

Release: Launch of the CURHA Study: 100 elderly people have already responded in Quebec!

Montreal, January 29, 2015 – SPHERELab is pleased to announce that the data collection for the International study of daily mobility and active living using wearable sensor devices across aging cohorts (CURHA Study) is progressing rapidly. The main objective of the study is to better understand the influence of the environment on the daily mobility of the elderly using GPS and accelerometer wearable sensors.

The innovative survey tools and the skilled and flexible interviewers have greatly facilitated participation in the study. Since November 2014, almost 100 respondents living either in the region of Montreal or Sherbrooke, aged at least 75 years, have participated in the CURHA Study. At least 200 other participants will be recruited by June 2015. The study participants must 1/ complete a computer-assisted personal interview (CAPI) on their activities in space and time, and their social network, 2/ complete a second CAPI on their well-being, health, transport habits and perceptions, 3/ wear a light sensor at their hip for a 7-day period, 4/ self-report their outings for the 7-day period.

The expected outcomes of the study are:

- **To develop innovative tools and mixed methods for data collection.**
- **To improve epidemiologic modelling techniques to predict the mobility of the elderly by taking into account elderly health, social relationships, and daily activities in space and time.**
- **To provide evidence for future research, policy-makers and to come up with recommendations for future interventions that aim to promote healthy aging.**

This project is being conducted by Dr Kestens and is funded by the institute of Health Research in Canada and the Fonds de la recherche en Santé du Québec. A partnership between researchers from Montréal (CRCHUM), Paris (INSERM) and Luxembourg (Ceps/INSTEAD) has enabled comparable research protocols to be carried out in two other countries.

The elderly differ in their patterns of mobility, some travel a lot, whereas others mostly stay at home. Gaining a better understanding of the mechanisms that influence the mobility or inactivity of the elderly will aid in the development of interventions seeking to provide accessible environments and encourage healthy aging.