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P04-06  Employing citizen science to promote active and healthy ageing across diverse local urban communities in Birmingham, UK
Grace Wood¹, Jessica Pykett², Abby King³, Ann Banchoff⁴, Afroditi Stathi⁵
¹School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham, Birmingham, United Kingdom
²School of Geography, Earth and Environmental Sciences, University of Birmingham, Birmingham, United Kingdom
³Department of Epidemiology & Population Health, Stanford University School of Medicine, Stanford, USA
⁴Centre for Sport, Exercise and Osteoarthritis Research Versus Arthritis, University of Winchester, Winchester, United Kingdom
⁵Physical Activity for Health Research Centre, University of Edinburgh, Edinburgh, United Kingdom

Background
Incorporating age-friendly elements across urban environments can promote active and healthy ageing by facilitating opportunities to improve health and well-being among older residents. However, developing inclusive and supportive age-friendly environments remains a key gap for governance and public policy. Community-engaged citizen science recognises older adults as key stakeholders in designing and implementing age-friendly initiatives. The aim of this study was to employ the Our Voice citizen science for healthy equity framework to engage older adults and community stakeholders to: a) identify local urban characteristics that influence active and healthy ageing, and b) co-produce recommendations to develop actionable urban changes.

Methods
Older adults (n = 17; Mean age= 72(7.5 SD); 11 women) and community stakeholders (n = 23; 14 women) in urban planning and ageing-well services were recruited from Birmingham, UK. Six online discussion groups (n = 16 older adults, 11 stakeholders), 12 Discovery Tool walks (n = 14 older adults), 3 in-person discussions (n = 12 older adults), 2 online individual discussions (n = 2 older adults) and 2 workshop events (n = 15 older adults, 17 stakeholders) were conducted. Audio transcripts and co-produced data were member checked and thematically analysed to identify urban barrier and facilitator themes and co-produce recommendations.

Results
A range of interconnected urban features were identified as influential of active and healthy ageing, including presence or absence of community facilities, suitable outdoor spaces, and the impact of Covid-19. Six collective and 12 individual recommendations were co-produced proposing feasible ways to enhance urban environments. These included public toilets schemes, maintenance of green and public spaces, car parking enforcement, provision of local information, and integrating communities across all ages.

Conclusion
Employing citizen science developed a network of older adults and stakeholders that shared local knowledge and experiences to co-produce a strong vision for shaping urban environments in Birmingham. This approach facilitated older adults to: drive research processes and solution-building; identify local urban influences; and advocate these findings to a network of actors who can disseminate and activate change in urban domains. To enhance citizen science further, increased time and resources to embed older adults into scientific processes, including data analysis and interpretation, is required.
Factors associated with maintenance of physical activity in older adults undertaking a strength and balance programme for falls prevention

Claire Blackmore1, Denise Kendrick2, Elizabeth Orton2
1University of Leicester, Leicester, United Kingdom
2University of Nottingham, Nottingham, United Kingdom
Corresponding author: claire.blackmore@nhs.net

Background
Falls are a major cause of mortality and morbidity in older adults worldwide, yet those who are more physically active have a lower risk of falling. There is little information on which participants are most likely to complete falls prevention exercise programmes and increase their levels of physical activity (PA). This study aims to identify factors associated with completion of, and PA levels, at the end of the Falls Management Exercise (FaME) falls prevention exercise programme, a programme designed to increase balance and functional capacity, increase bone and muscle mass and reduce fear of falling.

Methods
356 community-dwelling adults provided routine data. Characteristics of participants were compared at baseline. Comparison of activity levels between completers and non-completers were carried out, and a regression analysis performed to identify factors associated with programme completion and achievement of 150 minutes of moderate to vigorous physical activity (MVPA) per week.

Results
143 participants completed the FaME programme. This group

The art of ageing well - a salutogenic study

Helena Ericson1, Susanna Geidne1, Mikael Quennerstedt1
1Örebro University, School of Health Sciences, Örebro, Sweden
Corresponding author: helena.ericson@oru.se

Background
People aged 60 years and over has doubled since 1980 and WHO predicts that this population will reach 2 billion by the year 2050. However, increases in life spans do not directly lead to increases in health. An aging population poses both challenges and opportunities for society and for individuals. In order to address this, scholars argue for the benefits of being physically active, especially in a group of peers. However, the relation between physical activity and health is often based on an understanding of what causes or prevents illness rather than what promotes health. The purpose of this study is thus to contribute to knowledge about which health resources older adults develop in their participation in organised physical activity initiatives. The study will consider to what extent older adults develop health resources, differences in demographic background and the relation between the health resources and Sense of coherence (SOC).

Methods
This is the first data collection in a longitudinal study. Participants were old adult men and women, 60 years and above. All participants were active in ongoing organised physical activity initiatives in different organisations on a voluntary basis. A survey included demographics, overall health, health resources (McCuaig & Quennerstedt, 2018) and SOC-13. The data collection is ongoing (preliminary n = 200) and ends spring 2020. Statistical analyses were descriptive and included bivariate analyses.

Results
Preliminary results show that the most frequent health resources are social relations, positive energy and embodied identity for both men and women. A positive related correlation of the health resource habit of exercising were observed with a high sense of coherence.

Conclusion
The Salutogenic idea of having access to various health resources linked to a high sense of coherence is in line with the result of a positively related correlation direction and also with the health resource habit of exercising. The results of the study can contribute to knowledge about which health resources

Keywords: Older adults, Co-production, Age-friendly, Urban health