

E. SHINDO, M. CHAEN, M. KOBAYASHI, T. ARAHATA, M. KUBO, K. YAMASHITA. *Evaluation and topics of the NetDETAiso@Home Internet exercise program for middle-aged and elderly people. Gerontechnology 2010;9(2):331; doi:10.4017/gt.2010.09.02.183.00* **Purpose** It is important to promote the maintenance of independent lifestyles for the middle-aged and elderly people from the viewpoint of QOL. Exercise is indispensable for this, but is difficult to keep up. We therefore used our health care skills for the middle-aged and elderly to come up with the necessary system for encouraging people to continue exercising. We first developed an exercise program designed to improve leg strength and flexibility based on surveys into the health condition and lifestyles<sup>1</sup> of citizens from a certain area. We then initiated experiments to gauge<sup>2</sup> the effects of the exercises and the methods of encouraging regular use, and created<sup>3</sup> the NetDETAiso@Home<sup>4</sup> web-based exercise program for use in users' homes. The site consists of 'Exercise Programs', 'Communication Tools' and 'Exercise Journal & Effect Measurement'. The purpose of this research is to clarify the evaluations and topics related to the operation of the site between 2007 and 2009. **Method** PR for Increasing (i) website distribution and (ii) users: Exercise DVD produced and distributed, PC and exercise training courses held, exercise contents added, researchers' blog added. Analyses included (i) analysis of annual access and registrants, and (ii) survey of 211 citizens from the target area who took part in the experiment via the site. These analyses were compiled into statistics. **Results & Discussion** (i) Access increased from 300 to 1,500/month (*Figure 1*) for a total access count of 14,500 with approximately 60 registrants (60 to 80 years old,) but only a few managed to continue. (ii) 40 users between 50 and 77 with an average age of 66.59 (SD=6.54) responded to the questionnaire (19.1%) 14 men, 26 women. Of these 8 (20%) used the site, with 2 using it daily and 2 using it once or twice a week. 6 said the site was easy to use and helped them greatly in keeping up the exercises. Of the people who didn't use it (n=32, multiple replies) 16 said they didn't know about it, 10 said they'd never used the Internet, 7 said it looked too difficult or they didn't have computers, and 6 said they had no interest in exercising with the use of the site. It was difficult to increase continuing usage, but the number of registrants and hits increased thanks to system modifications and exercise courses that used IT. The main task is to increase regular users. Evaluations of group functions that can be used by existing exercise clubs, etc., and research based on cases of continuing users is planned for the future. (2005-2009, Private education funding as part of Japan's MEXT's Promotional Project for Advancement of Academic Researches as a High-Tech Research Center Project.)

## References

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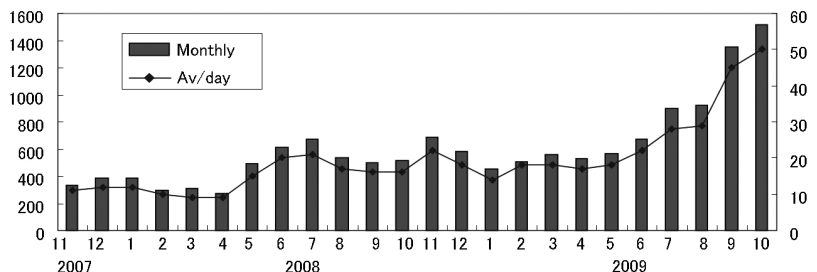


Figure 1. Access Numbers (Monthly and Daily Averages) (November 2007 to October 2009)