

Built Environment and Frailty:

Understanding the influence of neighbourhoods on older people's health

I am writing on behalf of the University of Adelaide and the Centre for Research Excellence in Frailty and Healthy Ageing. Please be assured that none of your personal details have been passed on to the research team.

I am Dr Beatriz Arakawa Martins and am a geriatrician from Brazil who has travelled to Australia to undertake PhD studies with the University of Adelaide.

I am writing to tell you about the project called: “**Built Environment and Frailty: Understanding the influence of neighbourhoods on older people's health**” being conducted by **Professor Renuka Visvanathan** (Director, Adelaide Geriatrics Training and Research with Aged Care Centre (G-TRAC) and Director, Aged & Extended Care Services, the Queen Elizabeth Hospital, **Dr Helen Ruth Barrie**, (Director, Hugo Centre for Migration and Population Research, School of Social Sciences) and myself.

The aim of this project is to investigate the influence of the built environment on older people's physical activity levels and on the development of frailty.

In the **first phase** of the project, we will ask you to answer a **survey** about your health and thoughts about your neighbourhood. At the end, you will indicate if you would like to be contacted for the second phase of the study. Participating in the second phase is completely voluntary. We will be able to enrol the first 300 participants.

On the **second phase**, we will ask you to come to clinic for a health assessment and ask you to use a physical activity tracking device for 7 days. For your participation, we will provide you with a \$20 gift card from Myers. The details of the project are included in the enclosed information sheet. If you are willing to participate in this project, please complete the consent form and return the survey to us via e-mail or the stamped return envelope.

Please help us understand how our neighbourhoods interact with our health and for more information, please contact me: Dr **Beatriz Arakawa Martins** at + 61 8 8222 7676 or email beatriz.martins@adelaide.edu.au. Or click on the link for the survey below:
<https://www.surveymonkey.com/r/FrailtyandtheEnvironment>