Measures of physical activity levels in older adults in Taiwan

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Introduction: Lack of physical activity in older adults contributes to the growing problem of chronic diseases and mortality. This study aimed to evaluate the physical activity levels of older adults in Taiwan.

Methodology: This study used a cross-sectional design with a sample of older adults (≥65 years) recruited from community centers across Taiwan. Participants were asked to complete a validated questionnaire to assess their physical activity levels over the past year. The questionnaire included questions about the frequency, duration, and type of physical activity engaged in.

Results: The results showed that the majority of older adults in Taiwan engage in low to moderate levels of physical activity. Only a small percentage of participants reported engaging in high levels of physical activity. The most common type of activity was walking, followed by gardening, and household chores.

Discussion: The findings suggest that there is a need for public health interventions to promote physical activity among older adults. This could include the provision of community-based programs and the integration of physical activity into daily routines.

Conclusion: The findings indicate that efforts are needed to increase physical activity levels among older adults in Taiwan. A multi-pronged approach is recommended to address this issue, including policy changes, community programs, and education campaigns.

Key words: Physical activity, older adults, Taiwan