

### **Patterns and Correlates of Physical Activity among Nigerian Community-Dwelling Older Adults**





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## Introduction

The World Health Organization (WHO) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure.

# Results

- A total of 246 respondents who were within the 66-75 (58.9%) and were mostly females (65%) years participated in this study.
- It is a common risk factor for morbidity and mortality, especially among older adults, context-specific values and its and determinants are needed for health policy and programmatic interventions.

#### Purpose

This study aimed to assess the level and correlates of Physical Activity (PA) among Nigerian community-dwelling older adults.

### Methods

- Based on IPAQ-E, the mean PA for walking, moderate and vigorous activity were 1177.8 ± 1195.9 metabolic equivalents (METs), 1128.5 ± 1738.9METs, and 6.99 ± 51.71 METs respectively.
- Rates for low, moderate, and high levels of PA were 21.1%, 51.6%, and 27.2% respectively.
- However, based on PASE, the PA level by type were moderate (17.9%) and low (82.1%). The mean scores for QoL and depression were  $45.72 \pm 7.14$  and  $6.48 \pm 2.27$ .
- A majority (68.7%) of the respondents had higher QoL, and mild depression symptoms (54.1%).
- PA was significantly correlated with age (r=16.799, p=0.02) based on IPAQ-E, gender (r=3.842, p=0.050) on PASE, QoL ( $x^2$  = 9.817, p=0.010) and based
- Older adults who were 65 years and older participated in the cross-sectional study.
- Physical activity was assessed using the  $\bullet$ International Physical Activity Questionnaire for the Elderly (IPAQ-E) and Physical Activity Scale for the Elderly (PASE), respectively.
- Correlates of PA were assessed in terms of functional status (using Katz Index Independence of Daily Living Questionnaire), psychosocial variables (depressive symptoms and quality of life (QoL), using Older People Quality of Life-Questionnaire Brief Geriatric and Depression Scale) and socio-demographic

instrumental activity of daily living ( $x^2 = 17.125$ , p=0.002) based on IPAQ-E.

# **Conclusions**

- Nigerian community-dwelling older adults engaged in low-to-moderate PA and had high QoL and mild depression symptoms.
- PA was significantly influenced by socio-demographics and QoL rather than depression symptoms.
- There is need for effective PA interventions that is sensitive to socio-demographic profile, as well as targeting QoL among Nigerian older adults

## Reference

factors (age and gender).

- Descriptive statistics was used to summarise data.
- Bivariate analysis of the Chi-Square test of association and Pearson's correlation were used to determine correlations between variables, while logistic regression was used to predict PA from the selected correlates.
- Alpha level was set at p < 0.05.

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