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Perceived Levels of Physical Activity amongst People with Parkinson's: Impact of Age, Gender and Geography.

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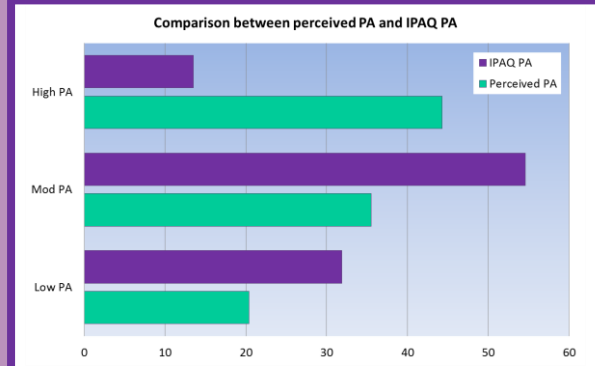
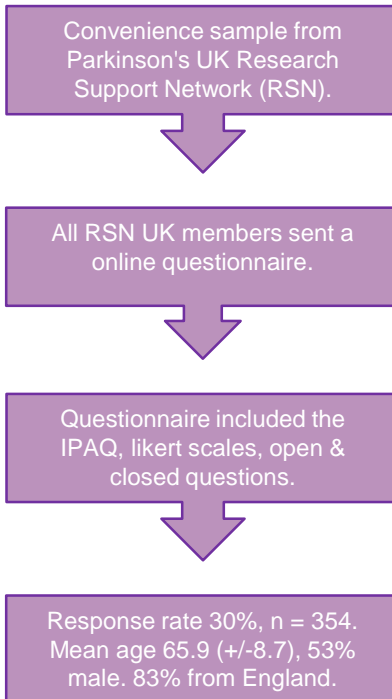


PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Introduction:

- Physical inactivity accelerates decline in Parkinsonian symptoms as well as impacting negatively upon mental health.
- Current evidence advocates Physical activity (PA) for People with Parkinson's (PwP).
- Evidence suggests that intensive PA may slow down the rate of decline of both motor and non motor symptoms.
- PwP are thought to be less active than age matched peers.
- However, little is known about people's perception of their levels of activity.

Methods:



- No significant differences between IPAQ PA levels between countries, however significant differences were noted regionally.
- PwP from the NE of England were the most active with 76.8% engaging in moderate and high levels of PA as measured by the IPAQ.
- Significant differences were noted in perceived levels of PA regionally, with 60% PwP from NI perceiving themselves to be highly physically active, versus 37% from the NE of England.
- 70% identified physiotherapists as beneficial to encourage PA.

Aims:

- To explore PwP perceptions of their level of weekly PA.
- To establish whether relationship exists between levels of perceived PA with the following:
 - Gender
 - Age
 - Geographical location
 - Actual PA measured by the IPAQ

Results:

- Over 70% of PwP perceived themselves to be highly active.
- 63% of men perceived themselves to be highly active, compared to 37% of women.
- 9% of those under 50 participated in high levels of regular PA.
- IPAQ suggested that only 14% of total sample participated in high levels of weekly PA, which declined with age ($p=0.02$).

"Having an exercise programme designed specifically to meet my needs has really motivated me"

"Accessibility to expert guidance and facilities is a major challenge. This should be the priority"

"I would like to keep more active but don't know what is best for my Parkinson's"

"I have no access to healthcare professionals who understand my condition"

Clinical Implications:

- PwP perceive themselves as more active than that measured by the IPAQ.
 - Men are more active and engage in more vigorous activity compared to women.
- Both young and those over the age of 75 are the least active.
- Geographic differences exist in PA as well as access to expert opinion and services.



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