

研究業績 英文表記

和文	
表題	地域在住高齢者における体力年齢の妥当性と活用について
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英文	
Title	The Validity and Use of Physical Fitness Age among community-dwelling elderly
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Abstract	<p>Abstract: Our objective in this study was to identify valid physical fitness age (PFA) from measurements that can be obtained without the use of any special equipment in care-dependency prevention projects. The participants were 73 women aged between 60 and 79 years who were enrolled in care-dependency prevention projects. PFA was calculated using grip strength, sit-and-reach distance, the time for one-leg standing with eyes open, and the results of the 30-second chair stand test and Timed Up & Go Test. To investigate the validity of PFA, we also measured body composition, quadriceps femoris strength, and walking speed and performed the Mini-Mental State Examination and Trail Making Test-A as cognitive function tests. We conducted statistical analysis to investigate the association between actual age and PFA for each parameter measured. Further, we divided the participants into two groups depending on whether their PFA was lower or higher than their actual age and used an unpaired t-test to compare the measurements between these groups. Our results confirmed that PFA is an index that reflects the overall physical fitness and mental status of older people and showed that PFA is a simple and effective means of enabling older people to understand their own level of physical fitness.</p>
keyword	physical fitness age, community-dwelling elderly, care-dependency prevention projects

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