



Actividad Física, tiempo sentado y características antropométricas y de salud general en Personas Adultas Mayores en Puerto Rico [

2016

text (article)

Analítica

Objective: Evaluate physical activity (PA), sitting time (ST) and their relationship with anthropometric and general health characteristics among older persons in Puerto Rico. **Methods:** 291 participants completed a PA, sociodemographic and general health questionnaires. Height, weight, and weight circumference were measured. A t-test and Chi-squares were used to determine differences by sex, and a Spearman correlation to evaluate associations between variables. **Results:** Age fluctuated mostly between 60-70(31%) and 71-80 (39%) years, health perception was mostly regular (39%) or good(31%), few smoked (5%), and were overweight (average BMI=29 kg/m²). PA was higher in men (270"406 vs. 171"370 min/week, P=0.03), and ST was higher in women (5.6"2.9 vs 4.6"2.9 hr/week). Both correlated with health perception (rs=0.18 y -0.19, P<0.05). **Conclusion:** The importance of reducing ST and increasing AF in this population is emphasized

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