

## What outcomes do research trials of older adults physical activity programs investigate?

- 67 High-quality randomized controlled trials published 2015-2021 included in review
- 28,649 Participants included across trials

### The Five Most Commonly Researched Outcome Domains:



Physical Functioning

n=51  
articles



Musculoskeletal &  
Connective Tissue

n=30  
articles



General Physiological/  
Clinical

n=26  
articles



Cognitive Functioning

n=16  
articles



Emotional Functioning

n=14  
articles

- In total 21 different outcome domains and 10 different subdomains were identified across the 67 articles
- There is extensive variability in outcomes used, creating difficulties in combining and comparing results

[Read the entire study here.](#)

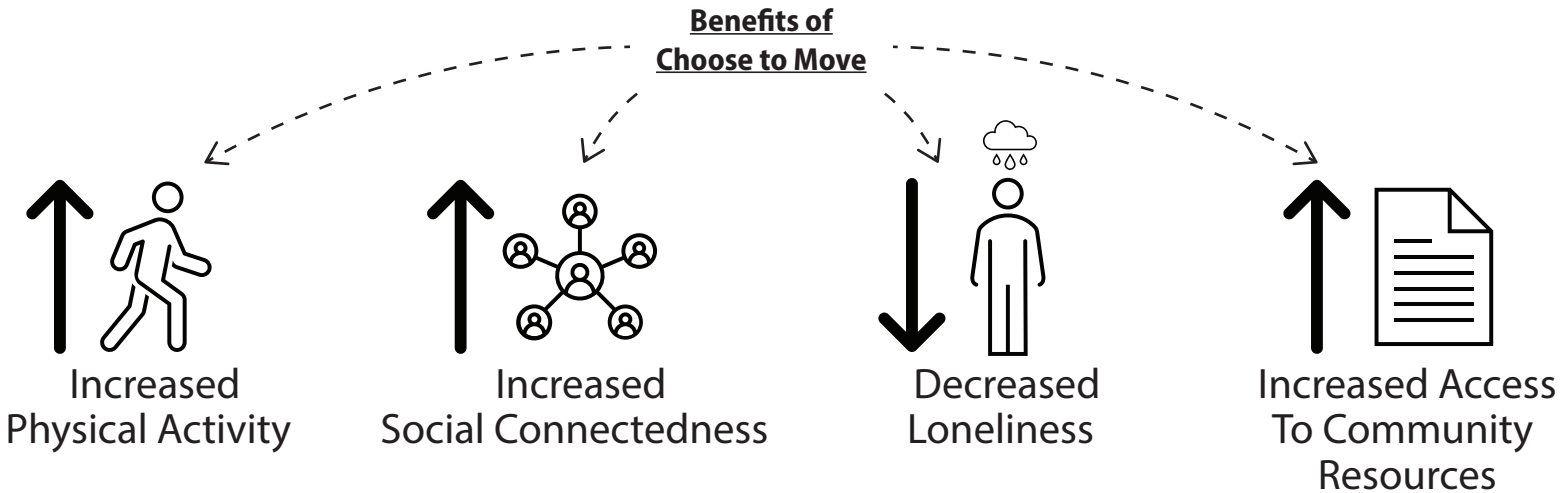
## What outcomes do older adults hope to gain from physical activity engagement?

The information from this study is still in the publication process! Please check back soon for updates and the linked manuscript.

## What resources are available to promote physical activity to older adults in BC?

Choose to Move is a free and flexible health promotion program that provides older adults in British Columbia with motivation and support to become more active. Choose to Move can help older adults integrate activity into their daily routine, meet new friends, and make a positive change. Choose to Move is great for older adults who want to become active, regardless of ability.

**Choose  
to Move**



Find out more information [here](#)

## Where will the results of this study be posted?

A summary of the results of this survey will be posted to the Aging and Population Health Website when completed.

Find out more information [here](#).

Thank you for your participation!