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Table 1. Characteristics of study participants at recruitment

Characteristic	Frequency (%) n=731
Trial arm:	[0]
Usual care	271 (37.1)
FaME	227 (31.1)
OEP	233 (31.9)
Gender:	[0]
Male	267 (36.5)
Female	464 (63.5)
Ethnicity	[14]
White	633 (88.3)
Non-white	84 (11.7)
Lives alone	[4]
No	474 (65.2)
Yes	253 (34.8)
Education:	[11]
Primary/secondary school	372 (51.7)
College/University	348 (48.3)
Socio-economic status:	[31]
Managerial and professional occupations	314 (44.9)
Intermediate occupations	206 (29.4)
Routine, manual occupations, never worked and long-term unemployed	180 (25.7)
Income (£):	[88]
≤12000	183 (28.5)
12001 to 20000	187 (29.1)
20001 to 30000	152 (23.6)
30001 to 45000	71 (11.0)
>45000	50 (7.8)
Employment:	[7]
Full/part-time employment	56 (7.7)
Not working	668 (92.3)
Smoking status:	[2]
Current smoker	34 (4.7)
Ex-smoker	299 (41.0)
Never smoker	396 (54.3)
≥ 150 minutes moderate-vigorous physical activity at recruitment	[40]
No	392 (56.7)
Yes	299 (43.3)
	Mean (SD) or median (IQR)
Age	[0]
Median (IQR)	72 (68, 76)
Mean (SD)	72.5 (5.8)
BMI	[22]
Mean (SD)	26.5 (4.7)
Number of comorbidities	[1]
Median (IQR)	2 (1, 3)
Mean (SD)	1.7 (1.6)
Number of medications	[5]

Median (IQR) Mean (SD)	3 (1, 6) 3.7 (3.1)
Confidence in balance (ConfBal; range 10-30) Median (IQR) Mean (SD)	[56] 10 (10, 13) 11.9 (3.2)
Falls efficacy (short FES-I; range 7-28) Median (IQR) Mean (SD)	[49] 7 (7,9) 8.7 (3.5)
Older people's quality of life (OPQoL; range 33-165) Mean (SD)	[130] 131.5 (12.9)
Lubben Social Network Scale (LSNS; range 0-30) Mean (SD)	[57] 16.4 (5.6)
Multidimensional Scale of Perceived Social Support (MSPSS; range 12-84) Median (IQR) Mean (SD)	[100] 70 (59, 79) 66.6 (15.9)
Falls risk assessment tool (FRAT; range 1-5) Median (IQR) Mean (SD)	[5] 1 (0, 1) 0.9 (0.9)
12-item Short Form Health Survey (physical; range 0-100) Mean (SD)	[3] 39.0 (5.2)
12-item Short Form Health Survey (mental; range 0-100) Mean (SD)	[2] 49.9 (5.5)
30 second sit to stands Mean (SD)	[8] 10.7 (3.2)
Functional reach (cm) Mean (SD)	[18] 26.1 (7.2)
Timed Up and Go Test (seconds) Median (IQR) Mean (SD)	[50] 9.4 (8.1, 11.0) 10.4 (5.6)
Romberg static balance test (range 0-28) Median (IQR) Mean (SD)	[1] 22 (18, 26) 21.5 (5.5)
Outcome and Expectation for Exercise (positive; range 1-5) Median (IQR) Mean (SD)]	[75] 3.9 (3.6, 4.2) 3.9 (0.6)
Outcome and Expectation for Exercise (negative; range 1-5) Median (IQR) Mean (SD)	[85] 4.0 (3.5, 4.5) 4.0 (4.0)

Where data are not normally distributed and are described with medians and interquartile ranges, means and standard deviations are also presented for ease of interpretation.

[ ] missing values

FaME: Falls Management Exercise Programme

OEP: Otago Exercise Programme

Table 2. Number and percentage of participants achieving the moderate-to vigorous physical activity target, over time, by exercise group (row percentages).

Exercise group	At trial recruitment N=691	At end of intervention N=644	6 months post intervention N=631	12 months post intervention N=600	18 months post intervention N=581	24 months post intervention N=561
Usual care	108 (42.4)	102 (41.8)	107 (44.2)	84 (37.8)	81 (36.7)	87 (41.2)
FaME	89 (41.8)	110 (54.5)	79 (40.5)	95 (49.2)	89 (49.2)	85 (47.8)
OEP	102 (45.7)	91 (46.0)	85 (43.8)	79 (42.7)	78 (43.6)	74 (43.0)
Total	299 (43.3)	303 (47.1)	271 (42.9)	258 (43.0)	248 (42.7)	246 (43.9)

Table 3. Associations between categorical factors and achievement of physical activity target between 6 and 24 months after the end of the intervention and univariate odds ratios (row percentages)

Characteristics	6 months post intervention		12 months post intervention		18 months post intervention		24 months post intervention		Univariate odds ratio (95%CI) across all time points
	No (%)	Yes (%)	No (%)	Yes (%)	No (%)	Yes (%)	No (%)	Yes (%)	
Trial arm:									P=0.23
Usual care	135 (55.8)	107 (44.2)	138 (62.2)	84 (37.8)	140 (63.4)	81 (36.7)	124 (58.8)	87 (41.2)	1.00
FaME	116 (59.5)	79 (40.5)	98 (50.8)	95 (49.2)	92 (50.8)	89 (49.2)	93 (52.3)	85 (47.8)	1.67 (0.92, 3.05)
OEP	109 (56.2)	85 (43.8)	106 (57.3)	79 (42.7)	101 (56.4)	78 (43.6)	98 (57.0)	74 (43.0)	1.27 (0.68, 2.37)
Gender:									P<0.001
Male	108 (47.2)	121 (52.8)	99 (44.8)	122 (55.2)	101 (47.2)	113 (52.8)	87 (43.5)	113 (56.5)	1.00
Female	252 (62.7)	150 (37.3)	243 (64.1)	136 (35.9)	232 (63.2)	135 (36.8)	228 (63.2)	133 (36.8)	0.27 (0.18, 0.40)
Ethnicity									P=0.36
Non-white	43 (59.7)	29 (40.3)	36 (58.1)	26 (41.9)	42 (65.6)	22 (34.4)	30 (52.6)	27 (47.4)	1.00
White	312 (56.7)	238 (43.3)	303 (56.9)	230 (43.2)	286 (56.3)	222 (43.7)	279 (56.3)	217 (43.8)	1.35 (0.71, 2.58)
Lives alone									P<0.001
No	219 (53.3)	192 (46.7)	208 (53.3)	182 (46.7)	201 (52.9)	179 (47.1)	190 (50.9)	183 (49.1)	1.00
Yes	140 (64.2)	78 (35.8)	132 (64.1)	74 (35.9)	130 (65.7)	68 (34.3)	124 (66.7)	62 (33.3)	0.37 (0.23, 0.61)
Education:									P=0.17
Primary/secondary school	189 (59.8)	127 (40.2)	177 (59.0)	123 (41.0)	181 (61.6)	113 (38.4)	172 (59.5)	117 (40.5)	1.00
College/University	163 (53.4)	142 (46.6)	160 (55.2)	130 (44.8)	145 (52.4)	132 (47.7)	138 (52.5)	125 (47.5)	1.45 (0.85, 2.45)
Socio-economic status:									P=0.56
Managerial and professional occupations	151 (55.9)	119 (44.1)	138 (54.1)	117 (45.9)	138 (57.5)	102 (42.5)	124 (52.8)	111 (47.2)	1.00
Intermediate occupations	105 (59.0)	73 (41.0)	105 (60.7)	68 (39.3)	101 (57.1)	76 (42.9)	99 (59.6)	67 (40.4)	0.77 (0.48, 1.25)
Routine, manual occupations, never	92 (57.9)	67 (42.1)	86 (58.9)	60 (41.1)	81 (57.5)	60 (42.6)	81 (58.7)	57 (41.3)	0.87 (0.48, 1.58)

worked and long-term unemployed									
Smoking status									P=0.30
Current smoker	19 (59.5)	13 (40.6)	16 (55.2)	13 (44.8)	17 (58.6)	12 (41.4)	15 (60.0)	10 (40.0)	1.00
Ex-smoker	143 (54.2)	121 (45.8)	138 (55.2)	112 (44.8)	124 (54.6)	103 (45.4)	119 (52.9)	106 (47.1)	1.39 (0.46, 4.24)
Never smoked	197 (59.2)	136 (40.8)	187 (58.6)	132 (41.4)	191 (59.1)	132 (40.9)	181 (58.6)	128 (41.4)	0.97 (0.32, 2.92)
Annual household income (£)									P=0.06
<12000	99 (63.5)	57 (36.5)	96 (63.2)	56 (36.8)	98 (68.1)	46 (31.9)	86 (63.7)	49 (36.3)	1.00
12001-20000	94 (57.0)	71 (43.0)	91 (58.7)	64 (41.3)	89 (61.4)	56 (38.6)	82 (57.8)	60 (42.3)	1.71 (0.85, 3.45)
20001-30000	70 (53.0)	62 (47.0)	62 (49.2)	64 (50.8)	53 (43.1)	70 (56.9)	54 (45.0)	66 (55.0)	3.40 (1.44, 8.03)
30001-45000	29 (50.9)	28 (49.1)	32 (54.2)	27 (45.8)	31 (50.8)	30 (49.2)	31 (57.4)	23 (42.6)	2.69 (0.95, 7.60)
>45000	24 (55.8)	19 (44.2)	19 (52.8)	17 (47.2)	19 (48.7)	20(51.3)	24 (57.1)	18 (42.9)	2.17 (0.74, 6.38)
Employment									P=0.02
Full/part time	21 (44.7)	26 (55.3)	18 (48.7)	19 (51.4)	19 (46.3)	22 (53.7)	21 (50.0)	21 (50.0)	1.00
Not employed	337 (58.2)	242 (41.8)	320 (57.6)	236 (42.5)	310 (58.2)	223 (41.8)	291 (56.5)	224 (43.5)	0.39 (0.17, 0.88)
At least 150 minutes MVPA at recruitment									P<0.001
No	263 (76.5)	81 (23.6)	242 (77.8)	69 (22.2)	241 (76.8)	73 (23.3)	223 (76.9)	67 (23.1)	1.00
Yes	78 (30.1)	181 (69.9)	83 (31.8)	178 (68.2)	75 (30.5)	171 (69.5)	77 (31.3)	169 (68.7)	21.79 (14.30, 33.20)
Confidence in balance									P<0.001
<=10	151 (46.2)	176 (53.8)	139 (45.1)	169 (54.9)	128 (41.4)	181 (58.6)	132 (43.9)	169 (56.2)	1.00
11-13	90 (61.2)	57 (38.8)	99 (68.8)	45 (31.3)	98 (70.0)	42 (30.0)	93 (67.4)	45 (32.6)	0.20 (0.13, 0.29)
>=14	91 (79.8)	23 (20.2)	80 (73.4)	29 (26.6)	83 (81.4)	19 (18.6)	68 (78.2)	19 (21.8)	0.07 (0.03, 0.14)
Falls efficacy									P<0.001
<=10	272 (53.2)	239 (46.8)	268 (54.8)	221 (45.2)	258 (53.8)	222 (46.3)	245 (52.9)	218 (47.1)	1.00
>=11	66 (77.7)	19 (22.4)	54 (70.1)	23 (29.9)	53 (72.6)	20 (27.4)	52 (77.6)	15 (22.4)	0.16 (0.07, 0.41)
12-item Short Form Health									P=0.006

Survey – Physical (quartiles)									
1 (15.98-35.59)	94 (68.6)	43 (31.4)	87 (65.4)	46 (34.6)	85 (64.9)	46 (35.1)	83 (68.0)	39 (32.0)	1.00
2 (35.6-38.9)	82 (50.6)	80 (49.4)	79 (54.5)	66 (45.5)	83 (58.5)	59 (41.6)	73 (51.8)	68 (48.2)	2.66 (1.38, 5.11)
3 (38.93-42.36)	101 (54.9)	83 (45.1)	99 (57.2)	74 (42.8)	90 (53.9)	77 (46.1)	85 (52.8)	76 (47.2)	2.55 (1.44, 4.52)
4 (42.37-55.2)	83 (57.2)	62 (42.8)	77 (52.7)	69 (47.3)	75 (54.4)	63 (45.7)	74 (55.2)	60 (44.8)	2.56 (1.22, 5.37)
12-item Short Form Health Survey – Mental									P=0.88
<=36	353 (57.4)	262 (42.6)	335 (57.5)	248 (42.5)	325 (57.5)	240 (42.5)	304 (55.9)	240 (44.1)	1.00
>=37	7 (50.0)	7 (50.0)	7 (46.7)	8 (53.3)	8 (57.1)	6 (42.9)	11 (73.3)	4 (26.3)	0.91 (0.27, 3.13)
30 second sit to stands (quartiles)									P<0.001
1 (0-8)	98 (74.2)	34 (25.8)	91 (72.2)	35 (27.8)	91 (78.5)	25 (21.6)	82 (78.9)	22 (21.2)	1.00
2 (9-10)	103 (59.5)	70 (40.5)	104 (63.0)	61 (37.0)	98 (63.2)	57 (36.8)	91 (59.9)	61 (40.1)	2.98 (1.62, 5.50)
3 (11-12)	88 (52.7)	79 (47.3)	75 (46.6)	86 (53.4)	75 (47.2)	84 (52.8)	72 (46.5)	83 (53.6)	7.88 (4.17, 14.89)
4 (13-28)	64 (42.4)	87 (57.6)	67 (47.5)	74 (52.5)	64 (44.4)	80 (55.6)	65 (45.5)	78 (54.6)	10.92 (5.32, 22.42)
Timed Up and Go Test (seconds)									P<0.001
<13.5	282 (54.0)	240 (46.0)	274 (54.9)	225 (45.1)	262 (53.9)	224 (46.1)	249 (53.2)	219 (46.8)	1.00
>=13.5	54 (83.1)	11 (16.9)	45 (77.6)	13 (22.4)	47 (83.9)	9 (16.1)	46 (85.2)	8 (14.8)	0.09 (0.04, 0.19)

FaME: Falls Management Exercise Programme

OEP: Otago Exercise Programme

Table 4. Associations between continuous factors and achievement of physical activity target between 6 and 24 months after the end of the intervention and univariate odds ratios

Characteristics	6 months post intervention		12 months post intervention		18 months post intervention		24 months post intervention		Univariate odds ratio across all time points (95%CI)*
	No	Yes	No	Yes	No	Yes	No	Yes	
Age									P<0.001
Median (IQR)	73 (69, 78)	70 (67, 74)	72.5 (68, 77)	70 (67, 75)	72 (68, 77)	69.5 (67, 74)	72 (68, 77)	70 (67, 73)	0.86 (0.82, 0.90)
Mean (SD)	73.9 (6.2)	71.1 (4.9)	73.3 (5.9)	71.2 (5.2)	73.4 (5.9)	70.8 (4.9)	73.0 (5.9)	70.8 (5.2)	
BMI									P=0.15
Mean (SD)	26.5 (5.0)	26.6 (4.5)	26.4 (4.9)	26.8 (4.8)	27.0 (5.3)	25.7 (4.0)	26.8 (4.8)	26.1 (4.6)	0.97 (0.92, 1.01)
Number of co-morbidities									P=0.04
Median (IQR)	2 (1,3)	2 (1,3)	2 (1,3)	2 (1,3)	2 (1,3)	2 (1,3)	2 (1,3)	2 (1,3)	0.84 (0.71, 0.99)
Mean (SD)	2.0 (1.7)	1.9 (1.5)	2.0 (1.6)	1.9 (1.6)	2.1 (1.7)	1.7 (1.4)	2.1 (1.6)	1.7 (1.5)	
Number of medications									P=0.002
Median (IQR)	3 (1,6)	3 (1,5)	3 (1,6)	3 (1,5)	4 (2,6)	3 (1,5)	4 (2,6)	3 (1,4)	0.87 (0.80, 0.95)
Mean (SD)	3.9 (3.1)	3.5 (2.9)	3.8 (3.0)	3.5 (3.1)	4.0 (3.0)	3.1 (2.9)	4.0 (3.0)	3.0 (2.7)	
Older people's quality of life									P<0.001
Mean (SD)	130.4 (12.4)	133.5 (13.4)	129.8 (12.50)	134.0 (13.4)	130.1 (13.0)	134.1 (12.8)	129.8 (12.8)	134.8 (12.6)	1.05 (1.02, 1.07)
Lubben Social Network Scale									P<0.001
Mean (SD)	15.9 (5.6)	17.2 (5.6)	16.0 (5.7)	16.9 (5.4)	15.8 (5.7)	17.2 (5.3)	15.4 (5.6)	17.4 (5.5)	1.09 (1.04, 1.14)
Multidimensional Scale of Perceived Social Support									P=0.16
Median (IQR)	69 (57, 78)	72 (60,80)	69 (58, 79)	71 (59, 78)	69 (57, 79)	72 (60, 80)	70 (57, 79)	71 (61, 79)	1.01 (1.00, 1.03)
Mean (SD)	65.9 (15.5)	68.3 (15.7)	66.4 (15.9)	67.0 (15.5)	66.1 (15.9)	67.7 (15.6)	66.1 (16.0)	67.5 (15.8)	
Falls risk assessment tool									P<0.001
Median (IQR)	1 (0,1)	1 (0,1)	1 (0,1)	1 (0,1)	1 (0,1)	0 (0,1)	1 (0,1)	0 (0,1)	0.58 (0.42, 0.78)
Mean (SD)	0.9 (0.9)	0.8 (0.8)	0.9 (0.9)	0.8 (0.9)	1.0 (0.9)	0.6 (0.8)	1.0 (0.9)	0.7 (0.8)	
Functional reach (cm)									P<0.001



Mean, SD	24.8 (7.2)	27.8 (7.0)	25.3 (7.5)	27.4 (6.7)	24.9 (7.2)	28.4 (7.0)	24.7 (7.1)	28.1 (6.7)	1.16 (1.07, 1.16)
Romberg static balance test									P<0.001
Median (IQR)	21 (17,26)	24.5 (20,26)	21 (17,26)	24 (20,26)	21 (18,26)	25 (20,26)	21 (18,26)	24 (20,26)	1.15 (1.10, 1.20)
Mean (SD)	20.6 (5.9)	22.7 (4.7)	20.6 (6.0)	22.3 (4.7)	20.5 (5.8)	23.1 (4.4)	20.9 (5.7)	22.6 (4.7)	
Outcome and Expectation for Exercise (positive)									P<0.001
Median (IQR)	3.9 (3.4, 4)	4 (3.6, 4.3)	3.8 (3.4, 4)	4 (3.7, 4.3)	3.8 (3.4, 4)	4 (3.6, 4.3)	3.9 (3.4, 4.1)	4 (3.6, 4.4)	2.49 (1.72, 3.59)
Mean (SD)	3.8 (0.6)	4.0 (0.6)	3.8 (0.5)	4.0 (0.6)	3.8 (0.6)	4.0 (0.6)	3.8 (0.6)	4.0 (0.6)	
Outcome and Expectation for Exercise (negative)									P<0.001
(Median (IQR)	4 (3.5, 4.3)	4.3 (3.8, 5)	4 (3.5, 4.3)	4.3 (3.8, 5)	4 (3.5, 4.3)	4.3 (4, 5)	4 (3.5, 4.5)	4 (3.8, 5)	2.98 (2.07, 4.29)
Mean (SD)	3.8 (0.8)	4.2 (0.7)	3.9 (0.8)	4.2 (0.7)	3.8 (0.8)	4.2 (0.7)	3.9 (0.8)	4.2 (0.7)	

\* OR for one unit change in variable

Where data are not normally distributed and are described with medians and interquartile ranges, means and standard deviations are also presented for ease of interpretation.

Table 5. Multivariable associations with achievement of physical activity target between 6 and 24 months after the end of the intervention (main effects only).

Characteristics	Odds ratio across all time points (95%CI)*
Time	
6 months	1.00
12 months	0.88 (0.60, 1.28)
18 months	0.88 (0.62, 1.24)
24 months	0.84 (0.61, 1.16)
Age**	0.89 (0.86, 0.93)
Male	1.00
Female	0.47 (0.33, 0.67)
At least 150 minutes MVPA at recruitment†	
No	1.00
Yes	11.28 (7.95, 16.01)
Lubben Social Network Scale**	1.06 (1.03, 1.10)
30 second sit to stands (quartiles)	
1 (0-8)	1.00
2 (9-10)	0.88 (0.52, 1.52)
3 (11-12)	1.87 (1.12, 3.10)
4 (13-28)	1.67 (0.92, 3.05)
Outcome and Expectation for Exercise (negative)**†	1.51 (1.11, 2.05)

\*Mutually adjusted for all variables in model. \*\* OR for one unit change in variable

† Significant interaction between variables is described in the text

Figure 1. Percentage meeting physical activity target ( $\geq 150$  minutes moderate to vigorous activity per week) over time, by exercise group

