As part of its’ observatory role, The PANORAMA Watching Brief is designed to keep policy makers and practitioners up-to-date. The Watching Brief is a snapshot produced monthly and includes scientific journal articles, grey literature, media reports, and other relevant items. The purpose of conducting the Watching Brief is to keep up-to-date on issues of relevance to the Health Promotion Branch including new research evidence/interventions related to the implementation of *The Eat Well be Active Strategy for South Australia 2011-2016*.

**FROM THE SCIENTIFIC LITERATURE – review articles**


**PhD Thesis:**

*Frail older people and physical activity in Australian Federal Policy.* Anne Forden, La Trobe University, 2008.

**Description:** This project examined the place of frail older people and physical activity in Australian federal policy. The world’s population is ageing, resulting in an ageing ‘older’ population. A growing number of people live past their 80s, more so in developed nations like Australia. The financial and social cost of an ageing population is a key concern for governments. As the prevalence of frailty increases with age, more older people live longer with chronic diseases, disabilities and limited function in their lives, requiring considerable support to live as independently as possible. An investigation of the literature revealed an ongoing discussion of the concept of frailty as part of the ageing process, and its relationship with disability and co-morbidities which are also prevalent in older people. The development of a common understanding and consistent definition of frailty have significant implications for policy development. There is growing evidence that modest physical activity has a significant impact on the health of frail older people, and may reverse or slow the frailty process, improving quality of life and reducing dependency on services. The general benefits of adequate physical activity throughout life include improved mental and physical health, as well as prevention and/or improved management of ... [more] chronic conditions. However, there is insufficient research with frail older people to fully inform physical activity policy. During the last decade, Australian federal policy encouraging physical activity throughout life, as a health promotion strategy, has gradually included older people. However, inactivity continues to contribute to the burden of disease in Australia at a rate second only to smoking. Older people are amongst the least active. Physical activity policy has yet to respond to a growing frail aged population. It is recommended that physical activity guidelines for frail older people are developed as a priority.
MEDIA/NEWS/BRIEFS

1. Energy cost of walking: over 70’s use a third more energy than young

2. Staying active could protect from psychological distress study shows
   http://www.huffingtonpost.com/2012/04/08/active-elderly-psychological-distress-mental-health-depression_n_1409005.html


OTHER

Conferences

1. 8th World Congress on Active Ageing, 13-17 August 2012, Glasgow, UK.
   www.wcaa2012.com


3. The Centre for Ageing research – Ageing Moving beyond boundaries. 5-7 September 2012, Lancaster UK.
   http://www.lancs.ac.uk/shm/research/C4AR/international-conference.php

Websites:

1. Active Ageing SA

2. Center for physical activity in Ageing

3. International Council on Active Ageing
   http://www.icaa.cc/