

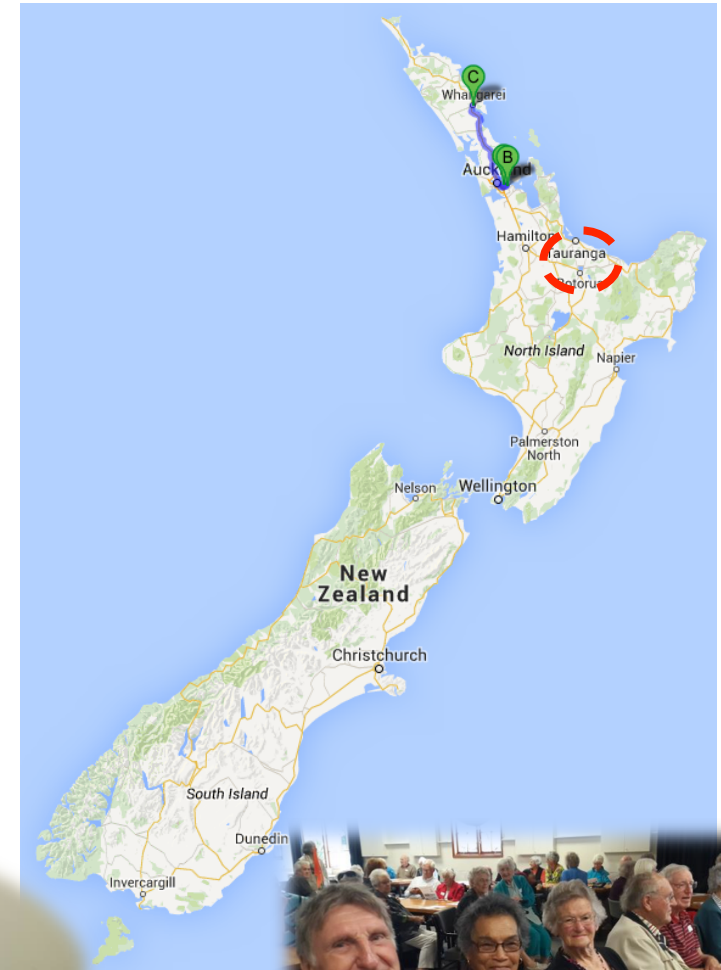
Staying Upright and Eating Well Research

**Ageing Well National Science Challenge: 2015 Colloquium
14th August 2015**

**Ruth Teh, Ngaire Kerse, Debra Waters, Leigh Hale,
Richard Edlin, Anna Rolleston, Eruera Maxted,
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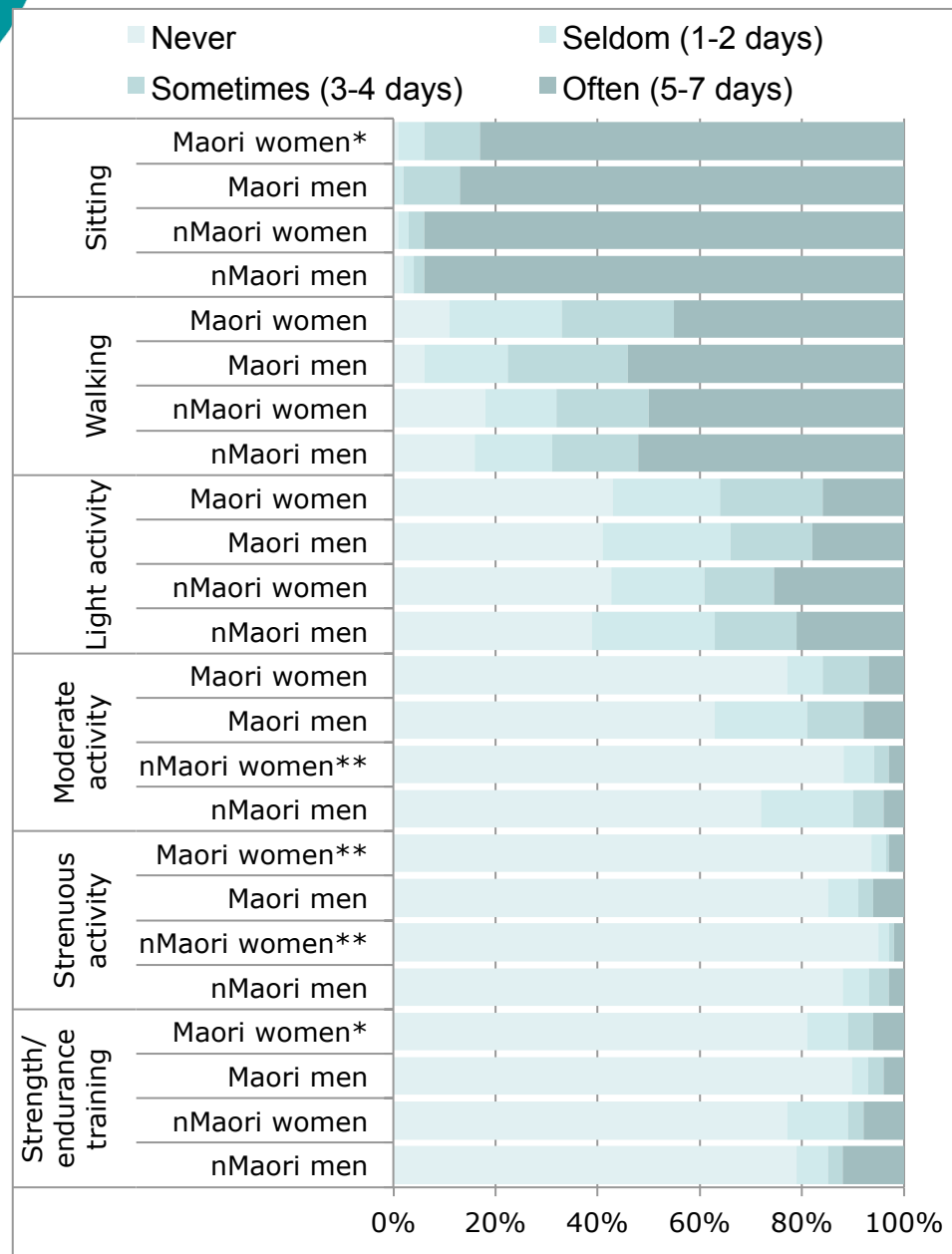
- Started in 2010
- 937 octogenarians
 - 421 Māori, 516 non Māori
- 5 year follow-up ongoing



LILACS NZ



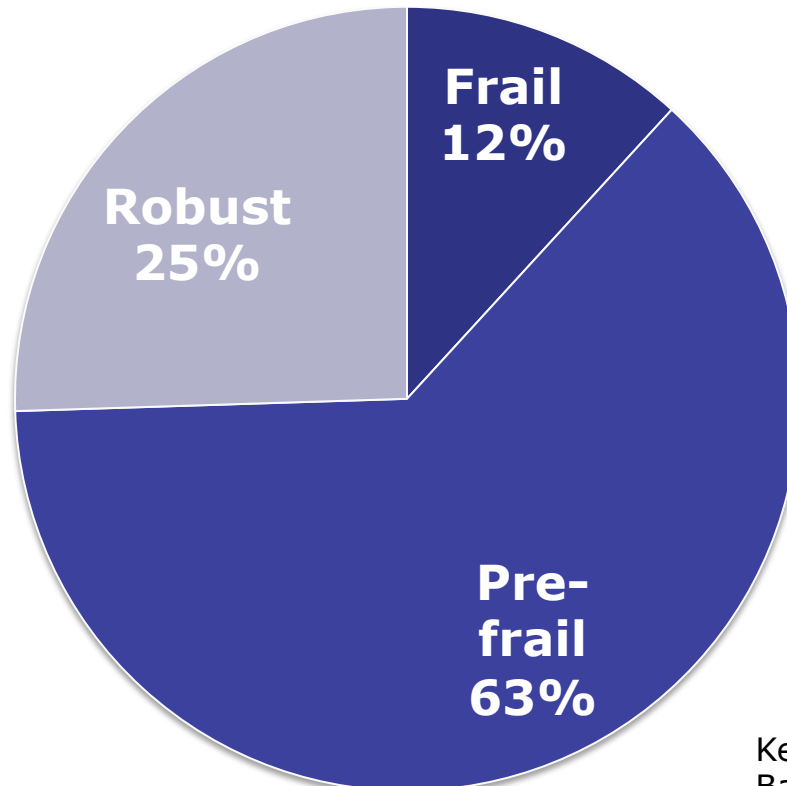
- Risk of malnutrition, 49% (M); 38% (nM)
- Low physical activity



* p<.05; ** p<.001 on female percentages denote significant difference between men and women



- The prevalence of pre-frail, >60%



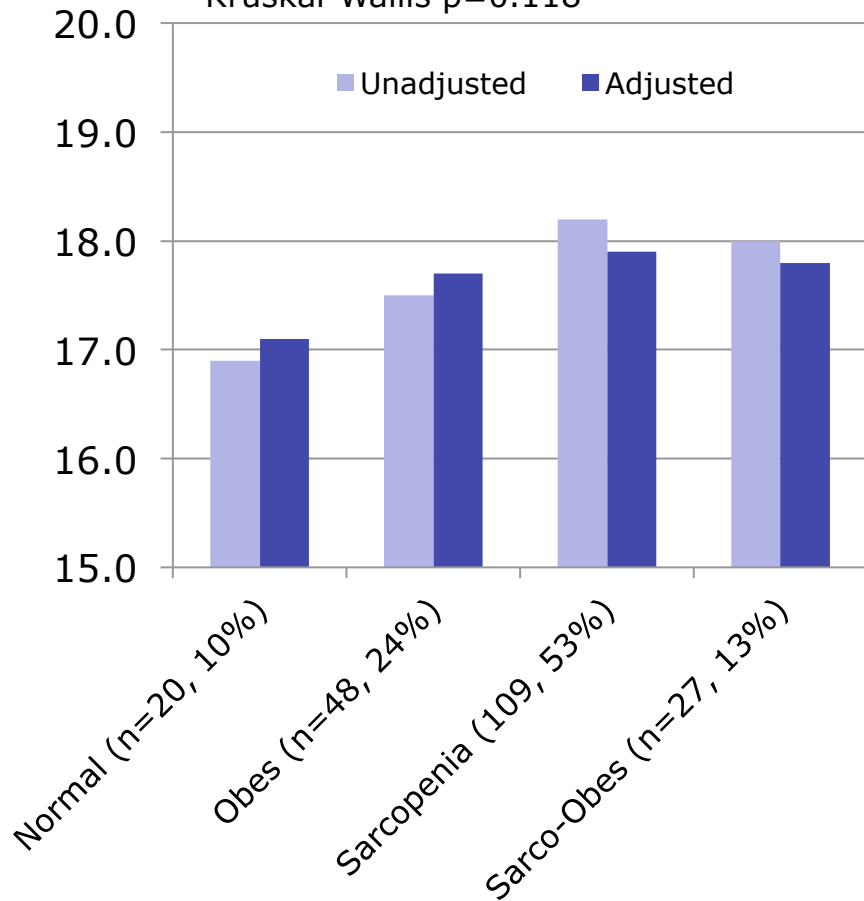
		Waist Circ	
		Low or mod tertile	High tertile
Muscle mass	Low tertile	Sarcopenia	Sarcopenia-Obesity
	Mod or high tertile	Normal	Obesity

Stephen & Janssen . *J Nutr Health Aging* 2009;13(5):460-66.

NEADL

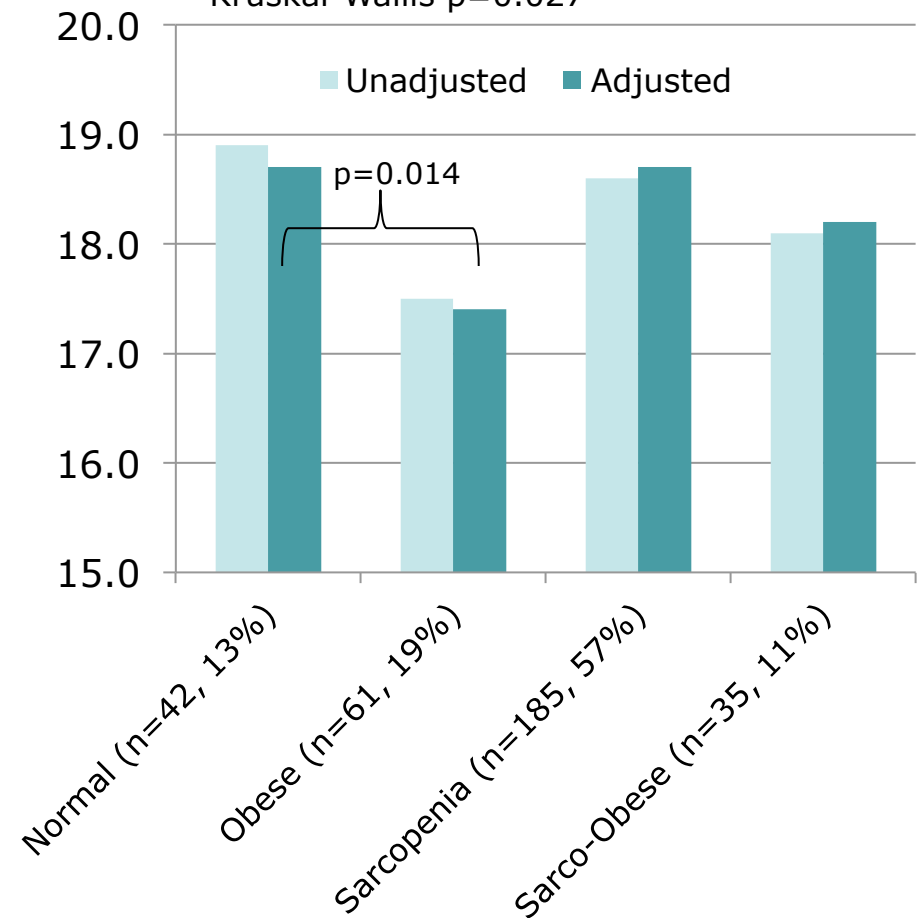
Māori

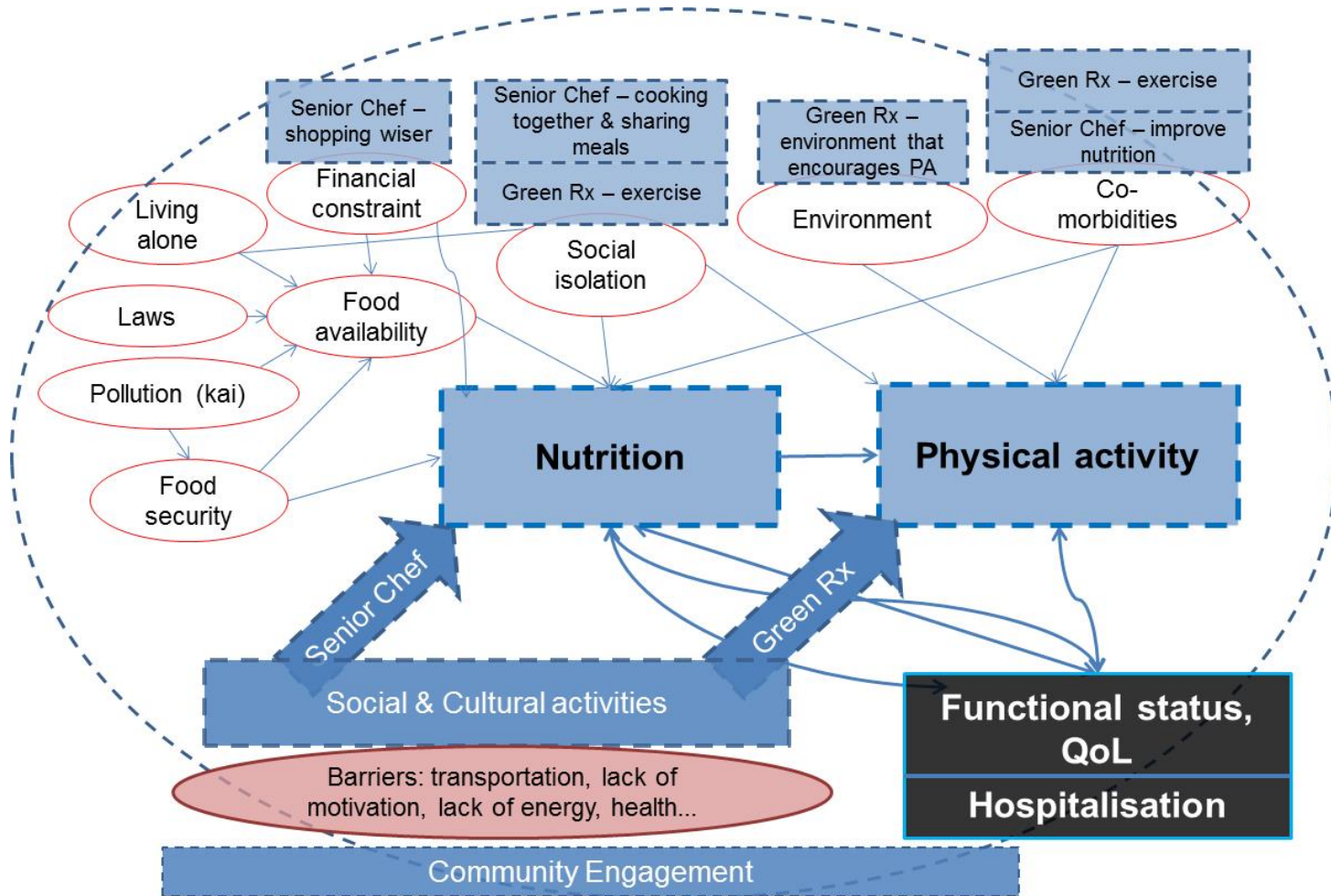
Kruskal-Wallis $p=0.118$



Non-Māori

Kruskal-Wallis $p=0.027$

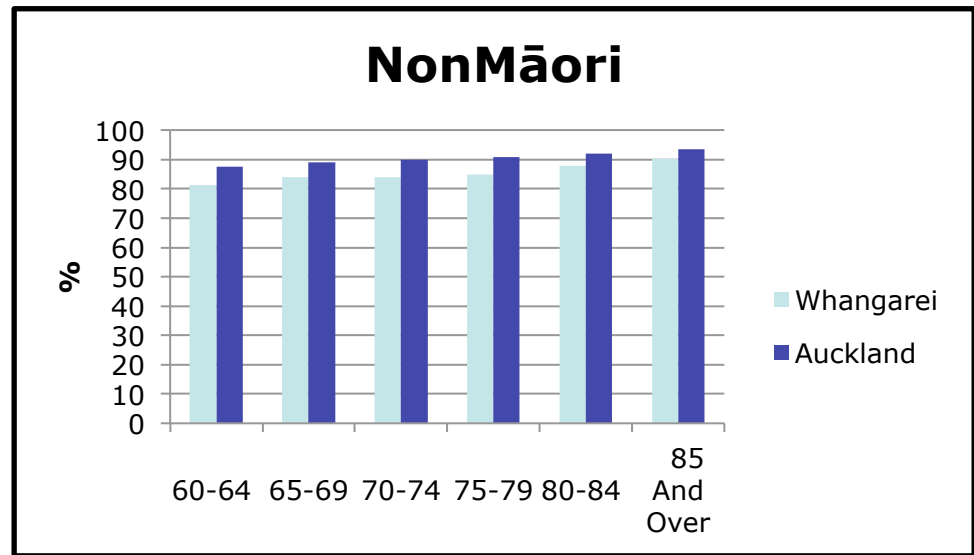
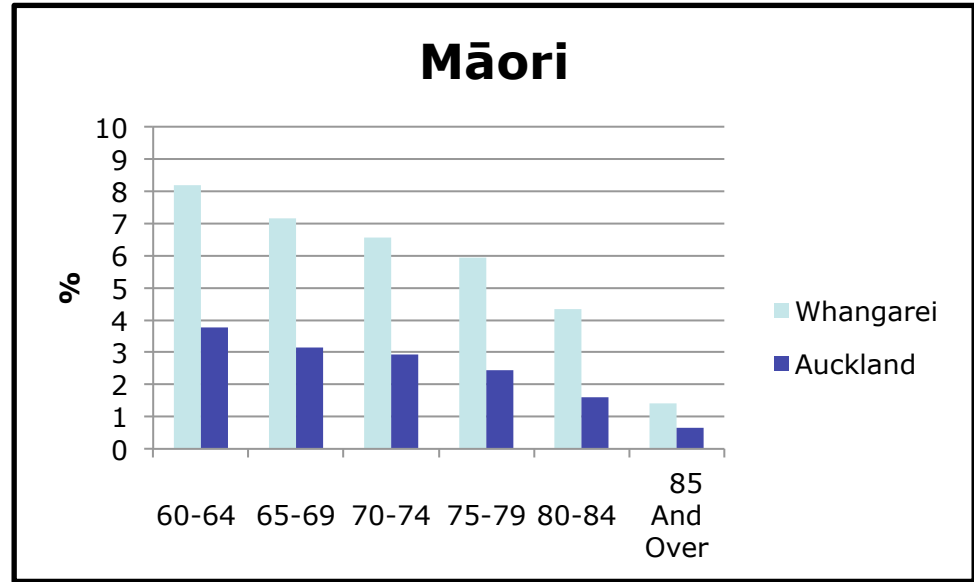
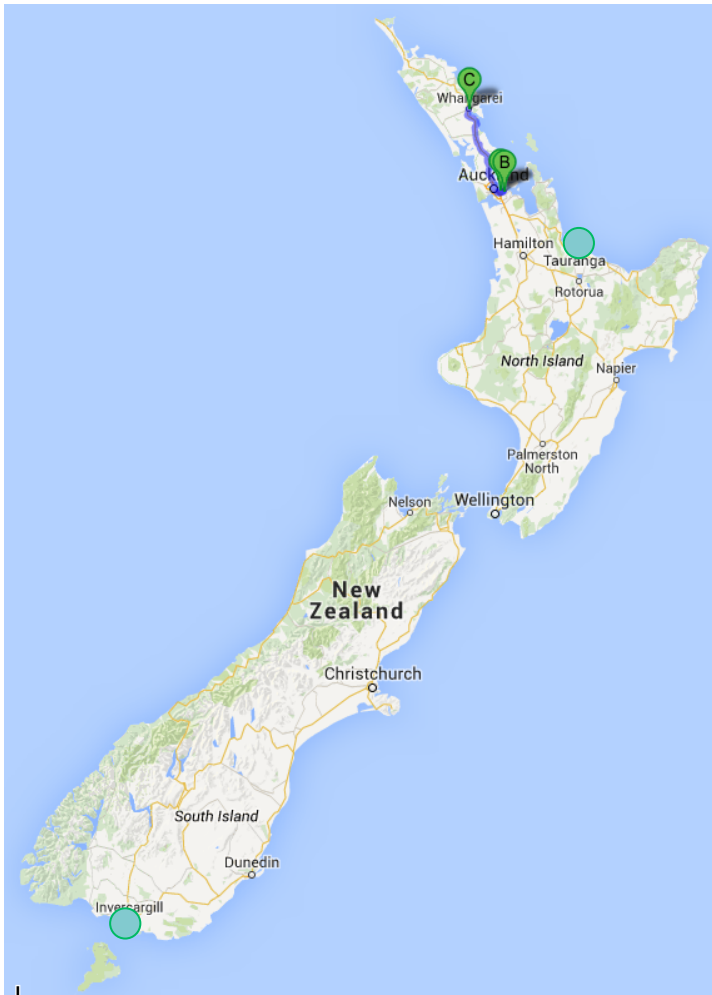




Staying Upright and Eating Well Research, SUPER Trial

- To establish the effectiveness and cost effectiveness of physical activity and/or nutrition intervention to reduce falls and frailty in pre-frail older people.
- Feasibility study (Health Research Council, NZ; ongoing)
 - To establish feasibility of a 2x2 factorial RCT
- Main study (National Science Challenge)
 - Primary: falls
 - Secondary: frailty (Fried tool), physical performance (SPPB), QoL

Sites



Staying Upright and Eating well Research

STUDY POPULATION

Inclusion criteria

- Are aged 75 years or over, aged 60+ for Māori
- Pre-frail (FRAIL score 1 or 2)
- Live in the community (not residential care for older people)
- Able to communicate in English or te reo or have someone who can
- Able to use the kitchen utensils safely
- Able to stand
- Medically safe to participate in low intensity exercise

Exclusion criteria

- Terminally ill as judged by the general practitioner or Māori health worker
- Advanced dementia from GP records

Baseline Assessment

Random allocation to 4 equal groups

Kai ora Senior chef
(cooking programme)

Kori kori tinana
SAYGO (exercise programme)

Senior SAYGO

FOLLOW-UP (post intervention: 0, 6, 12, 18, 24, 30, 36, 42, 48, 54, 60, 66, 72, 78, 84, 90, 96, 102, 108, 114, 120 weeks)

Primary outcome

- Falls

Secondary outcomes

- Frailty
- Food intake – 24hr MPR x 2
- Physical activity – CHAMPS
- Physical performance – SPPB
- Functional status – NEADL
- Health related Quality of Life – SF-12

Transforming ways of Living and Ageing to Advanced Age: Staying Upright & Eating well Research



1. How much of the time during the past 4 weeks did you feel tired?

- All of the time Most of the time Some of the time
 A little of the time None of the time

2. By yourself and not using aids, do you have any difficulty walking up 10 steps without resting?

- Yes No

3. By yourself and not using aids, do you have any difficulty walking several hundred meters? (Length of a rugby field is 100 meters)

- Yes No

4. Did a doctor ever tell you that you have ...?

- | | | |
|---|------------------------------|-----------------------------|
| - High blood pressure (hypertension) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Diabetes | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Cancer (other than a minor skin cancer) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Chronic lung disease | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Heart attack | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Congestive heart failure | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Angina (chest pain caused by heart disease) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Asthma | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Arthritis | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Stroke | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| - Kidney disease | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

5. Have you lost weight in the past 12 months without trying to?

- Yes No Don't know

If "Yes", roughly how much have you lost? _____ kilograms/stones/pounds
(please circle)

Senior Chef

- Discussion about nutrition to eat better, and a cooking class to increase confidence in cooking for 1 or 2 and shopping wiser for nutritious food.
- 8 weeks led by trained facilitator





Steady As You Go[©]

- Adapted Otago Exercise programme to improve strength and balance and reduce falls.
- 10 weeks led by trained facilitator



Weekly social group

- 4C, Craft Group (Whangarei)
- Communicare (Auckland)

- Selwyn Care centre
- Probus
- Grey Power

Assessment schedules

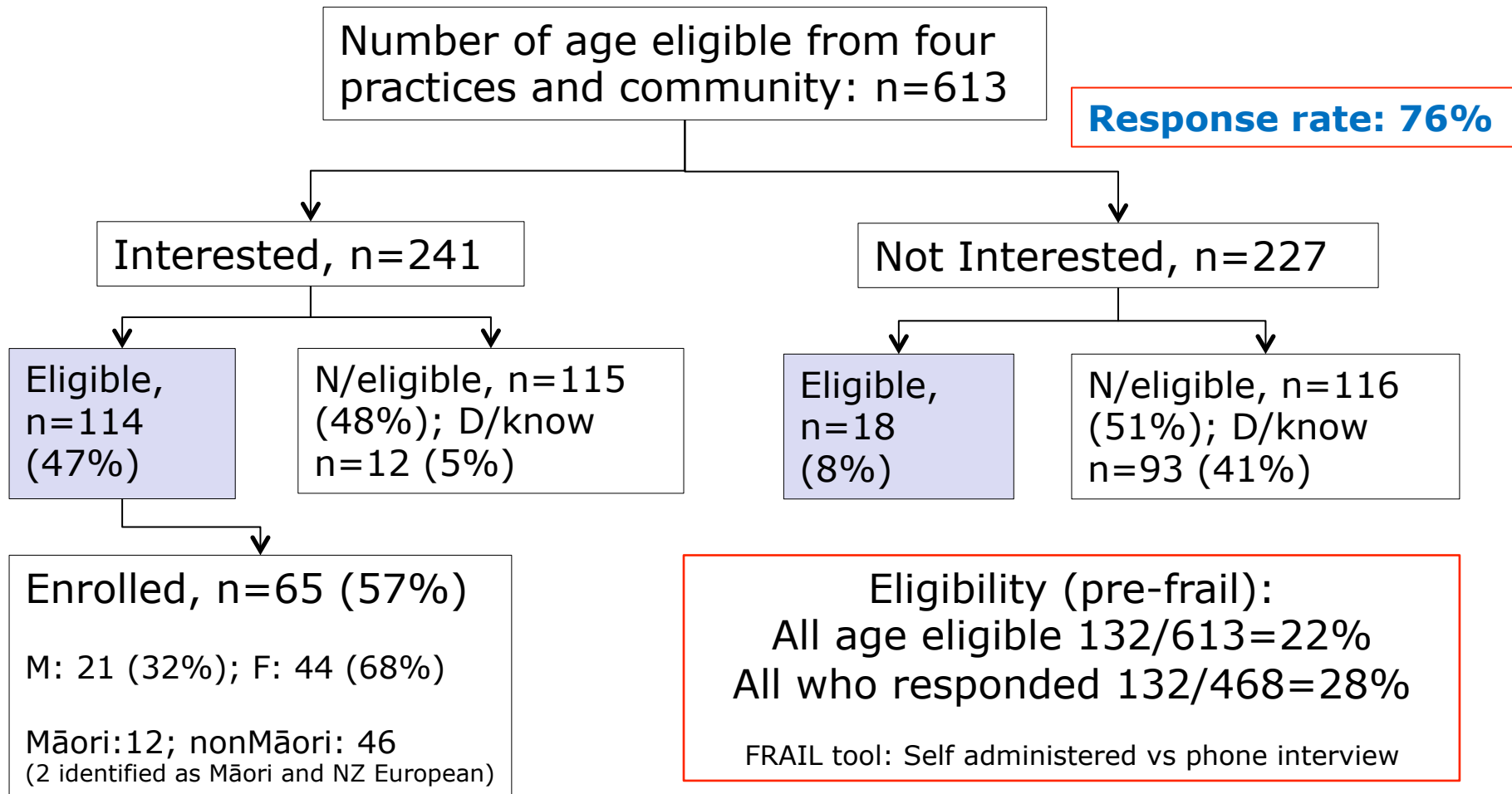
	Eligibility	Baseline (T0)	10 weeks formal Intervention	0m post-intervention (T1)	6m (T2)	12m (T3)	36m (T4)	60m (T5)	
Frail scale	✓	✓							
Fried tool		✓					✓	✓	✓
All measures*		✓			✓	✓	✓	✓	✓
				Peer-led					

* FES-I, SPPB, CHAMPS, MPR, SF-12, NEADL, GDS and physical assessment. No 3MS at T1. No CHAMPS and MPR at T4.

- Falls incidence will be assessed by monthly fridge calendars, filled in daily, and mailed in monthly (up to T3). Falls questions in T4 and T5.

Response rate: Feasibility study

(preliminary)



FRAIL tool: face-to-face interview

	Men, n=21 (%)	Women, n=44 (%)
0	2 (9)	10 (23)
1	8 (38)	10 (23)
2	6 (29)	10 (23)
3	3 (14)	9 (20)
4	2 (10)	5 (11)
5	0	0

Feedback

- Engaged and approved by local stakeholders... ongoing process
 - Took ownership of the process, local newspapers, Māori radio, local community centre
- SAYGo: good adherence in Howick (19 regulars + 3 fillers), Whangarei: need motivation
 - Weekly continuation class → facilitator-led → peer-led
- Senior Chef: excellent facilitators
 - Exchanging recipes
 - Monthly continuation → facilitator-led → peer-led

Lessons/Challenges

- New research area – networking, trust, uptake of research concept
- Uptake of the practices
- Randomisation – participants' preference
- Adherence (transportation, motivation)
- Adaptation of the programme
 - SAYGo: more than 10-week facilitator led??
 - Senior Chef: vegetarian/gluten free recipes
 - Running the programme in marae led by Māori facilitators.

Research Impact

- Maintaining independence
- Enabling contribution to society
- Decrease in care burden to the society, family and whānau
- Strengthening Māori community

Questions, Comments, Suggestions