

# WORLD PHYSIOTHERAPISTS & PHYSICIANS SUMMIT

July 24-26, 2017 Melbourne, Australia



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### **A summary of the research evidence that reports on the benefits of exercise and physical activity programs mostly from a population health perspective including details from the ABS on physical activity participation rates**

Physical activity (PA) is important for general health and wellbeing. Inadequate exercise is a risk factor for a number of health conditions, while engaging in PA is beneficial for various medical conditions. Hilton and colleagues' publication in 2002, analyzed data retrospectively from the general-practice based Australian diabetes screening study. Prevalence estimates for undiagnosed diabetes using the American (ADA), Australian (ADS) and WHO criteria were 9.4%, 16.0%, and 18.1% respectively. A publication by Koye et al. [2017] that analyzed data from the Australian diabetes, obesity and lifestyle [AusDiab] study reported that in older Australians, diabetes more than doubled the odds of reporting disability at 12 years with body mass index and cardiometabolic factors accounting for much of the relationship. Hence interventions that target weight control may prevent disability and promote health as people age. A systematic review on the PEDro website by Richardson et al. that reviewed pedometer based walking programs and weight loss found that these programs result in a modest amount of weight loss with longer programs being more effective. Hilton assessed knowledge, usage and acceptability of fitness trackers in 2016 when she conducted a survey. Eight different trackers, pedometers, apps or websites were included and 100 surveys were sent out with seventy returned. The Fitbit was the most known about and utilized fitness tracker. Systematic reviews on the PEDro website report that PA and exercise are beneficial for low back pain prevention for improving pain and functional status in people with knee or hip osteoarthritis and for chronic pain in adults. This presentation will also highlight Australian Health Survey findings reporting that approximately one in four children, less than one in ten teenagers, and only one in five adults reach the required number of steps/day.

### **Biography**

Deborah Hilton has qualifications of BPhy and a MPH. Her dissertation was the analysis of the Australian Diabetes Screening Study, and this was published in the Medical Journal of Australia.

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