



Professor Cathie Sherrington

***Physical Activity, Ageing and Disability
Research: Institute for Musculoskeletal
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Scalable solutions to falls and physical inactivity in older adults: research overview.

Abstract:

Falls and physical inactivity in older adults are neglected public health problems that can have devastating consequences for individuals and health systems. We urgently need effective and cost-effective solutions suitable for delivery at scale within community, health, and aged care services. This presentation will overview recent work undertaken by the Physical Activity, Ageing and Disability Research group within the Institute for Musculoskeletal Health based at the Sydney Local Health District and the University of Sydney. These studies seek to collaboratively develop and evaluate scalable approaches to physical activity promotion and falls prevention using qualitative and quantitative methods.

Brief profile of the presenter:

Cathie Sherrington is Professor, **University of Sydney** and leads the 36-person Physical Activity, Ageing and Disability Research Stream within the **Institute for Musculoskeletal Health**, Sydney Local Health District, is Deputy Director of the Institute, and co-chairs Sydney Health Partners Musculoskeletal Clinical Academic Group. Prof Sherrington's publications include 375+ refereed journal articles, in physical activity, physiotherapy, ageing, rehabilitation, public health and health promotion fields and involve 49 trials (20 funded by Australia's National Health and Medical Research Council) and 32 systematic reviews and have been cited 48,500+ times (Google scholar). Prior to embarking on a research career Prof Sherrington was a physiotherapist in rehabilitation and aged care settings.

Date: Tuesday 18th February, 2025

Time: 12:00-13:00

Location: 507-LG004, 28 Park Ave School of Population Health

Zoom link: <https://auckland.zoom.us/j/7270804373?omn=93698404765>

This Event is Hosted by the Joyce Cook Chair in Ageing Well in conjunction with CCREATE AGE, NZ Association of Gerontology and the HOPE foundation.