Physical Activity Patterns in Older Men. Using Time-Geographic Diary and METS

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Background

• A growing concern about inactivity giving negative impact on health.

• Working at Infocenter for seniors (2008 - 2013) with Health Promotion
  My interest: Physical activity (PA)

Find out more about elderly men - PA
Research question

To explore physical activity patterns of retired men who have no public services.
Exercise –
Non Exercise Physical activity - NEPA

• Exercising: PA intended to improve strength and fitness

• Non-Exercise Physical Activity (NEPA): PA in everyday activities,

• METS: Codes for Metabolic Equivalents
• Moderate PA = > 3 METS
Method

- Time-Geography Diary
- Combined with metabolic equivalents (METS)

Nine retired men with age between 65 and 83,
- Having no public service
- Having opinions and like to discuss
- Variation in age, living conditions, and co-habiting

They wrote diary 7 consecutive days
Analysis

• Coding the diaries
• Making graphs
• Using METS to sort out moderate physical activities
• Adding up time used on Exercising and on NEPA
Minutes used on PA during one week

<table>
<thead>
<tr>
<th>The participants</th>
<th>Exercise Min/week</th>
<th>NEPA Min/week</th>
<th>Into Groups:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td></td>
<td>1505</td>
<td>3</td>
</tr>
<tr>
<td>B</td>
<td>180</td>
<td>200</td>
<td>2</td>
</tr>
<tr>
<td>C</td>
<td></td>
<td>1125</td>
<td>3</td>
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<td>D</td>
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<td>295</td>
<td>4</td>
</tr>
<tr>
<td>E</td>
<td></td>
<td>1375</td>
<td>3</td>
</tr>
<tr>
<td>F</td>
<td>910</td>
<td>1225</td>
<td>1</td>
</tr>
<tr>
<td>G</td>
<td>370</td>
<td>1630</td>
<td>1</td>
</tr>
<tr>
<td>H</td>
<td></td>
<td>1235</td>
<td>3</td>
</tr>
<tr>
<td>I</td>
<td>60</td>
<td>180</td>
<td>4</td>
</tr>
</tbody>
</table>
Results, 4 groups

Gr. 1. Exercising + NEPA
Gr. 2. Exercising + no NEPA
Gr. 3. NEPA + no exercising
Gr. 4. No NEPA + no exercising
Gr. 1, Exercising + NEPA

71 years old, in a flat with his wife.

• Strengthening exercises every day
• Different types of NEPA every day:
  – Playing outside with grandchildren
  – Wood chopping
  – Voluntary work once a week
  – Walking
  – House repairing
Gr. 1, Exercising + NEPA
Gr. 2, Exercising + little NEPA

83 years old, with wife in a new flat

• Exercising, 2 - 3 days a week.
• Hardly any NEPA
  – Wife is doing nearly all house work
  – Walking to the shop, about 5 min each way
  – Everyday he is writing on a history book (work)
Gr. 2, Exercising
Gr. 3, NEPA, no exercising

78 years old, in a semidetached house with his dement wife.

• NEPA all the time, "Housework – is so physical!!"
  – Vacuum cleaning and washing
  – Maintenance of house and cottage
Gr. 3, NEPA
Gr. 4, No exercising, no NEPA

73 years old, with his still working wife in a flat.

• Doing office work
• Driving his wife to work
• Meeting friends at a café
• Watching television with his wife
Gr. 4 No exercising, no NEPA
# One week of physical activity

<table>
<thead>
<tr>
<th>Groups</th>
<th>Average min/week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Exercising + NEPA</td>
<td>2108</td>
</tr>
<tr>
<td>2. Exercising + no NEPA</td>
<td>380</td>
</tr>
<tr>
<td>3. NEPA + no exercising</td>
<td>1310</td>
</tr>
<tr>
<td>4. No NEPA + no exercising</td>
<td>268</td>
</tr>
</tbody>
</table>

E. L. Bredland, HIST
References


• Ekblom-Bak et al (2013) *The importance of non-exercise Physical activity for cardiovascular health and longevity*


• Àrnadòttir SÀ (2010), *Physical Activity, Participation and Self-Rated Health Among Older Community-Dwelling Icelanders*. Umeå University
Thank you for your attention!