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Using an NHS walking app to support physical activity in older adults during NHS health-checks: a feasibility study

Submission date 17/12/2025	**Recruitment status** Recruiting	[X] Prospectively registered [_] Protocol [_] Statistical analysis plan [_] Results [_] Individual participant data [X] Record updated in last year
Registration date 22/12/2025	**Overall study status** Ongoing	
Last Edited 21/01/2026	**Condition category** Other	

Plain English summary of protocol

Background and study aims
Older adults are not moving enough, leading to many problems common in older age. Current programs to get older adults moving more do not work long-term. Mobile apps could provide a cheaper alternative that works long-term, and might reach more people than current programs. The NHS runs an app to encourage walking (Active 10) but it is not used in GP clinics and has not been tested to see if it works. The aim of this study is to run a small study to check that a bigger study (testing to see if Active 10 works) will run smoothly.

Who can participate?
Adults aged 55 years and over who do not move enough

What does the study involve?
Half of the adults will be given the NHS Active 10 walking app for 3 months. The other half will be given a leaflet about exercise.

What are the possible benefits and risks of participating?
Participants may become more active and improve their health. They will also help research into preventing health problems that are linked to not being active enough. Other than the time it takes you to complete the questionnaires, there should be very little risk or disadvantage to taking part.

Where is the study run from?
The University of Cambridge (UK)

When is the study starting and how long is it expected to run for?
February 2026 to August 2027

Who is funding the study?
The study is funded by the NIHR Three Schools Prevention Programme and by the NIHR Cambridge Biomedical Research Centre (UK)

Who is the main contact?
Dr Dharani Yerrakalva, dy255@cam.ac.uk

Contact information

Type(s)
Principal investigator, Public, Scientific

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Additional identifiers

Central Portfolio Management System (CPMS)
58482

Integrated Research Application System (IRAS)
334177

Study information

Scientific Title
Integrating a digitalised physical activity intervention into routine primary care services: Pilot feasibility study assessing the effectiveness of NHS Active 10 App for inactive older adults in NHS health checks

Acronym
AGILitY

Study objectives
The primary objectives will be:
1. To determine whether an RCT assessing the effectiveness of Active 10 in adults is feasible e.g. through examining recruitment rates and retention rates.
2. To determine whether an RCT assessing the effectiveness of Active 10 in adults is acceptable e.g. through examining randomisation acceptability, intervention acceptability and fidelity.
3. To help determine sample size for a full RCT by using pilot retention rates and effect sizes for change in the primary outcome (change in MVPA).

The secondary objectives are to obtain data for change in secondary outcomes (e.g. sedentary time, HR-QoL outcomes, physical function).

Ethics approval required
Ethics approval required

Ethics approval(s)
approved 17/12/2025, East of England- Cambridgeshire and Hertfordshire Research Ethics Committee (2 Redman Place, London, EC20 1JQ, United Kingdom; +44 (0)207 104 8000; cambsandherts.rec@hra.nhs.uk), ref: 25/EE/0245

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Open (masking not used)

Control
Active

Assignment
Single

Purpose
Prevention

Study type(s)

Health condition(s) or problem(s) studied
Prevention of physical inactivity among older adults

Interventions
The method of randomisation will be block randomisation (allocation ratio 1:1) which will be conducted for each of four strata (age [<70 years and =>70 years] and sex).

The intervention group (12 weeks duration) will receive a physical activity prescription and will download Active 10.
They will receive emails with progress summaries and advice.

The control group will be given a leaflet about exercise.

Intervention Type
Mixed

Primary outcome(s)
1. Feasibility and acceptability outcomes measured using Questionnaire at 3 months

Key secondary outcome(s))

1. Moderate to vigorous physical activity measured using Accelerometer at Baseline and 3 months

2. Health-related quality of life measured using EQ5D3L at Baseline and 3 months

3. Usual walking speed measured using Accelerometry at Baseline and 3 months

4. Sedentary time measured using Accelerometry at Baseline and 3 months

5. BMI measured using Self-reported questionnaire at Baseline and 3 months

Completion date
02/08/2027

Eligibility

Key inclusion criteria
1. Adults aged ≥55 years
2. Smartphone ownership
3. Can read English
4. Can provide informed consent
5. Inactive (<150 minutes activity/week)
6. Has an email address

Healthy volunteers allowed
Yes

Age group
Mixed

Lower age limit
55 years

Upper age limit
100 years

Sex
All

Total final enrolment
0

Key exclusion criteria
Cognitive impairment preventing app usage/walking, physical impairment preventing app usage /walking, already participating in exercise program/exercise app.

Date of first enrolment
02/02/2026

Date of final enrolment

09/02/2027

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
NHS Cambridgeshire and Peterborough Integrated Care Board
Gemini House, Bartholomew's Walk
Cambridgeshire Business Park
Angel Drove
Ely
Cambridgeshire CB7 4EA
Ely
England
CB74EA

Study participating centre
NHS North East London Icb
Unex Tower
5 Station Street
London
England
E15 1DA

Sponsor information

Organisation
University of Cambridge

ROR
https://ror.org/013meh722

Funder(s)

Funder type

Funder Name
NIHR Cambridge Biomedical Research Centre

Alternative Name(s)
Cambridge Biomedical Research Centre, NIHR Cambridge BRC, National Institute for Health Research Cambridge Biomedical Research Centre

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
United Kingdom

Funder Name
School for Public Health Research

Alternative Name(s)
NIHR School for Public Health Research, NIHR SPHR, SPHR

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available