Oral Communication
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Sociodemographic Disparities and Sedentary Behavior Among Older Adults Residing in São Paulo, Brazil: Results from a Health Survey

Topic: Exercise

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BACKGROUND

Sedentary behavior is a risk factor for the development of chronic diseases, particularly among the older adults, a vulnerable group that requires specific rehabilitation strategies. Understanding the sociodemographic disparities associated with this behavior can support interventions, particularly in promoting health and well-being.

To estimate the prevalence of sedentary behavior among older adults residents of São Paulo and analyze its relationship with sociodemographic characteristics and domains of physical activity, contributing to the understanding of inequities and the design of global interventions.

METHODS

Data from a representative sample of 1,604,869 individuals aged 60 years or older from the São Paulo Health Survey (ISA-Capital, 2015) were used. Sociodemographic variables and physical activity domains were associated with sedentary behavior (> 4 hours) assessed using the long version of the International Physical Activity Questionnaire (IPAQ). Crude and adjusted Poisson regression analyses were used to estimate prevalence ratios.

RESULTS

A total of 43.7% of participants reported engaging in sedentary behavior for four or more hours daily. Multiple analyses indicated a worsening of sedentary behavior among individuals aged 80 years or older, with a 43% increased likelihood compared to those aged 60-69 years. Male were 23% more likely to exhibit higher sedentary behavior than Female. Individuals identifying as yellow or indigenous had a 28% higher likelihood of sedentary behavior compared to white individuals. Regarding education, older adults with 12 or more years of education experienced a 57% increase in sedentary behavior compared to those with up to three years of education. Furthermore, individuals classified as insufficiently active in domestic physical activity had a 67% higher likelihood of sedentary behavior, while those insufficiently active during commuting showed a 64% increase, and those globally insufficiently active had a 47% increase compared to their respective active counterparts.

CONCLUSION

The study highlights the influence of sociodemographic disparities and different physical activity domains on sedentary behavior, emphasizing the importance of targeted interventions that consider these factors to reduce sedentary behavior among the older adults.

Statement of Disclosures

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