

# Co-development of a digital health activity programme for older people from minority ethnic communities

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## Research Project Overview

This project aims to develop a culturally sensitive digital health program for older South Asian community to improve their physical activity and overall health outcomes, while also addressing digital health inequities

## Research Objectives

1. Explore the perspectives (e.g., social, cultural, health, environmental) of older South Asian community dwelling adults impacting the uptake and use of digital health interventions.
2. Usability, acceptability and feasibility of using a digital health intervention app called Keep-on-Keep-up (KOKU).
3. What considerations (e.g., adaptations, features, support, training), if any are required to be made in KOKU app that can help in the uptake and engagement of the KOKU app for older community dwelling South Asian adults

## Ageing Trends

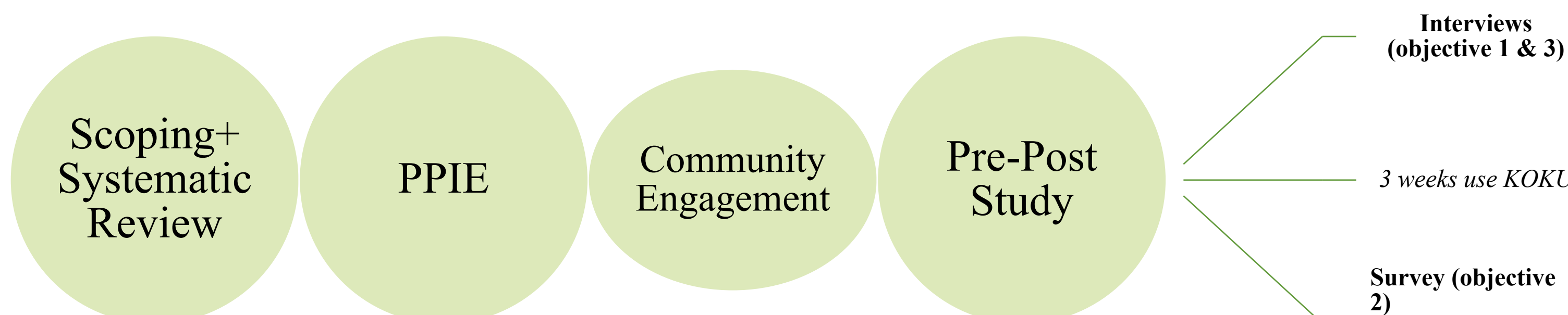
Between 2011 and 2021, the older population in the studied area grew from 9.5 million to around 11 million, with an increase in diversity among older individuals.

**There is a need to create Digital Health Interventions that address the specific health needs of minority ethnic communities, particularly of older South Asian population.**

## Rational for South Asian Community

- In 2020, estimated 3 million/ 5.3% UK population are South Asians.
- Diabetes Risk 6x higher than other population
- 1/5 of UK diabetic population
- Higher incidence of death from heart diseases compared to other population
- Body Mass Index (BMI) is normal but have access abdominal fat and higher insulin resistance
- Lower physical activity levels compared to White British counterparts

## Research Methodology

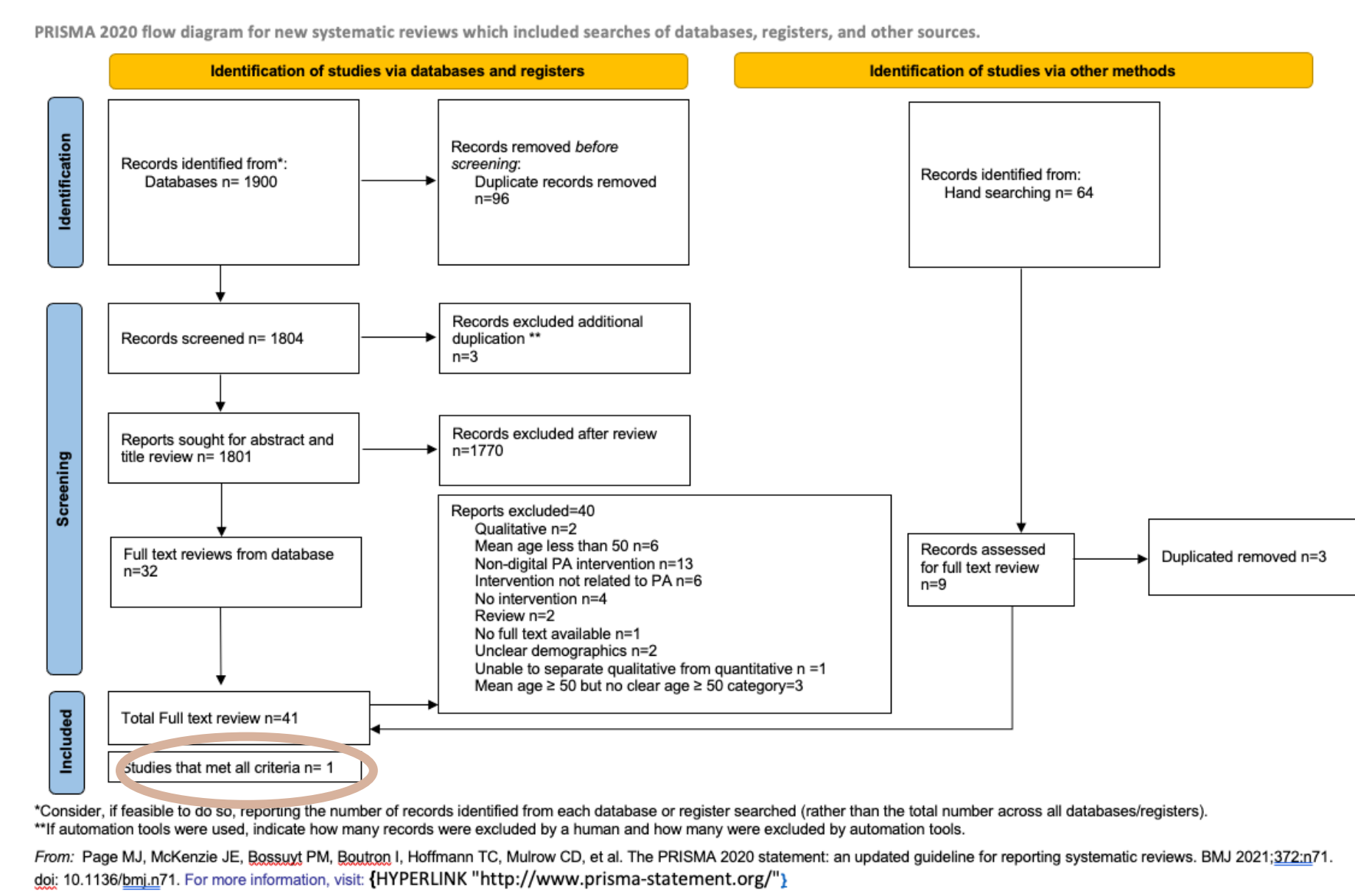


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## Review Findings

A systematic review by Nguyen et al., 2017 revealed, 75% (18 out of 24) of the studies demonstrated a positive influence of Digital Health Intervention (DHI) with gaming elements on older individuals

Scoping review by Aldosari explored experiences of South Asians with DHI with *only 15 studies* that met inclusion criteria for age <18 years and context of all health care settings



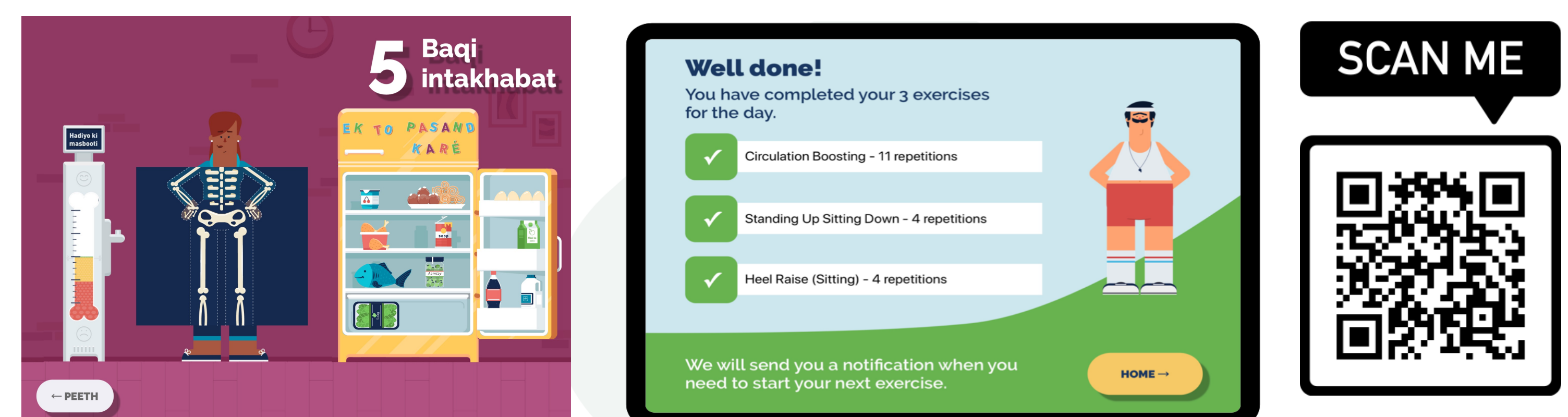
Systematic Review about effectiveness of DHI in maintaining physical function and quality of life for aged 50 and above south Asians *had only 1 study* that met inclusion criteria

## Keep on Keep UP (KOKU)

McGarrigle et al “Map the apps” Selected KOKU – top rated app in UK 4.02/5 MARS Quality + BCTs

1 of 4 recommended Strength & balance improvement apps worldwide and translated into Spanish, German, Norwegian, Danish, Mandarin and Roman Urdu

Developed **with** older people *for* older people



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