

# Staying **UP**right and **Eating Well** Research

Ruth Teh, Ngaire Kerse, Debra Waters, Leigh Hale, Richard Edlin, Anna Rolleston, Eruera Maxted, Carol Wham, Claire Heppenstall, Martin Connolly

# Background

- *Frailty* is a multidimensional geriatric syndrome involving several inter-related physiological systems.
- Up to 51% of community-dwelling older people were pre-frail (Santos-Eggimann et al., 2009), and over 60% in LiLACS NZ (Kerse et al, 2014).
- Little is known about older Māori (indigenous people of New Zealand), particularly in regards to frailty and the impact of falls.
- Physical frailty and falls predict fractures, poor mobility, functional decline, residential care admissions, hospitalisations and death (Santos-Eggimann et al., 2009). The demographic changes in the population over the next 50 years make wellbeing and independence a priority for individuals, whanau and families, health planners, funders and providers, and society.

# Specific research question

Are the programmes SAYGO (physical activity) and/or Senior Chef (nutrition and cooking class) and their contribution effective and cost effective in reversing frailty in pre-frail older people?

Primary outcome: frailty

Secondary outcomes: falls, physical function

Process outcomes: food intake and sedentary time

Cost-effectiveness analysis: to determine whether the intervention is cost effective relative to no intervention

# Implementation and Delivery plans

- (Re-)Establishing relationships with local stakeholders (including Te Poutokomanawa, Māori Health Directorate Northland DHB, Ringa Atawhai Charitable Trust, Whangarei Anglican Care Trust, Age Concern Counties Manukau, Age Concern Otago and Age Concern Southland) and working together to enable translation of evidence of the effect of the intervention on multiple levels (biological, clinical and social levels) and support continuation of the programmes at local levels.
- Dissemination strategies include two-way dissemination huis (Oct/Nov 2017 & Jan/Feb 2019), annual newsletters, national (NZAG) and international conferences (IAGG/IANA), and peer reviewed publication.

# Linkages with other NSC-AW projects

- Project A: Independence and Housing Tenure (PIs: K. Saville-Smith, J. Cumming, R. Kearns, B. James, E. Ho and F. Cram)
  - Knowledge sharing in enabling older people's independence and active lives.
- Project C: Social isolation (PI: M. Gott)
  - Age Concern is one of the common stakeholders and our project can inform how Senior Chef and SAYGo programme enhances social engagement and be adapted and deliver in a culturally appropriate manner.
- Project E: Retirement Villages (PI: M. Connolly)
  - To integrate evidence based physical activity and nutrition components for the intervention in retirement villages.
- Project H: Drug Burden Index (PI: H. Jamieson)
  - To integrate methodology in examining Drug Burden Index levels outcome measures longitudinally.