E-Poster

EP-44

Practice of Physical Activity Among Older Adults Residents in the Municipality of São Paulo, Brazil

Topic: Exercise

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BACKGROUND

Numerous are the benefits of Physical Activity (PA) for overall health. However, the understanding of PA domains in older adults residing in large urban centers is limited. This study investigated the prevalence and factors associated with domains PA in older adults.

METHODS

Cross-sectional study, representative of 1,604.869 individuals (≥ 60 years old), interviewed in the ISA-Capital, 2015. The PA (IPAQ, long-version), classifying each domain as sufficient (≥ 150 min/week) regarding gender, age group, and education was explored. The Prevalence Ratio (PR) for sufficient PA according to sociodemographic characteristics was estimated using Poisson regression.

RESULTS

For global-PA, a 13% reduction (PR = 0.87; 95% CI, 0.79-0.96) for aged 70-79 years and a 46% reduction (PR = 0.54; 95% CI, 0.43-0.66) for those aged ≥ 80 years compared to those aged 60-69 years. There was a 16% reduction (PR = 0.84; 95% CI, 0.75-0.93) for males compared to females and an increase of 31% for 1-4 years (PR = 1.31; 95% CI, 1.06-1.62); 36% for 5-9 years (PR = 1.36; 95% CI, 1.10-1.68); 33% for ≥ 10 years of education compared to those without formal education. For leisure-PA, there was an increase of 131% (PR = 2.31; 95% CI, 1.04-5.13) between 5-9 years and 200% (PR = 3.00; 95% CI, 1.41-6.36) for ≥ 10 years of education compared to those without formal education. In domestic-PA, a 19% reduction (PR = 0.81; 95% CI, 0.71-0.92) was observed for aged 70-79 years and a 66% reduction (PR = 0.44; 95% CI, 0.34-0.59) for those aged ≥ 80 years compared to those aged 60-69 years. There was a 66% reduction (PR = 0.44; 95% CI, 0.36-0.54) for males compared to females and an increase of 32% (PR = 1.32; 95% CI, 1.00-1.73) for 1-4 years and 40% (PR = 1.40; 95% CI, 1.05-1.87) for 5-9 years of education compared to those without formal education. For commuting-PA, a 60% reduction (PR = 0.40; 95% CI, 0.21-0.76) was observed for those aged ≥ 80 years compared to those aged 60-69 years, and there was a 49% increase (PR = 1.49; 95% CI, 1.08-2.07) for males compared to females. No significant differences were observed for occupational-PA.

CONCLUSION

Inequalities in the prevalence of sufficient PA were observed, especially concerning gender, age, and education. Intersectoral actions are necessary, involving education and awareness, for the entire population to attain the physical and social benefits of PA.

Statement of Disclosures

BHF; Supported by the São Paulo Research Foundation (FAPESP), which financed the postdoctoral scholarship (grant n° 2024/02989-4); https://fapesp.br/.

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Doi: 10.5606/archisprm.2026.EP-44