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Measure the physical Activity Status in Older Adult in Eastern Tehran

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Introduction: Lack of health and chronic diseases increasing with growing age, limits physical activity in elderly person and its negative effect on the ability to maintain independence increases the need for help, so we can take the right and logical decision in planning and treatment of disorders related to the last decades of life.

Method and materials: This study was a cross-sectional study on 386 patients aged 60 years and above in East region of Tehran to assess the physical condition of these people, with descriptive and analytical aspects. All information obtained from the Physical Activity scale for the elderly Questionnaire, after entered in SPSS software version 16, were analysed using the chi-square test and Pearson correlation coefficient and other tests.

Results: The mean age of the participants in this study is 66.85 ± 4.94 years. The findings showed that 81.6 percent (315 people) of participants had very low levels of physical activity and 18.4 percent (71) had moderate physical activity and none had severe physical activity. Age, education status and income levels had statistically significant correlation with the level of physical activity. ($P < 0.05$)

Conclusion: Based on the results of this study, it was found that the level of physical activity for the elderly in Tehran is very low, so that a great number of these people are living a still life. It is hoped that by understanding the determinants and obstacles of physical activity in the elderly, a contribution, even a small one, has been made to educators and administrators of community health in designing appropriate intervention programs and removing barriers.

Key words: Physical Activity, Elderly, Tehran