Analysis of Association Between Physical Activity and Quality of Life in Older Women from Croatia

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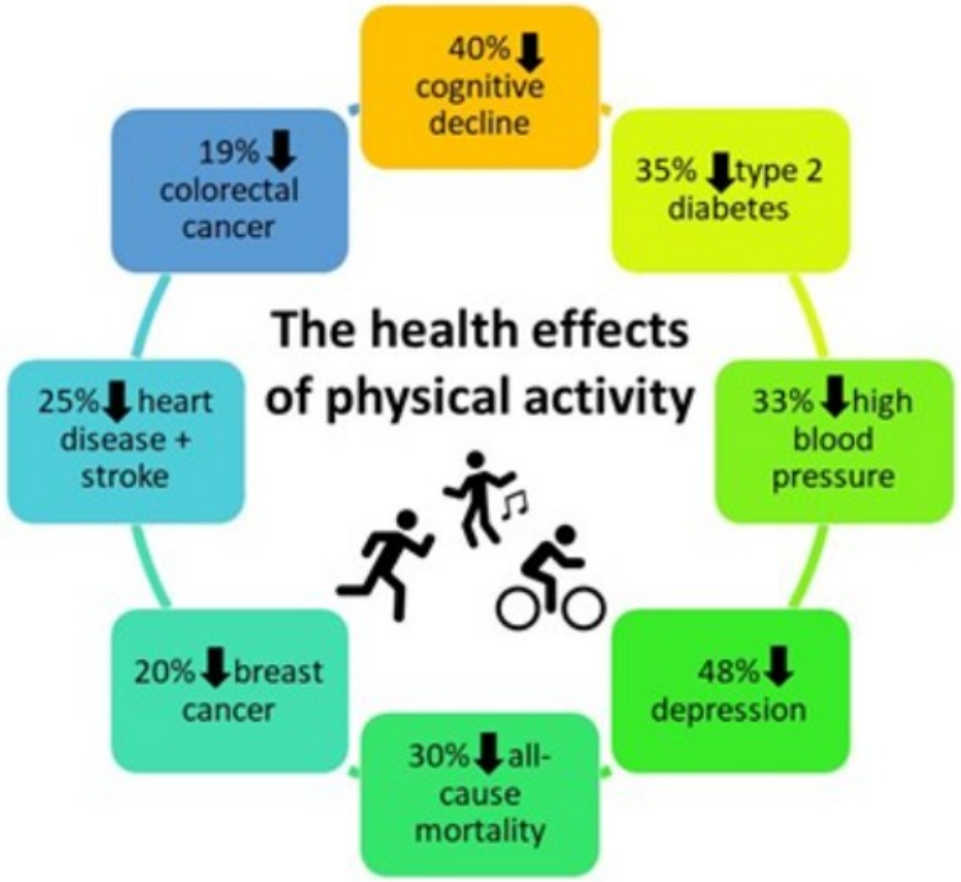
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Introduction

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- *Physical activity (PA)*
  - any bodily movement produced by skeletal muscle that requires energy expenditure
  - refers to all movement, including during leisure time; for transport to and from places; or as part of a person's work
  - moderate and vigorous-intensity physical activities improve health

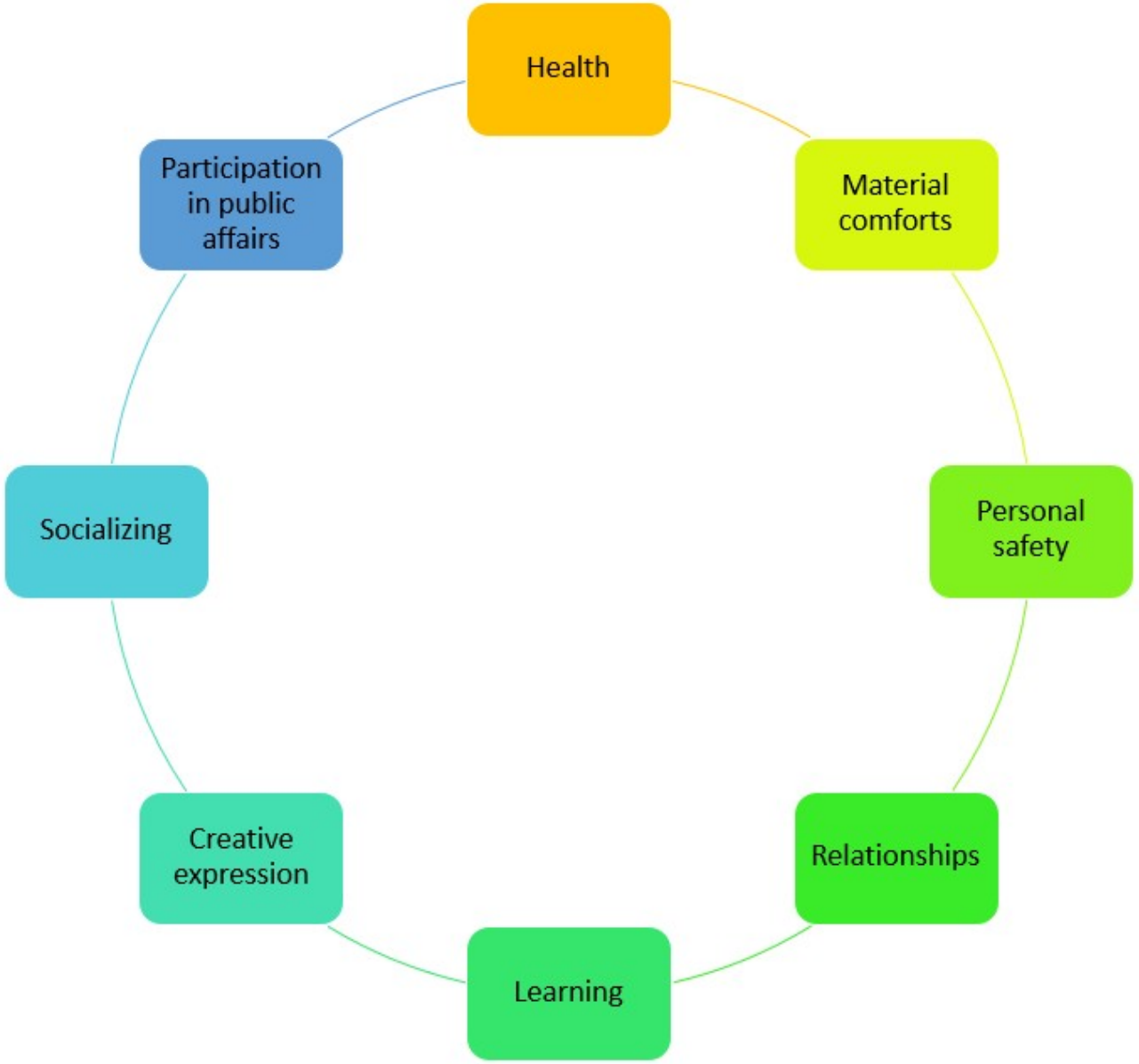


The health effects of physical activity from the US Physical Activity Guidelines Advisory Committee

Introduction

- *Quality of life(QoL)*
  - *"an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns."* (WHO)

  - Health related quality of life (**HRQoL**) is the health aspect of quality of life that focuses on people's level of ability, daily functioning and ability to experience a fulfilling life



Aim of the study

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- The aim of study was to evaluate the association between physical activity and quality of life in older women from Croatia

Materials and Methods

Participants and design of the study

- Participants in the study were 59 females
- 60 years of age and above from urban center in southern Croatia
- The study was conducted in the first half of the year 2025

Variables

Sociodemografic

- age
- level of education
- self-perceived socioeconomic status

Quality of Life

- European Quality of Life-5 Dimensions-5 Levels Questionnaire (**EQ-5D-5L**)

PA

- Nordic Physical Activity Questionnaire-short version (**NPAQ-short**)

Statistics

- Kolmogorov-Smirnov test → normality of the distributions
- Descriptive statistics → means ± standard deviations (numerical variables)
- Analysis of the associations between PA and QoL → Canonical correlation and Pearson’s correlations

Results

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- no significant multivariate association between physical activity and quality of life (Can R = 0.08, $p > 0.05$).

Results

- significant association was identified only between moderate-to-vigorous and mobility problems ($R = 0\text{-}0.33$, $p < 0.05$), with lower moderate-to-vigorous activity in those women who reported mobility problems

		Nordic PA questionnaire	
		Moderate-Vigorous PA	Vigorous PA
European Quality of Life	Mobility	-0.03	**-0.33***
	Self-care	0.02	-0.12
	Usual activities	-0.03	-0.15
	Pain/discomfort	0.01	-0.06
	Anxiety/depression	0.14	-0.20

Conclusion

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- PA was not associated with QoL

- Further interventions studies are needed

THANKS FOR YOUR ATTENTION