a gym in Derby for 20 weeks. If you have any relevant contacts or know anyone who may fulfil these criteria and wish to participate, please contact Beth directly on Beth.Phillips@nottingham.ac.uk or 01332 724731.

The Network Newsletter is read by hundreds of active ageing practitioners. If you have a research hypothesis which you would like to sense-check with people working in the field, we can help! Send a quick summary (max 75 words if at all possible), plus your contact details, to: 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'



Strong Foundations Classes Featured on BBC Radio 4!



Vida Wellness class members were excited to be visited by a well-known Radio 4 science programme over the summer. The Strong Foundations classes were featured in the 'Frontiers: Muscle Wastage' programme, broadcast in late August on BBC Radio 4 and repeated throughout September on the World Service. This fascinating programme includes interviews with a number of leading researchers in the field and interviews with Strong Foundations class members. The programme is still available at: www.bbc.co.uk/programmes/b00tdnj1.

A more recent 'Discovery: Exchanges at the Frontier' programme (broadcast on BBC World Service), includes a fascinating interview with Cynthia Kenyon, an ageing specialist and Professor of Biochemistry and Biophysics at the University of California at San Francisco. You can listen again online with the BBC iplayer.

KT-Equal Physical Activity Promotion Event

A hugely interesting and valuable KT-Equal workshop day, hosted by Dr Afroditi Stathi (University of Bath). Held on October 13th in Bath, the theme was 'Blending Policy, Research & Practice', with a focus on partnership working for successful interventions. Claudine Aherne, founder of Vida Wellness, discussed some of the challenges in delivering physical activity programmes in the community. All presentations from this event can be downloaded from: www.kt-equal.org.uk (click on events, past events and scroll down).



'Create the future of Active Ageing' with ICAA in San Diego

The International Council on Active Aging Eighth Annual Conference, is being held in San Diego from December 2-4, 2010. The ICAA Conference offers you opportunities to expand your knowledge, enhance your skills and discover new ideas to implement in your organization. What you do with what you learn can stimulate growth for everyone - your clients, colleagues and company. See www.icaa.cc/convention for full details.

Practitioner & Researcher Discussion Forums on the AACC

Don't forget to join in with these great research forums on the Active Aging Community Center website – October's forum discussed the use of Social Networking to engage with clients. See www.humankinetics.com/aacc-home



Vida Wellness: 0333 1234 334 (local-rate)

www.vidanetwork.co.uk

info@vidawellness.co.uk