

Active Ageing

Gezondheidsgedrag en self-tracking:

Van gezond opgroeien tot gezond oud worden



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Cees van der Schans

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www.hanze.nl/transparantezorgverlening

<http://www.qsinstitute.org/>

Lectoraat Transparante Zorgverlening



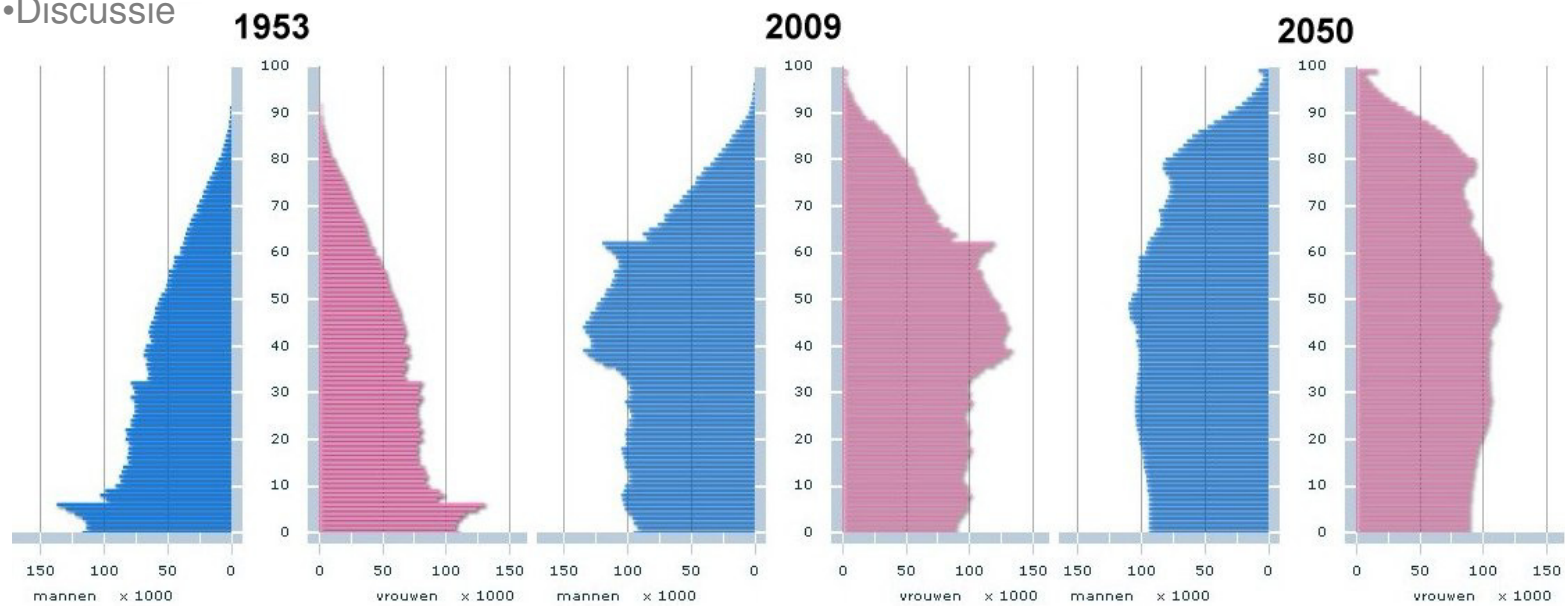
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- Demografische ontwikkelingen
- Active Ageing
- Gezondheidsgedrag
- Self-tracking
- Discussie



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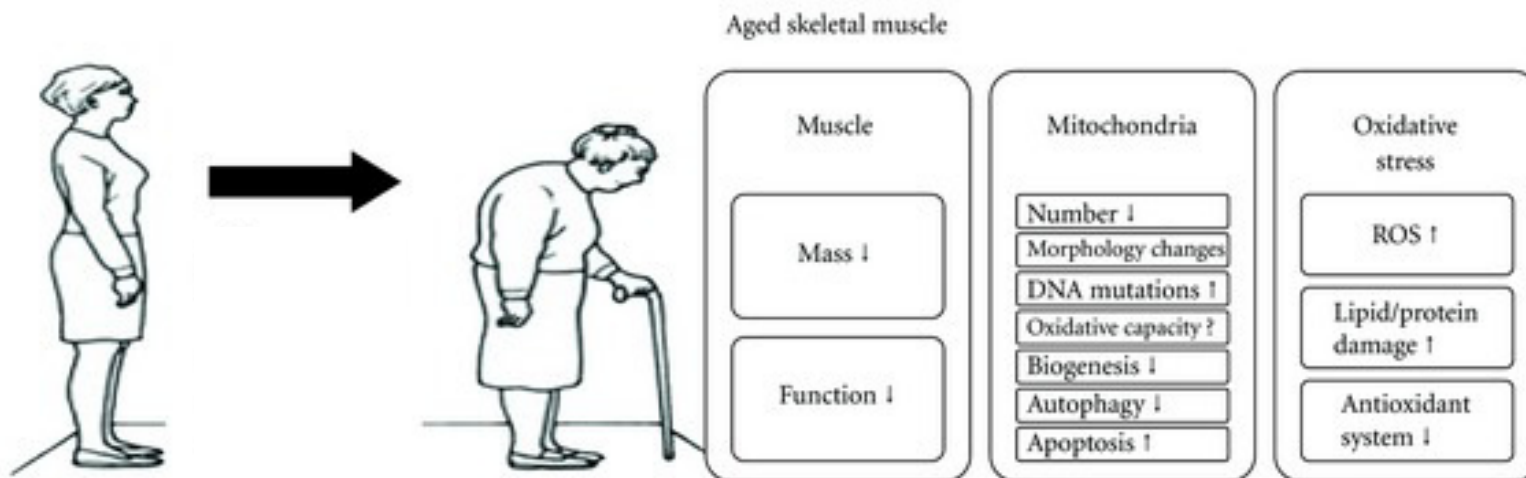
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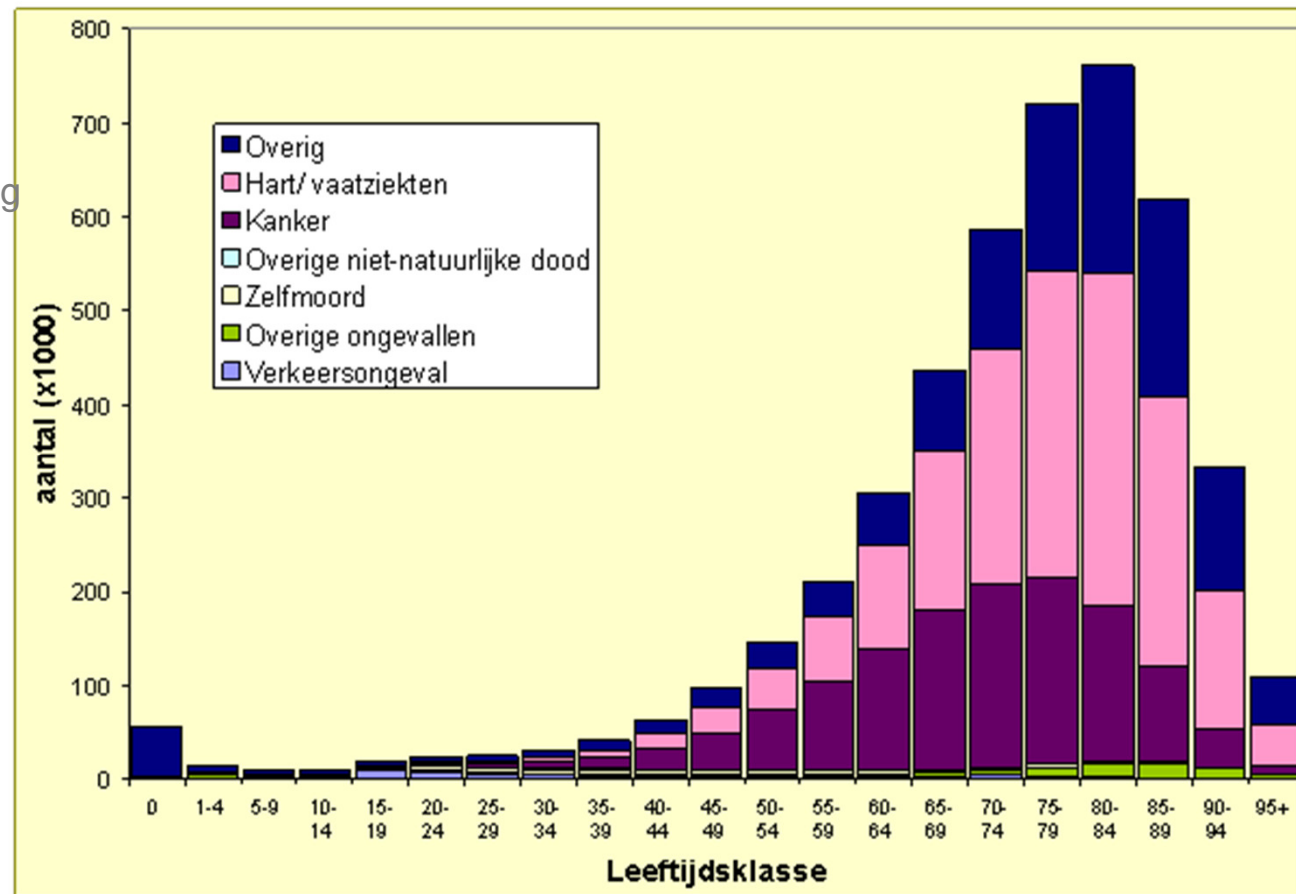
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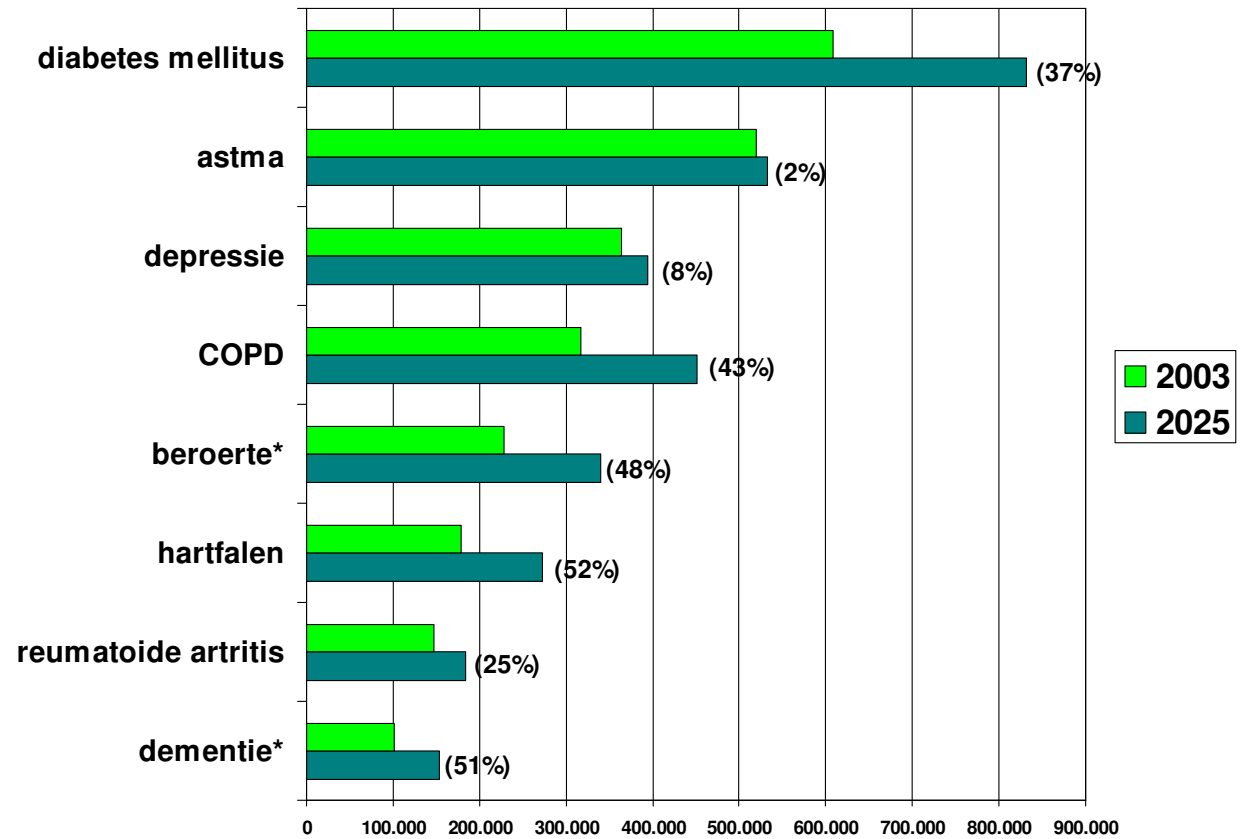
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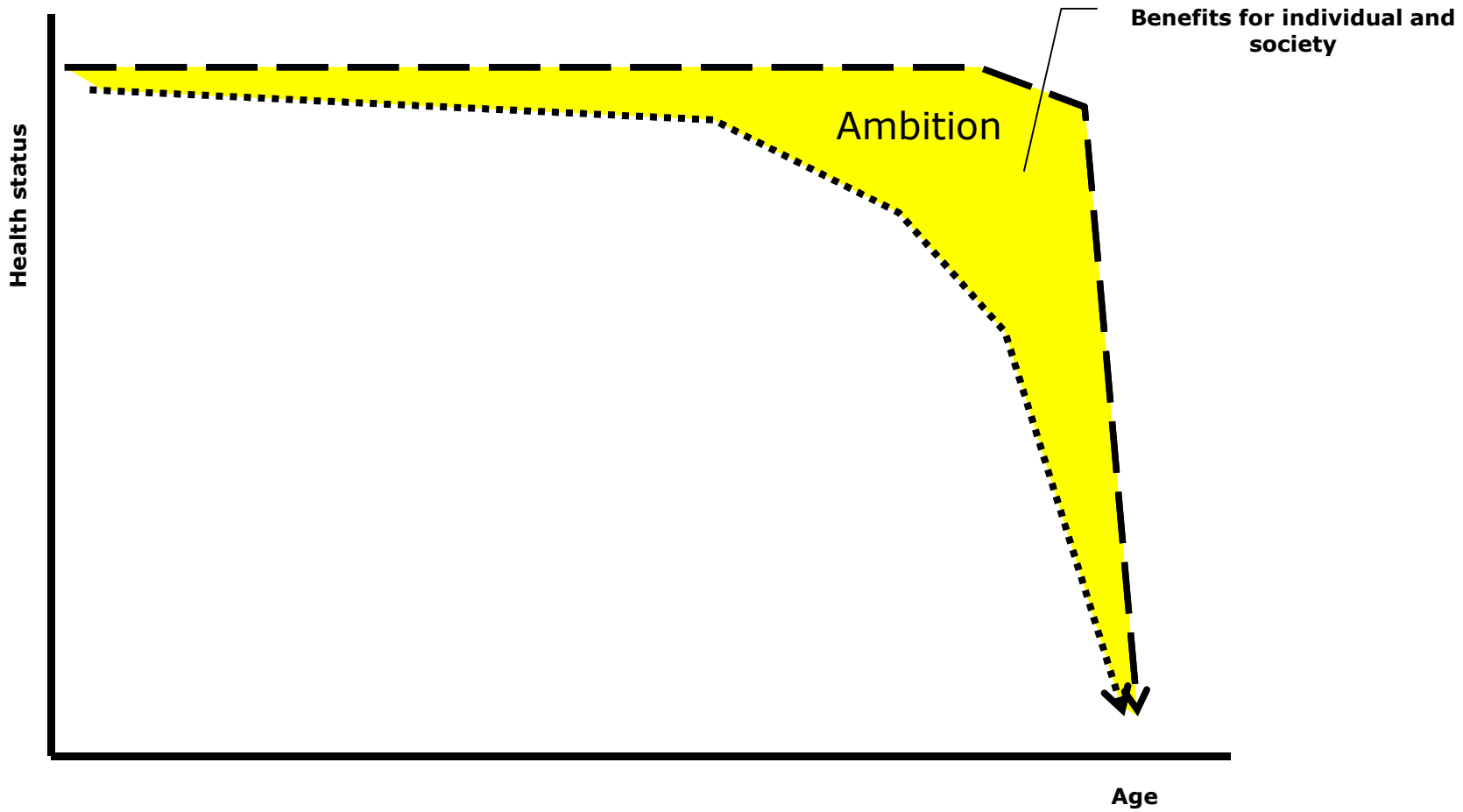
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- 37 % van de 55-plussers heeft twee of meer chronische ziekten
- 70% van de mensen met een chronische ziekte heeft ten minste ook één andere ziekte.

van Oostrom et al. Nederlands Tijdschrift voor Geneeskunde 2011

- fysiologische, mentale, sociale gevolgen van veroudering





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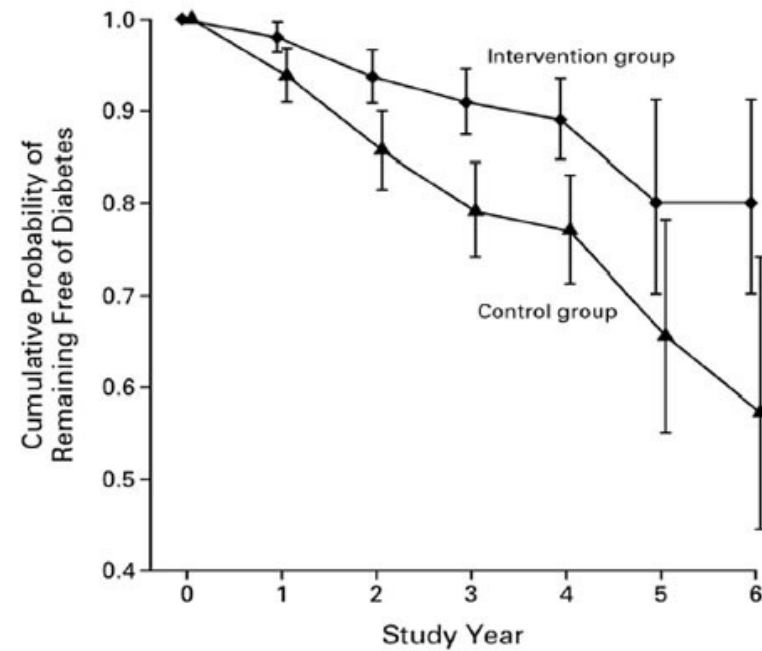


Preventie en actieve leefstijl



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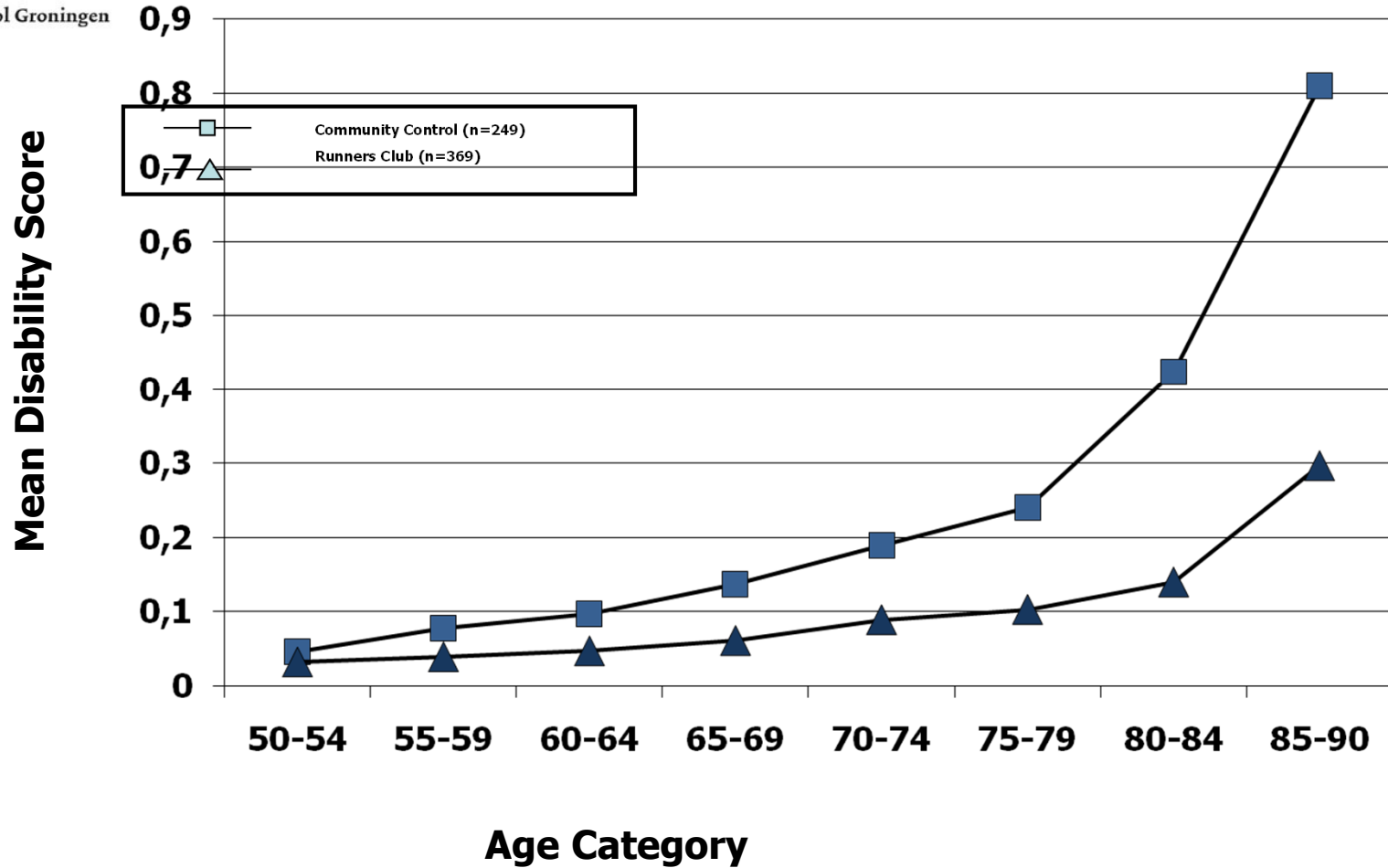
SUBJECTS AT RISK

Total no.	507	471	374	167	53	27
Cumulative no. with diabetes:						
Intervention group	5	15	22	24	27	27
Control group	16	37	51	53	57	59

Beperkingen en actieve leefstijl



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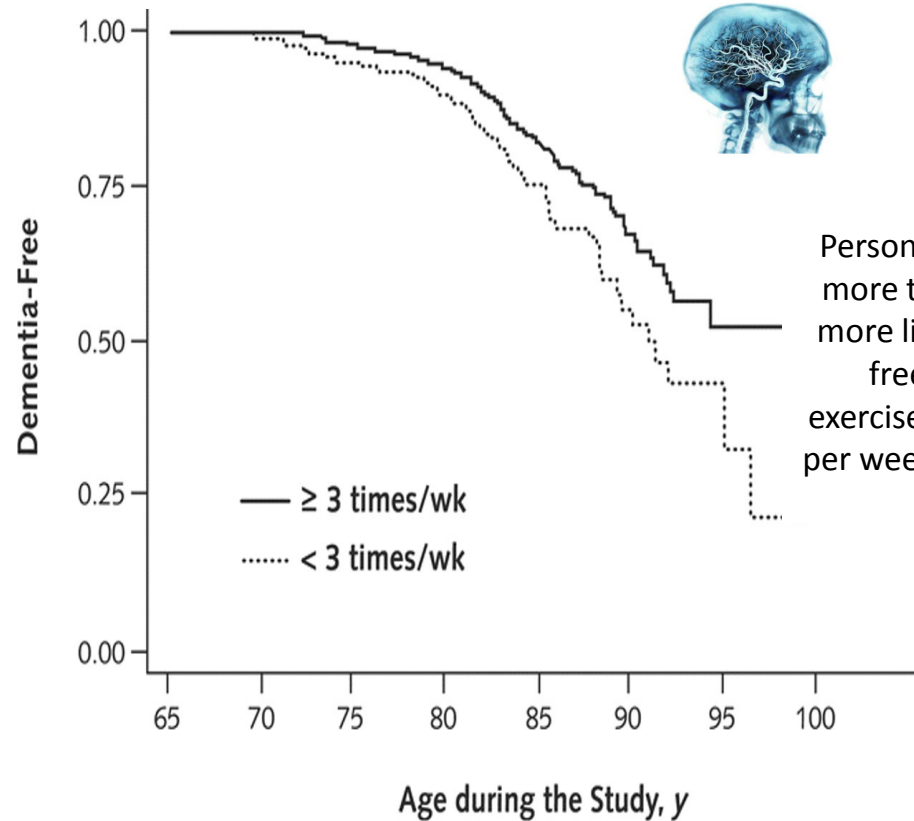
Wang et al, Arch Int Med, 2002

Dementie en actieve leefstijl



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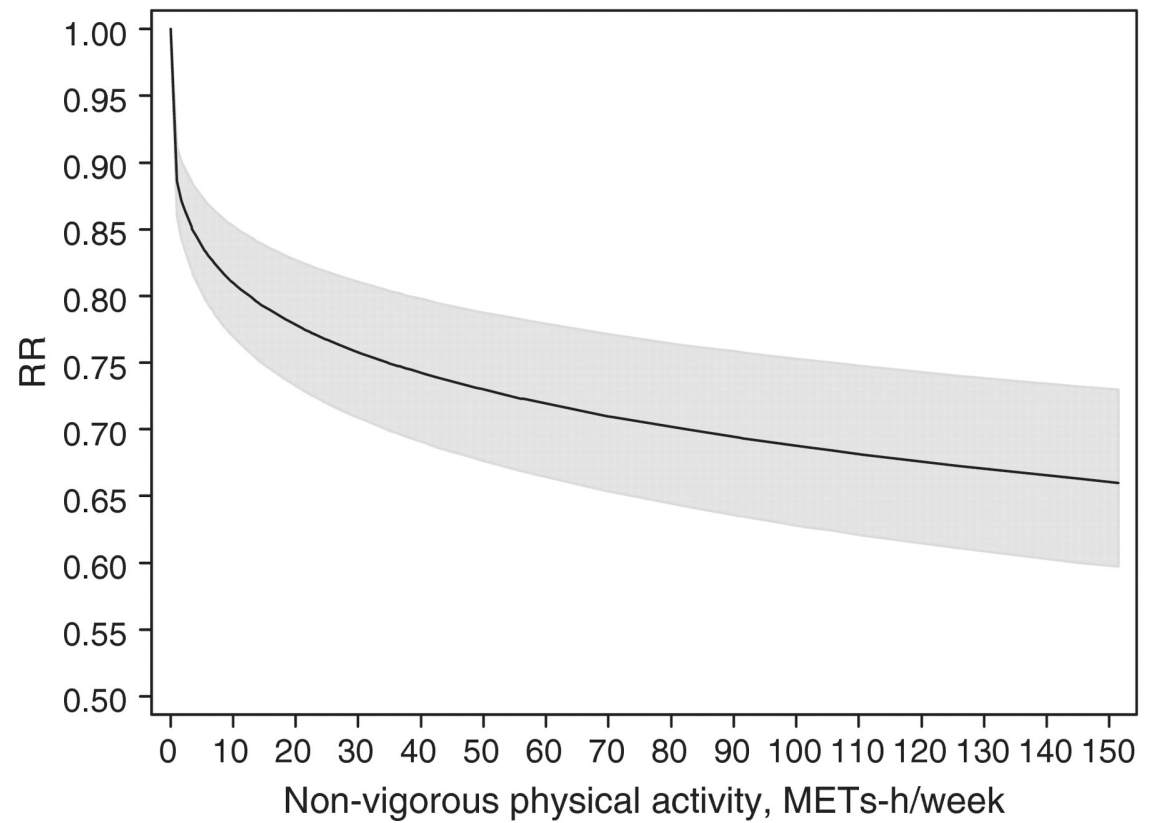
Larson et al, 2006

Relatie tussen licht intensieve activiteit en risico op overlijden



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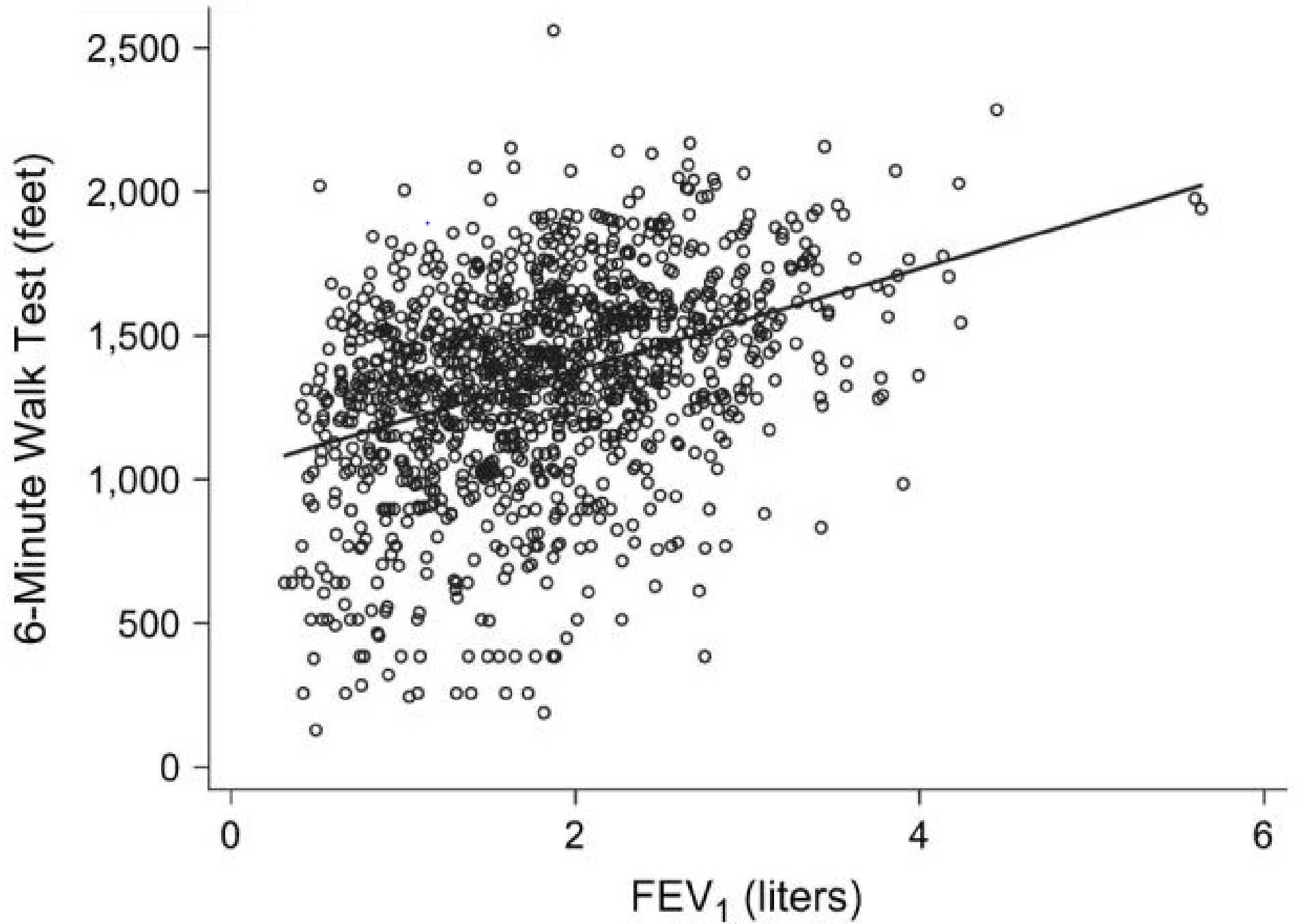


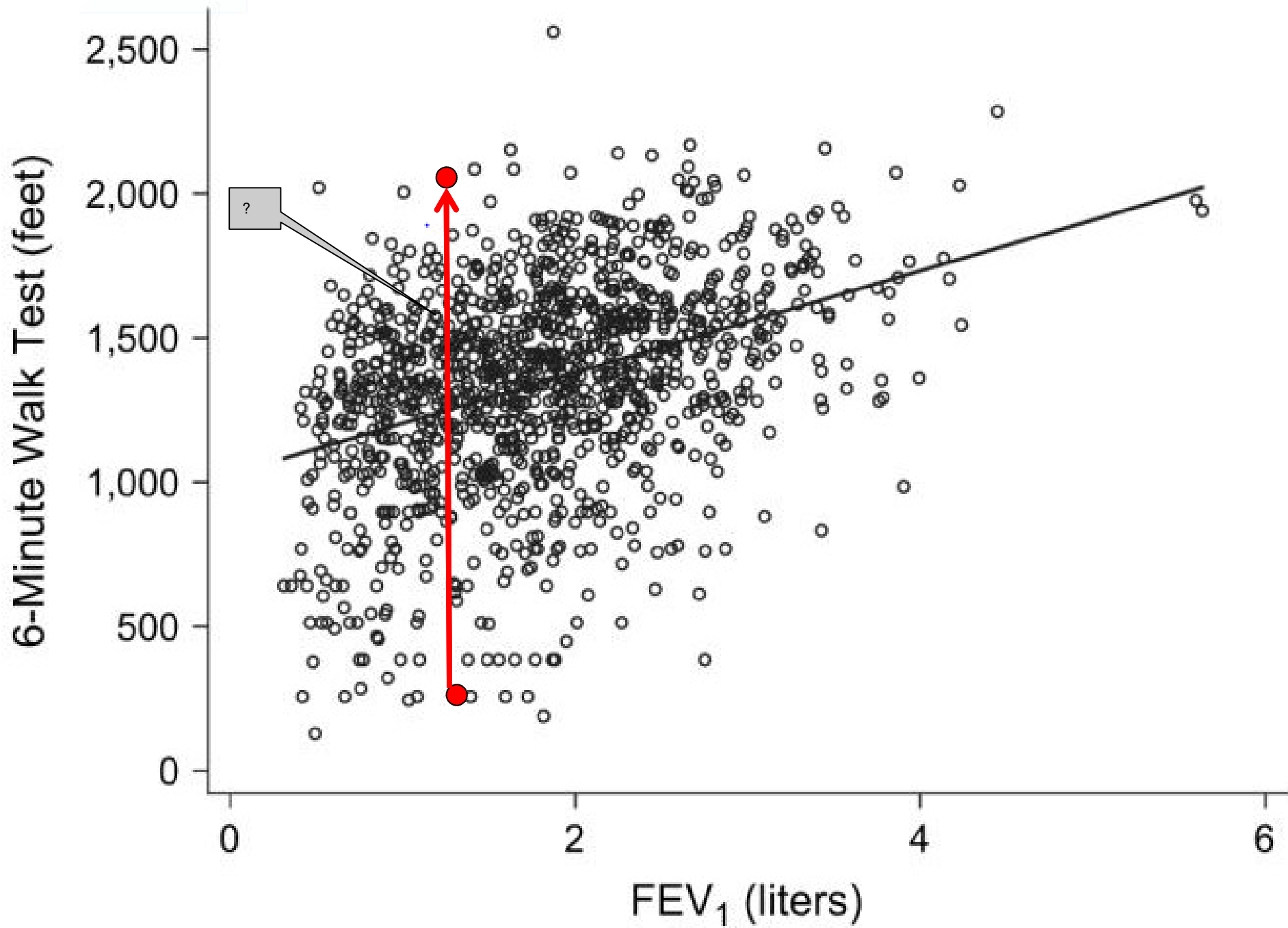


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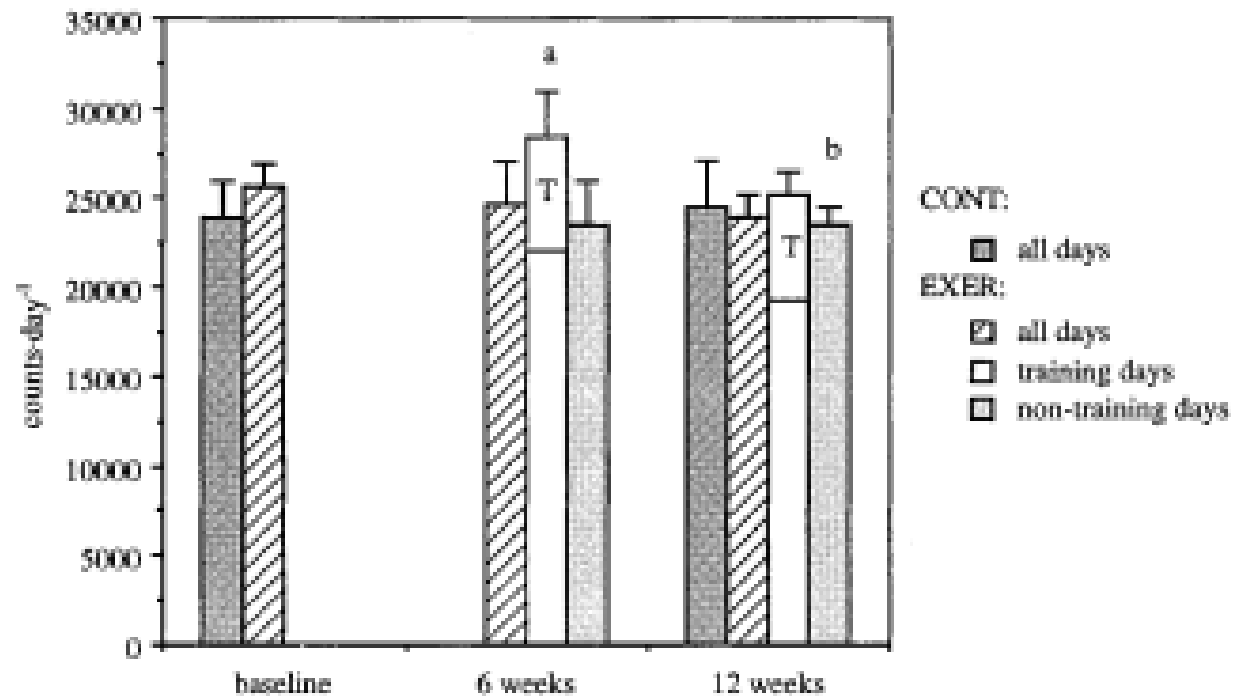


Exercise training



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[European Journal of Applied Physiology and Occupational Physiology](#)

May 1999, Volume 80, [Issue 1](#), pp 16-21

Effect of exercise training on total daily physical activity in elderly

humans

[Erwin P. Meijer](#), [Klaas R. Westerterp](#), [Frans T. J. Verstappen](#)

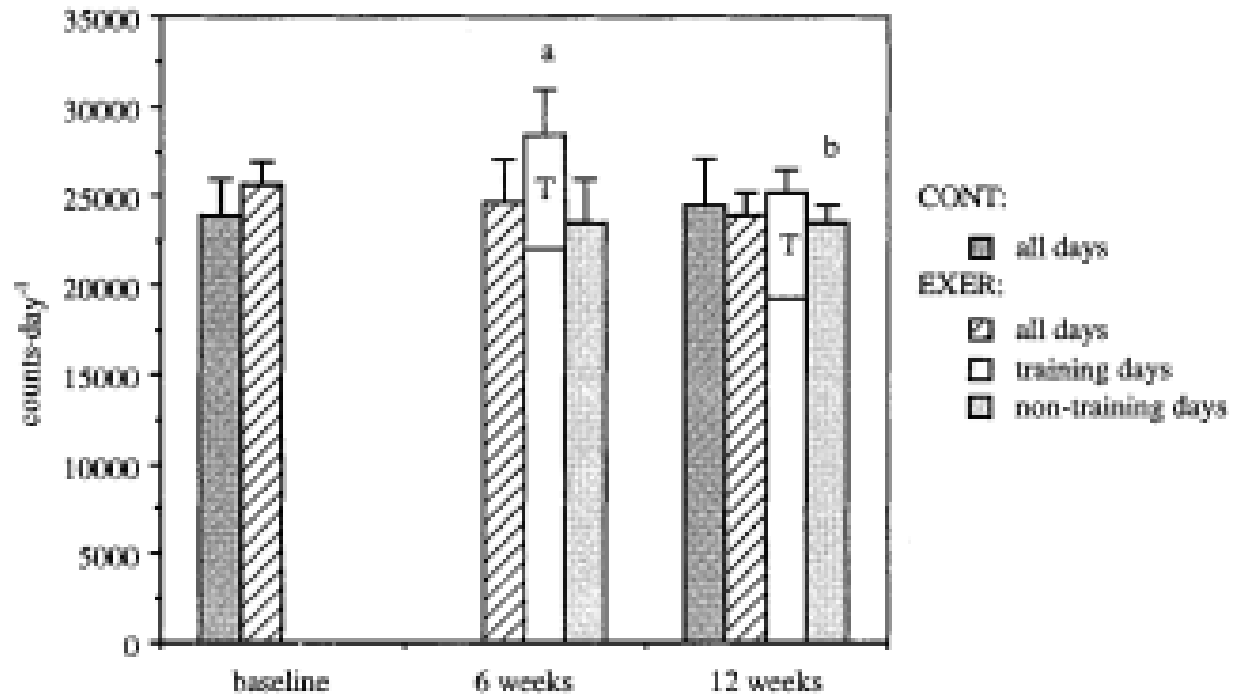
Exercise training



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Training activity was compensated for by a decrease in non-training physical activity.



[European Journal of Applied Physiology and Occupational Physiology](#)

May 1999, Volume 80, [Issue 1](#), pp 16-21

Effect of exercise training on total daily physical activity in elderly

humans

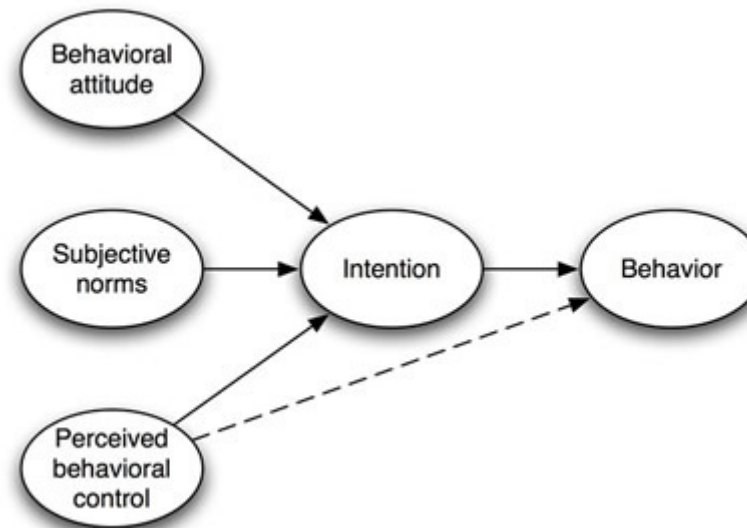
[Erwin P. Meijer](#), [Klaas R. Westerterp](#), [Frans T. J. Verstappen](#)

Theory of planned behaviour



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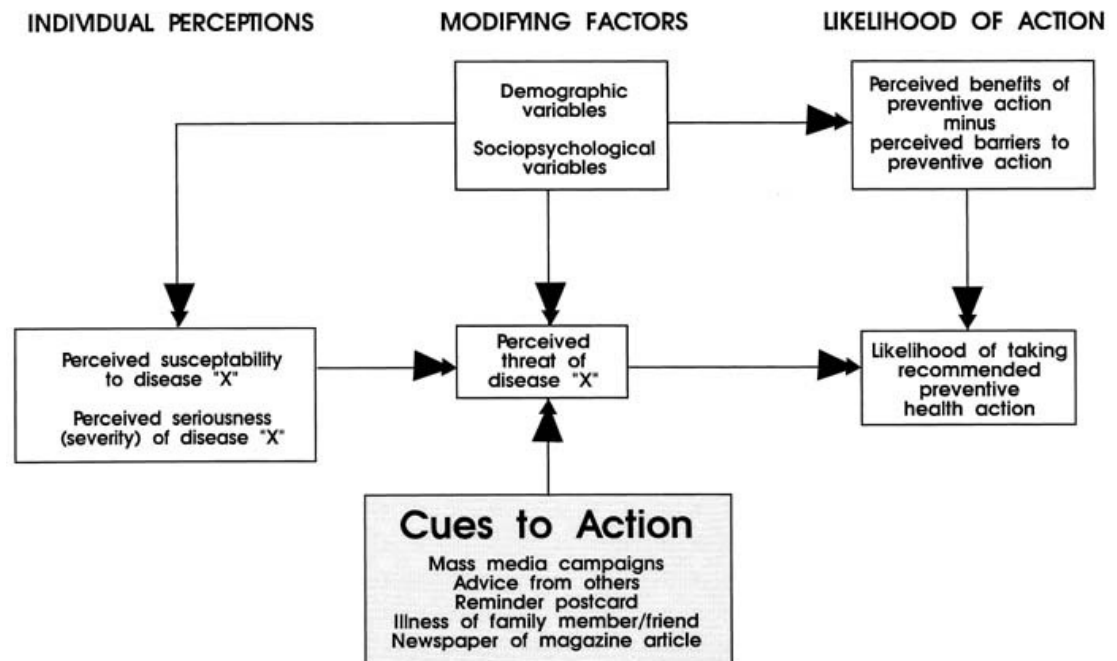


Health Believe Model



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protection motivation theory



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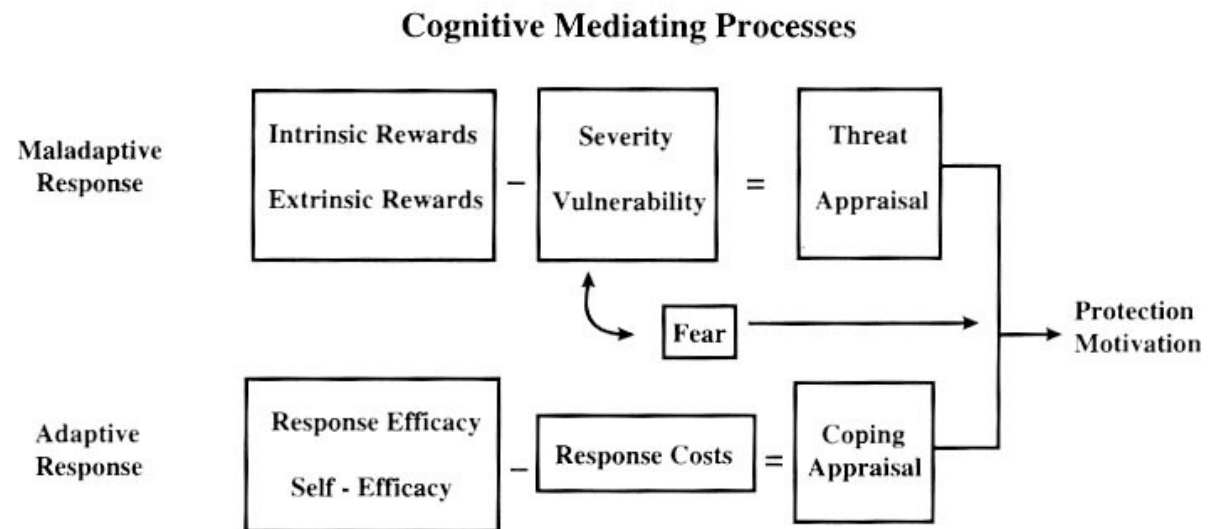


Figure 2. Cognitive mediating processes of protection motivation theory.

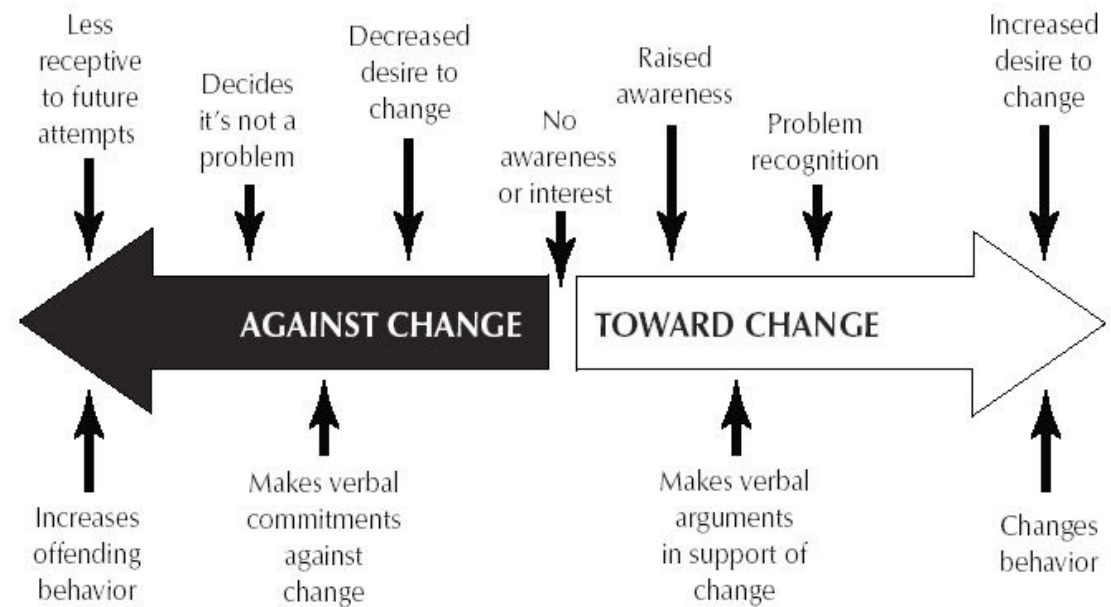
Motivational Interviewing



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FIGURE 1.

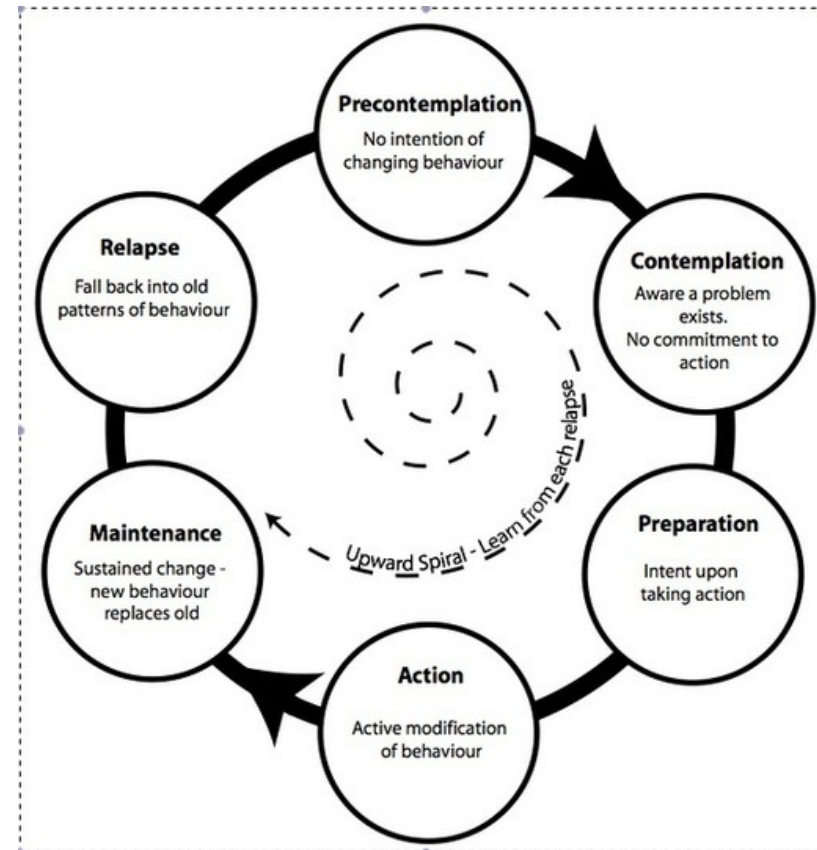


Transtheoretisch model



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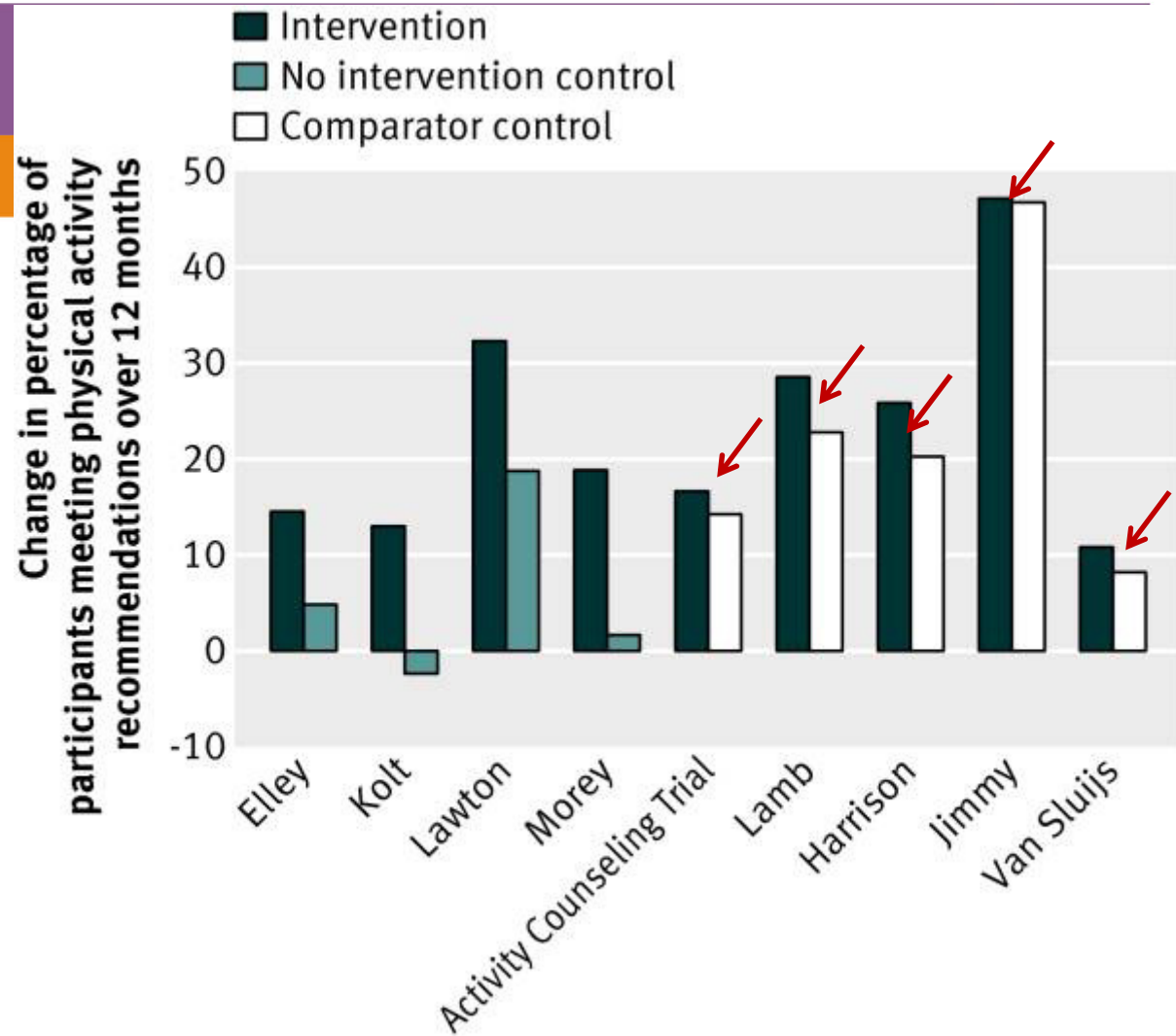


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NNT=12

Orrow et al BMJ. 2012; 344: e1389





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QS Community



- Founded by Gary Wolf and Kevin Kelly in 2007
- + 100 groups
- 31 countries

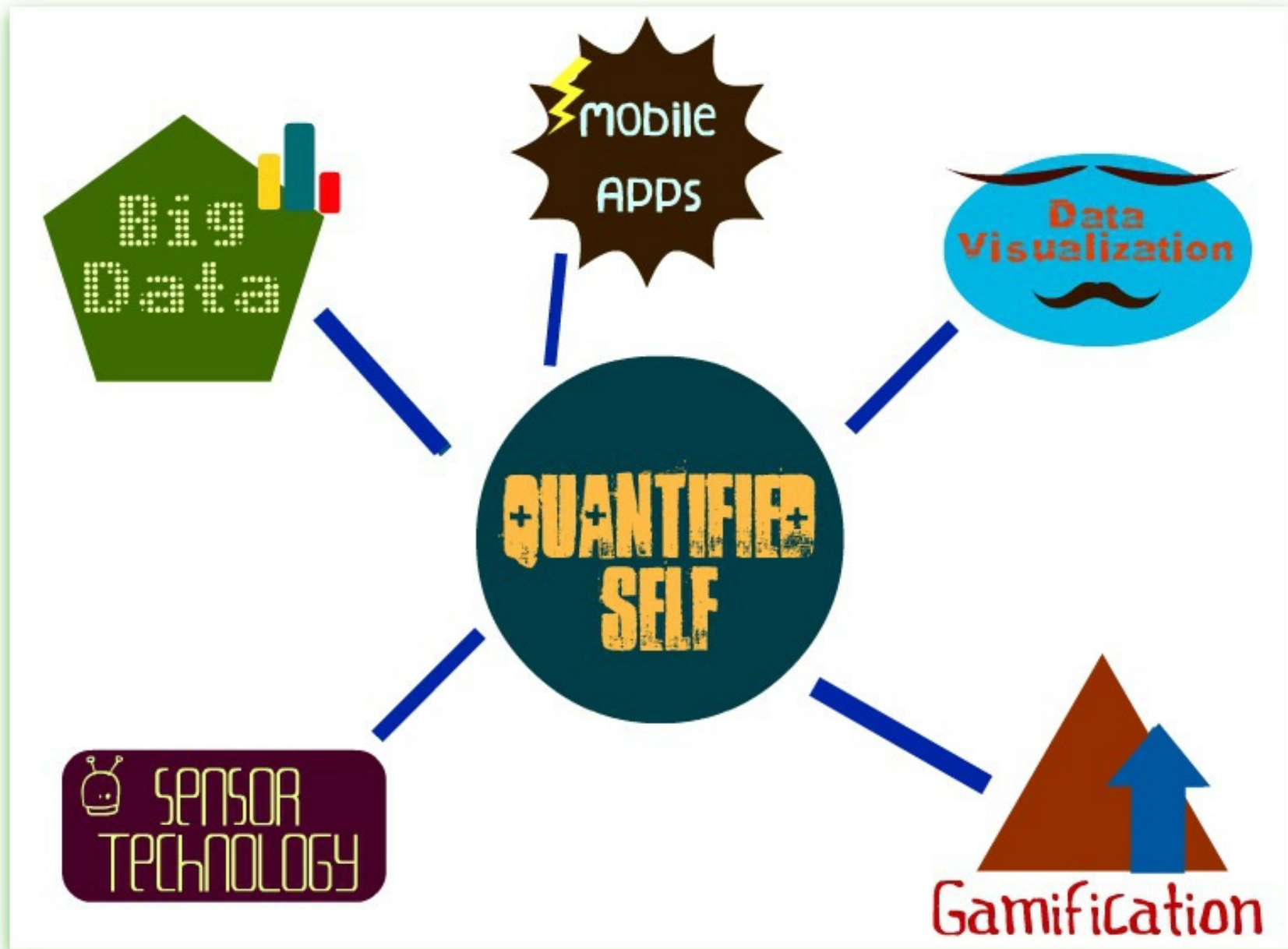


QS Conference Stanford 15-16 sept 2012



QS Conference Amsterdam 26-27 nov 2011

1.



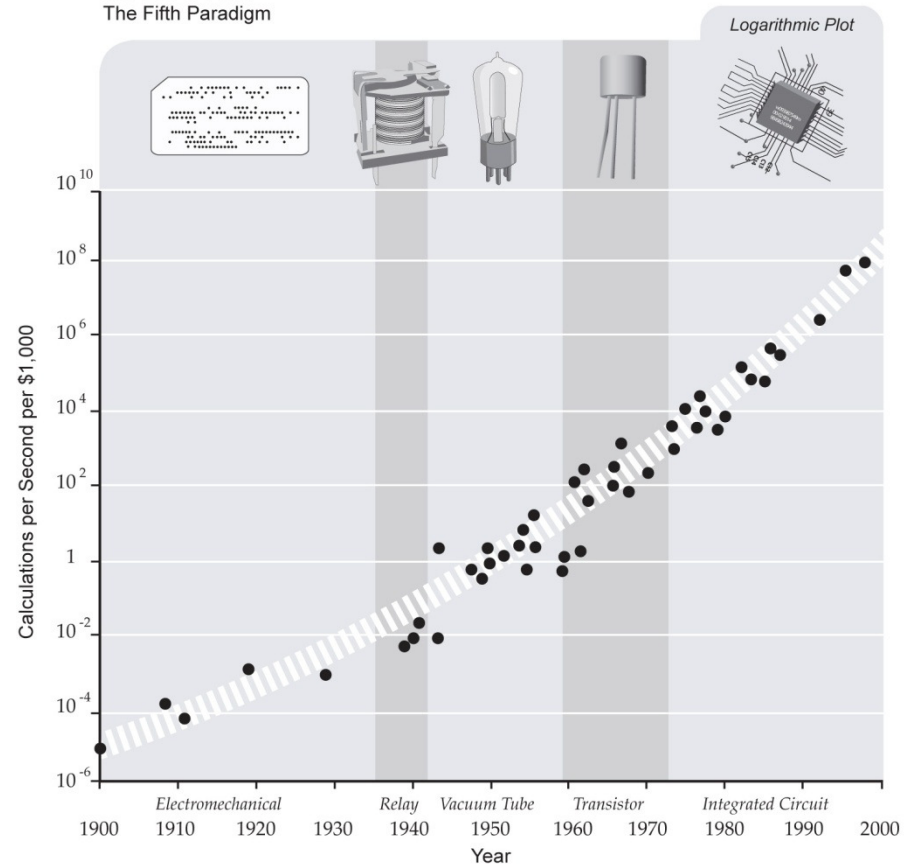
Moore's law



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Moore's Law
The Fifth Paradigm





Quantified Self Institute

self knowledge through numbers



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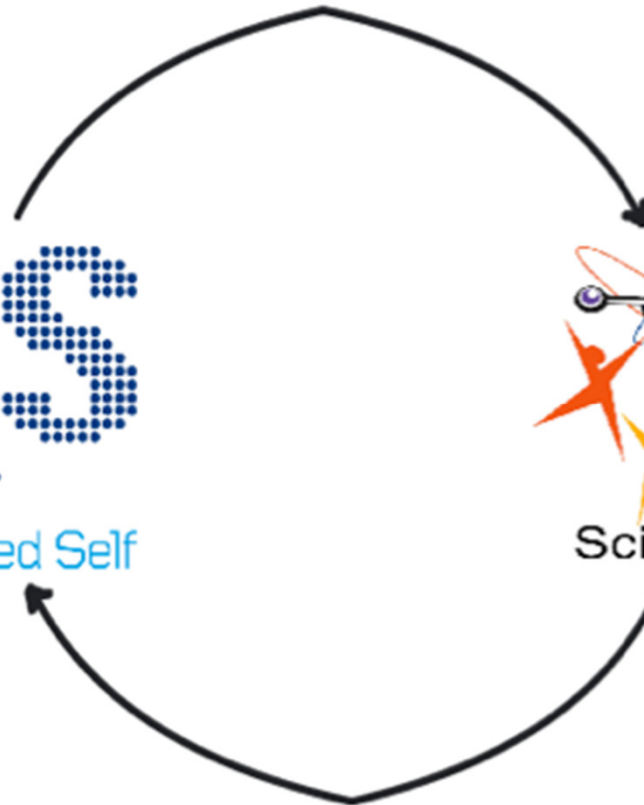
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Quantified Self



Science



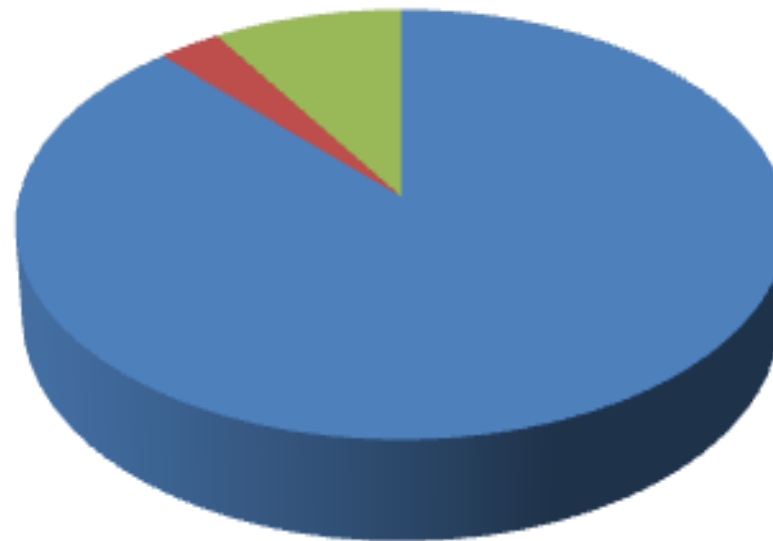
Food-applications



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111 apps, roughly 3 categories



■ Eetlogboek 88%

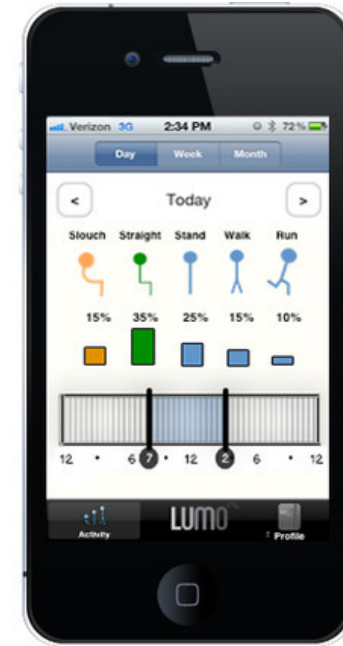
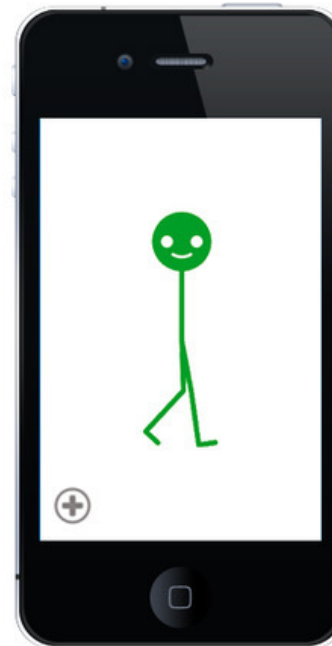
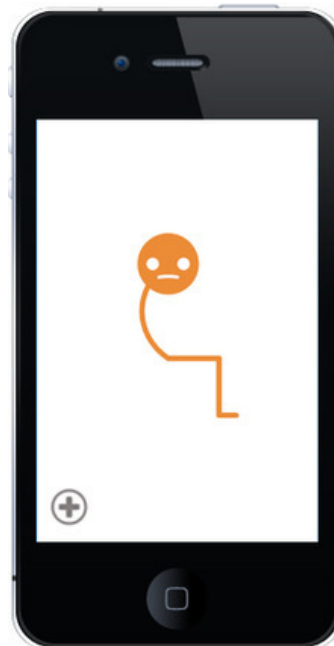
■ Calorischatter 3%

■ Community apps 9%



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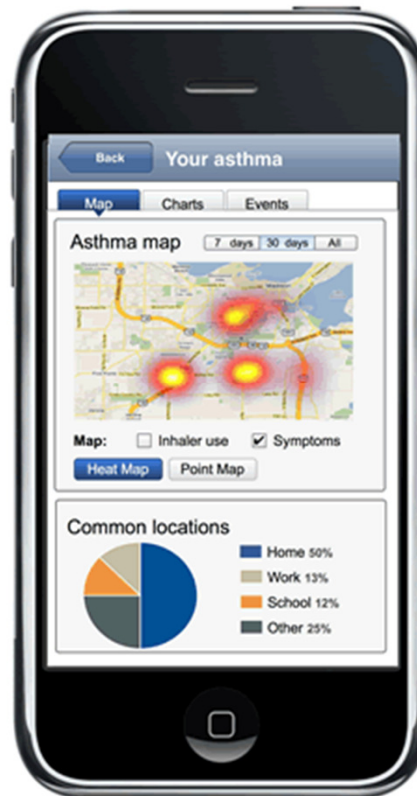
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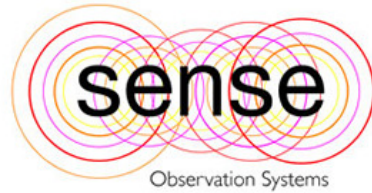
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Activity trackers



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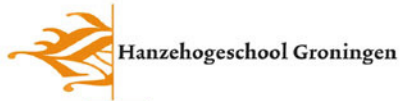
Physical activity



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Physical activity



http://www.nu.nl/gezondheid/3496628/stappenteller-helpt-daadwerkelijk-meer-bewegen.html

Contact - VNO-NCW Online Stappenteller helpt daadwerkelijk meer te bewegen

File Edit View Favorites Tools Help

Gezondheid

Dinsdag 11 juni 2013. Het laatste nieuws het eerst op NU.nl

Gezondheid Gepubliceerd: 10 juni 2013 17:35 Deel: 262 0 138
Laatste update: 10 juni 2013 17:35

Stappenteller helpt daadwerkelijk om meer te bewegen

Een stappenteller dragen, motiveert mensen om meer te bewegen en minder te zitten, waardoor ze kunnen afvallen. Dat blijkt uit een onderzoek van Indiana University.

Gedurende 12 weken droegen 4 mannen en 22 vrouwen van 40 tot 66 jaar elke dag een stappenteller. De stappenteller registreerde de beweging van hun onderbenen. Als de stappenteller even geen activiteit zag, werden de deelnemers aangespoord om te bewegen. Daarnaast ontvingen ze twee keer per week een mail met tips over voeding en bewegen.

Elke week verbonden de proefpersonen hun stappenteller met een computer, zodat in een grafiek zichtbaar werd hoeveel ze bewogen hadden. Gedurende het onderzoek waren de deelnemers veel actiever dan voorheen. Bovendien bleken ze gemiddeld ruim 1 kilogram [af te vallen](#).

"Dit is een hele simpele, goedkope uitvinding die veel mensen kunnen gebruiken", zegt Jeanne Johnston, co-auteur van het onderzoek. De resultaten van de studie zijn gepresenteerd tijdens de jaarlijkse bijeenkomst van het American College of Sports Medicine in Indianapolis.

Door: [Gezondheidsnet](#)

22 Reageren E-mail Deel: Aanbevelen +1 Tweeten

Lees meer over [Bewegen](#)

Wetenschap

Ga naar NU.nl/wetenschap

Corendon

Book nu!

zalando

Gratis verzending!

Meest gelezen

1. Plantaardige vetten 'helpen' bij prostaatkanker
2. 'Oude kankerpatient wordt slecht behandeld'
3. Gedeeltelijke donorlever bij kind net zo veilig
4. Brussel wil borstvoeding aanmoedigen
5. Brussel wil borstvoeding aanmoedigen

Volg NU.nl

13:04 11-6-2013

Physical activity



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Physical activity



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Fitbit & Withings



Day Week Month Year

Today

Activity

updated 8 mins ago

4443 steps taken today 44% of goal of 10,000

15 floors climbed today 150% of goal of 10
You have climbed: The Statue of Liberty ★

3.61 km traveled today 45% of goal of 8.05

1575 calories burned 72% of goal of 2,184

400 active score 40% of goal of 1,000

No **step badge** yet today.
Get more steps!

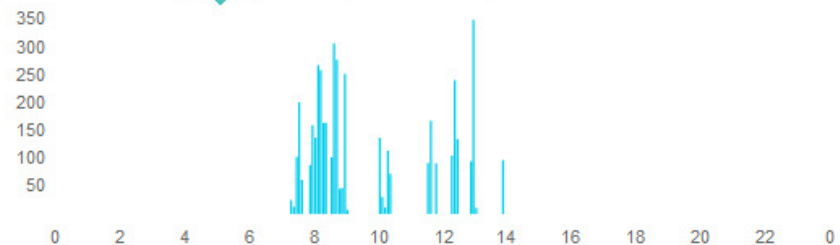


Top Daily Climb Badge
10 floors



Want to challenge yourself to be more active? [Start a free week trial of the Fitbit trainer now!](#)

Calories Burned **Steps** Floors Time Active



NEW Fitbit Aria™

Tracks weight, body fat % & more. Syncs through Wi-Fi to Fitbit.com.

[Learn more](#)

Top Badges

My Achievements



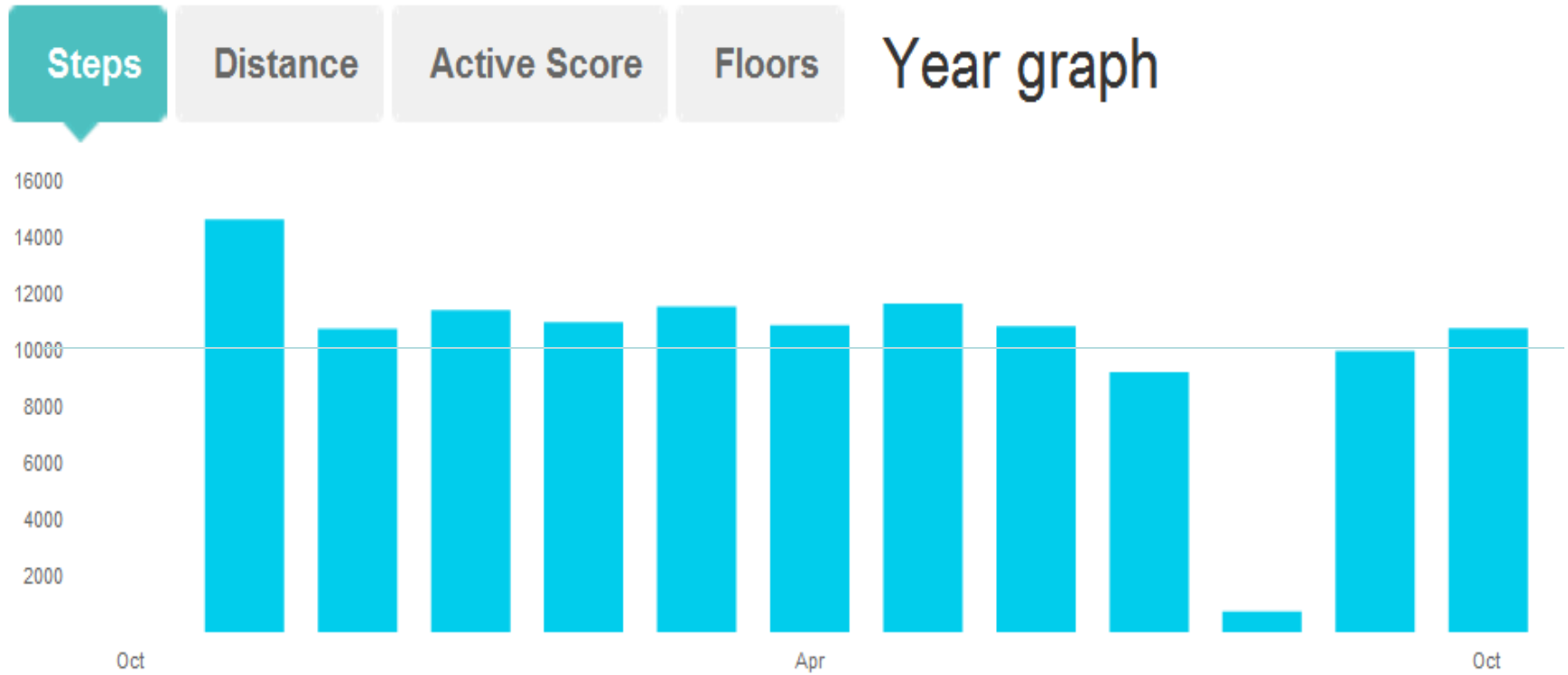
[See all badges](#)

Friends

Rankings based on 7 day step total

	You 73,209	1
	Roos 70,810	2
	Marieke 64,663	3
	jplattel 64,146	4
	Rieta A. 30,475	5

Activity



Weight

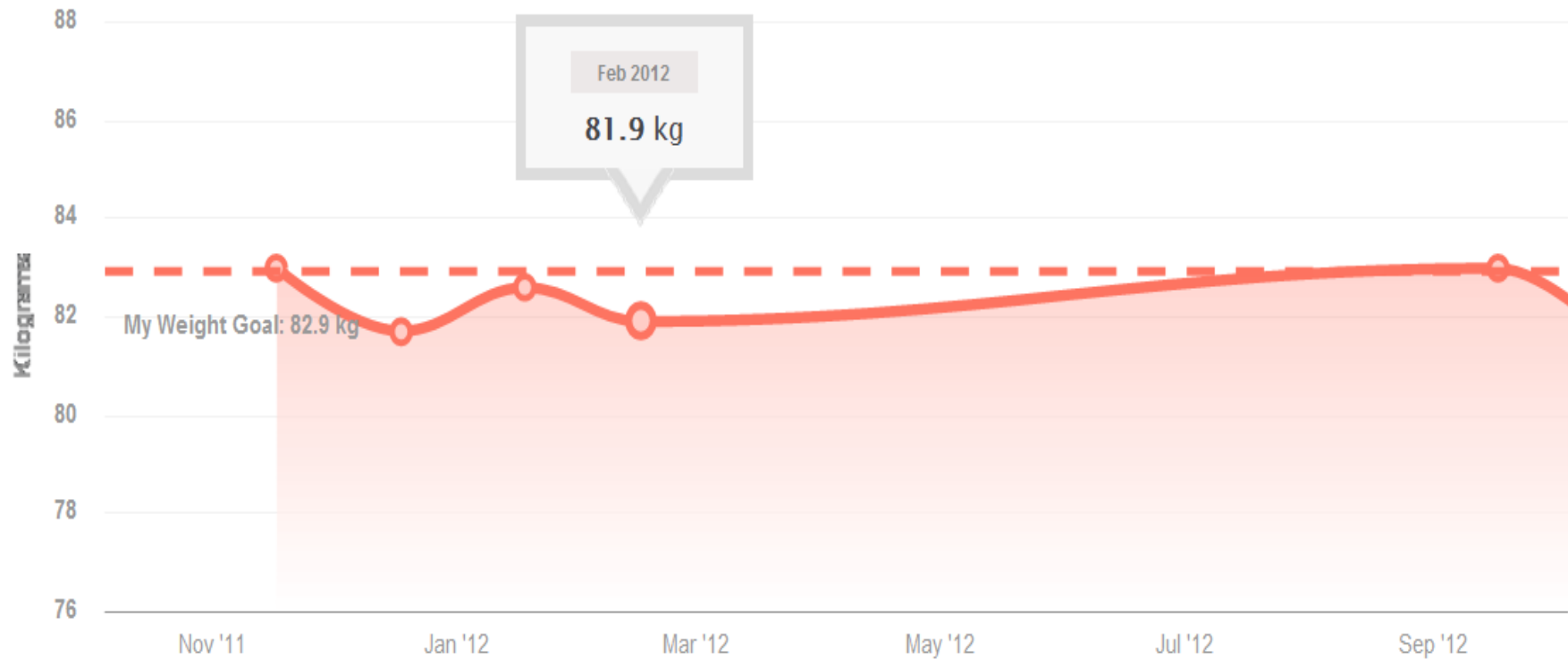
Lean vs Fat

BMI

Body Measurements

Weight change

↑ 0.0 kg



Accueil / Nous cherchons 1000 volontaires pour une étude unique au monde sur le quantified self

Perdre du poids

Nous cherchons 1000 volontaires pour une étude unique au monde sur le quantified self

13 mai 2013 13 commentaires 87



Basculez dans le monde du Quantified Self avec notre étude — CLEMENT HALBORN POUR 20 MINUTES

MOTS-CLÉS

- etude fitbit

APPEL A CANDIDATURE – 20 Minutes et IDS Santé recherchent 1000 volontaires qui porteront pendant six mois le Fitbit que nous leur offrirons. Objectif: faire avancer la science.

Autres actualités

Des chiffres et des rêves

Des chiffres et des rêves

On a testé le Fitbit Flex

On a testé le Fitbit Flex

Les applis pour arrêter de fumer : comment ça marche ?

Les applis pour arrêter de fumer : comment ça marche ?

20 Minutes

Vind ik leuk 165.918

20 Minutes

[EN IMAGES] Les animaux de la semaine

Les plus belles images d'animaux, c'est par là: <http://bit.ly/NhgomD>

Sociale plug-in van Facebook

Tweets

20 Minutes @20Minutes

26m

Hockey: Chicago et Boston se disputeront la Coupe Stanley bit.ly/15ZhFdo
Étendre

20 Minutes @20Minutes

31m

Physical activity



Hanzhog

Steps that count: Be physically active every day.

Physical activity need not be strenuous to be beneficial. A start of just 10 minutes of brisk walking a day can produce immediate benefits such as improved cardiovascular fitness, muscular strength, mood-enhancement and improved self-confidence.

There are many ways to increase your daily steps. Use your imagination and come up with your own list. As a start, here are four useful suggestions:-

- 1. Take a walk with your spouse, child, friend or pet*
- 2. Use the stairs instead of the lift/escalator*
- 3. Park farther from your destination*
- 4. Window shop ☺*



[BMC Public Health](#). 2012 Oct 17;12:880. doi: 10.1186/1471-2458-12-880.
Steps that count! The development of a pedometer-based health promotion intervention in an employed, health insured South African population.
[Pillay JD](#), [Kolbe-Alexander TL](#), [Proper KI](#), [van Mechelen W](#), [Lambert EV](#).

Phys



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Steps that active eve

Physical activity ne just 10 minutes of t benefits such as im strength, mood-ent

There are many wa imagination and cc four useful sugges

1. Take a walk
2. Use the sta
3. Park farther
4. Window sh



To...
Cc...
Send
Subject: Steps that count! : How did I do over the past 2 weeks?
Attached: Figure 3.docx (119 KB)

Dear Participant.

Thank you for providing us with your pedometer data and well done on completing the last 2 weeks of pedometer wear.

Below is a summary of your average steps/day information:-

Average daily steps/d accumulated: 5476 steps

Number of days that aerobic steps were accumulated: 03

Average aerobic steps/d (steps that count): 1582 (12 minutes)

Remember, the current public health recommendation for physical activity is a minimum of **30 minutes**

of moderate intensity physical activity (or steps that count!) at least 5 days a week so keep going.

The suggestion to increase your steps by approximately 10% per week until the target of at least 30 minutes

of **steps that count** is achieved and maintained is a steady way to ensure improvement towards reaching this target.

Attached are some further ideas to increase your steps per day.

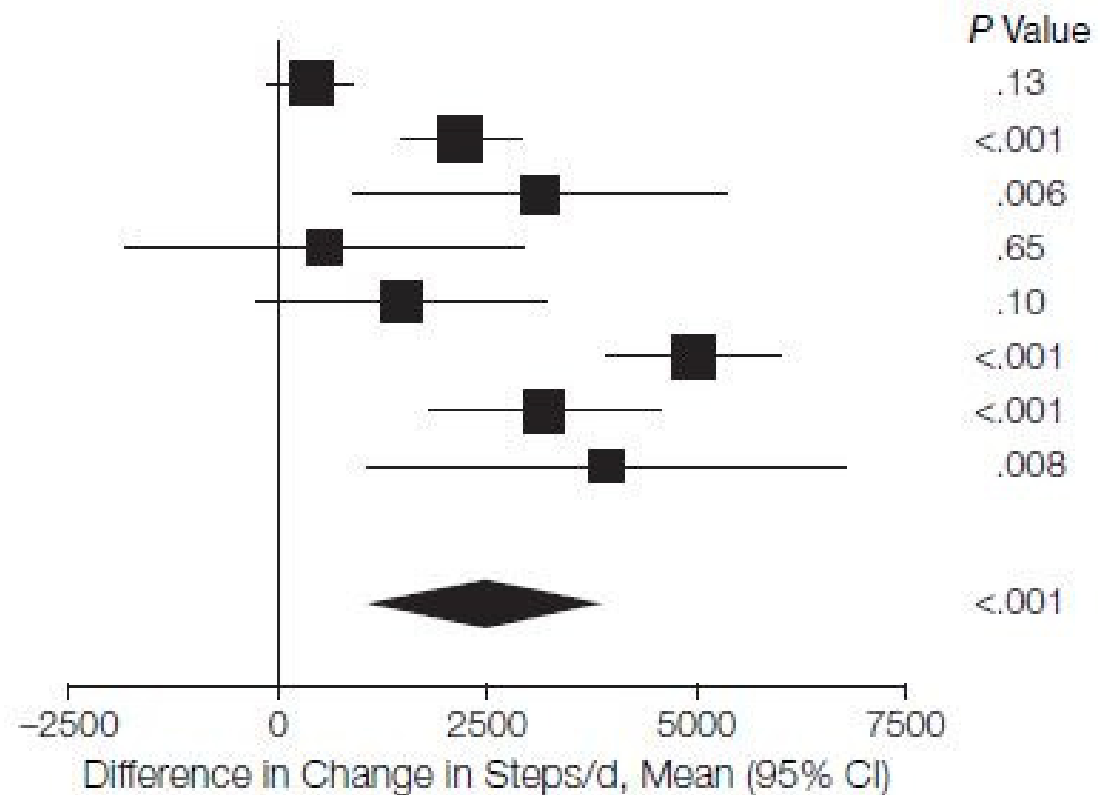
Steps that count!

YouTube



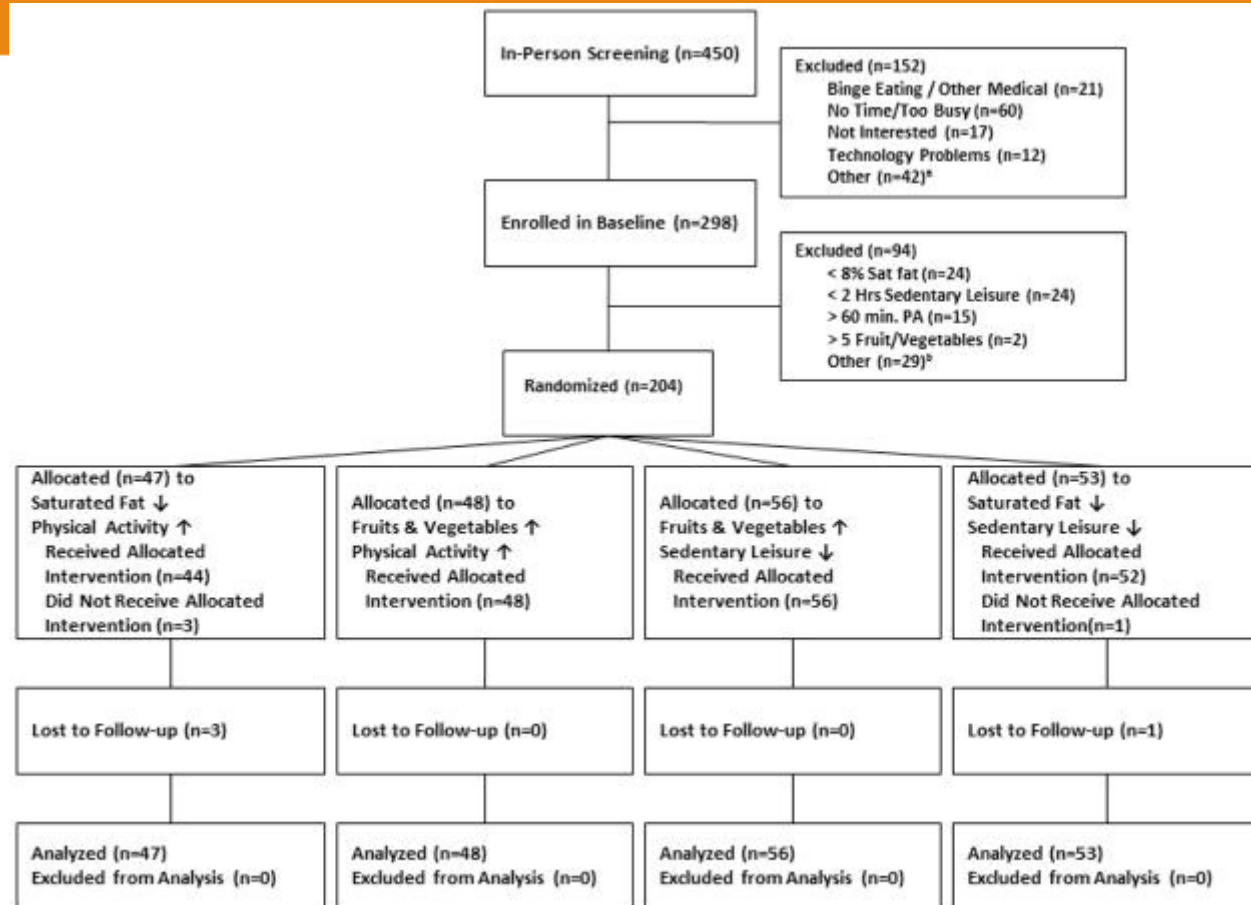
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Bravata, D. M., Smith-Spangler, C., Sundaram, V., Gienger, A. L., Lin, N., Lewis, R.,... & Sirard, J. R. (2007). Using pedometers to increase physical activity and improve health. *JAMA: the Journal of the American Medical Association*, 298(19), 2296-2304.

Physical activity



a) Other at Screening includes no PC/Landline, substance abuse, required but did not receive physician approval for blood pressure, ineligible due to recent lifestyle change
 b) Other at Baseline includes incomplete data during baseline recording, unreliable recording/compliance/communication, required but did not receive physician approval for blood pressure

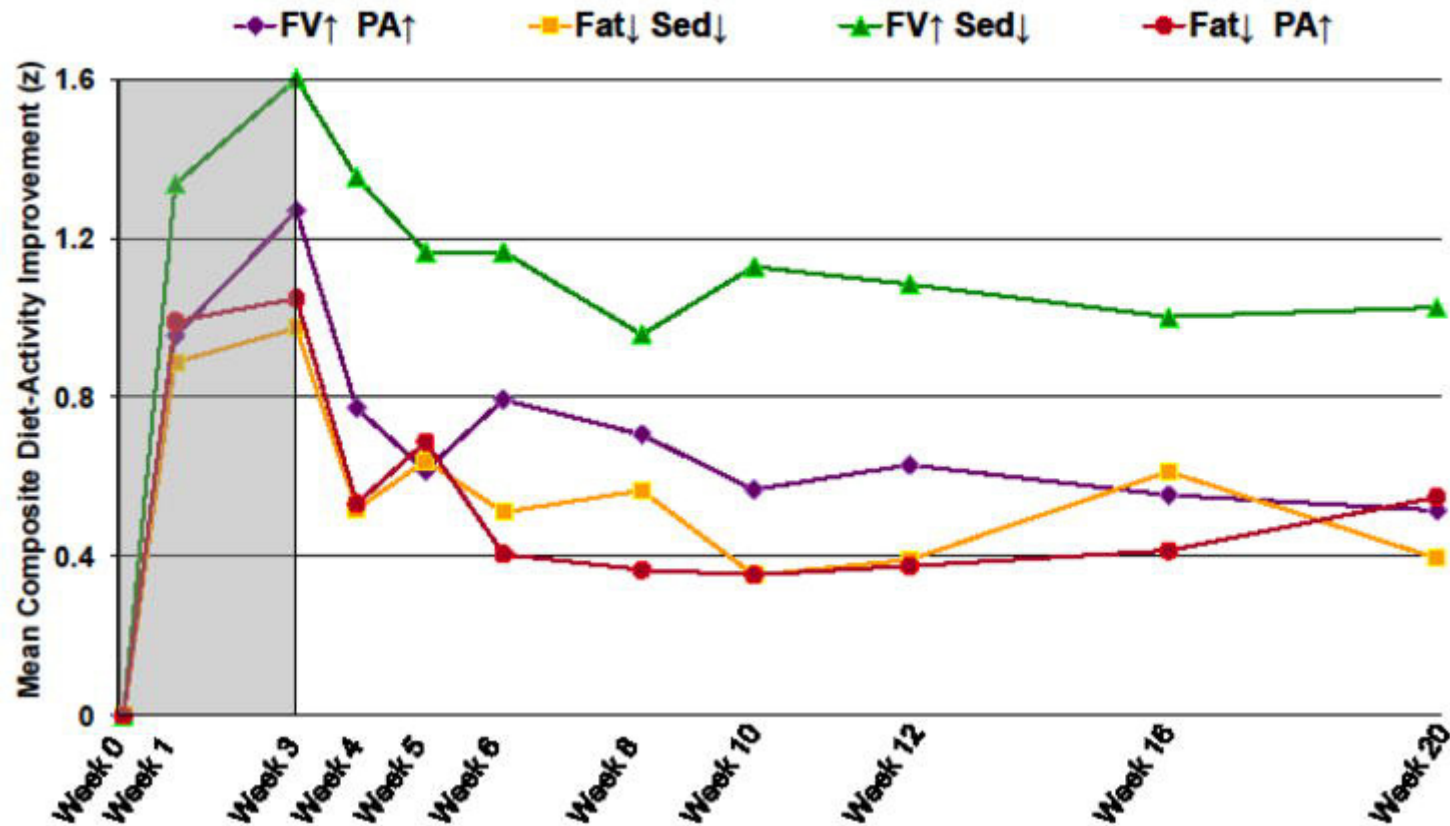
[Arch Intern Med.](https://doi.org/10.1001/archinternmed.2012.1044) 2012 May 28;172(10):789-96. doi: 10.1001/archinternmed.2012.1044.

Multiple behavior changes in diet and activity: a randomized controlled trial using mobile technology.

Spring B, Schneider K, McEadden HG, Vaughn J, Kozak AT, Smith M, Moller AC, Epstein LH, Demott A, Hedeker D, Siddique J, Lloyd-Jones DM.

Physical activity

Figure 2a

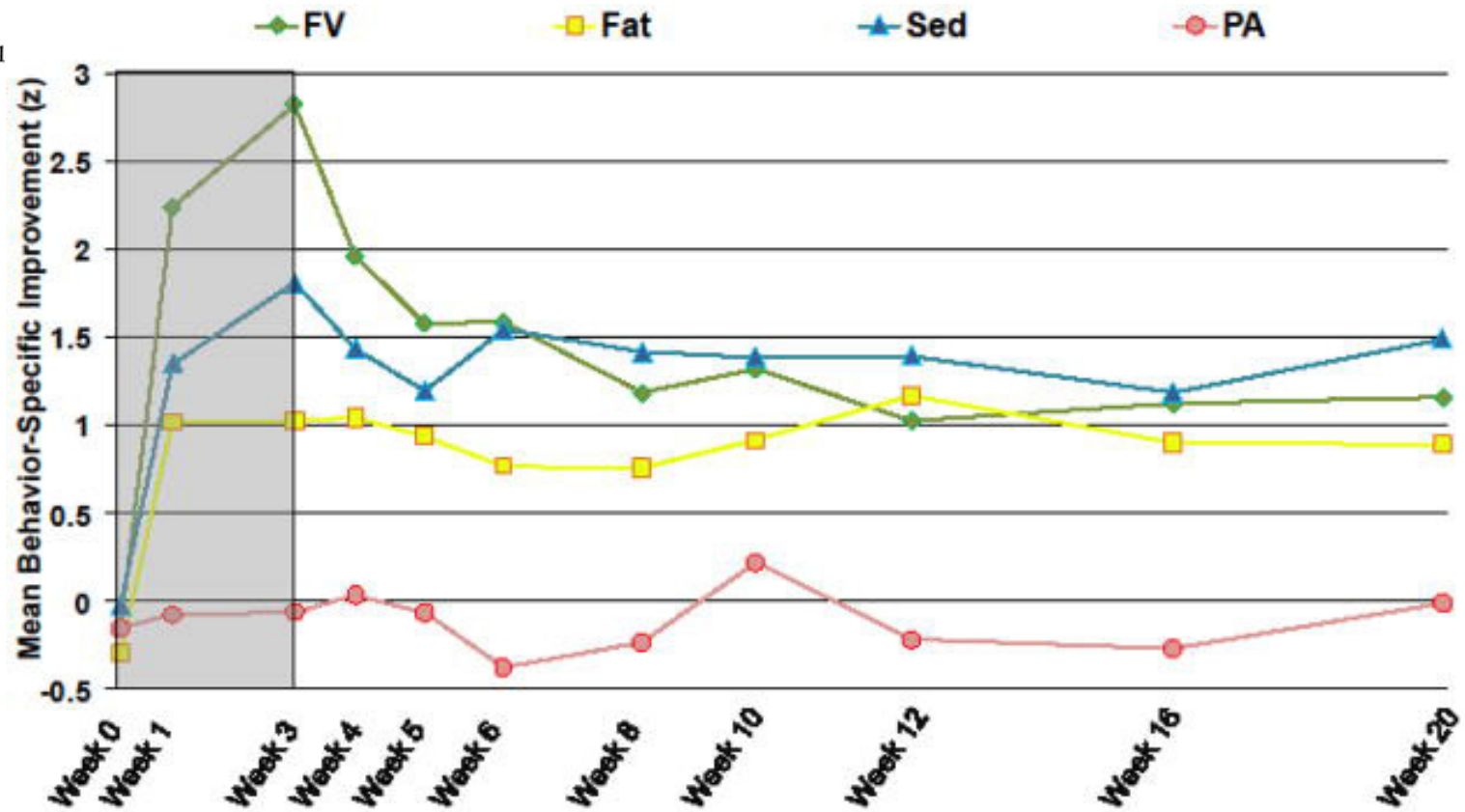


[Arch Intern Med.](#) 2012 May 28;172(10):789-96. doi: 10.1001/archinternmed.2012.1044.

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Physical activity



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