

## 研究業績 英文表記

和文	
表題	フィットネスクラブ高齢会員のフレイルの現状—地域在住高齢者との比較—
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英文	
Title	Frailty among elderly fitness club members : a comparison with the community-dwelling elderly
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Abstract	The study aimed to investigate frailty among elderly fitness club users by comparing them with the elderly local population. The subjects were 273 fitness club members aged 65 or above and 224 local residents. The methods used were questionnaire and evaluation of physical and oral function. The Mantel-Haenszel test was applied separately to the groups of younger senior citizens (65-74) and older senior citizens (75+) using sex as a stratifying factor, and binomial logistic regression analysis was applied to the all subjects and separately to the senior and younger senior groups. The Mantel-Haenszel test for the senior citizens indicated that tendency to frailty and extent of deterioration in the ability to stand on one leg with the eyes open were significantly lower in fitness club members. The regression analysis showed that the extent of deterioration in the one-leg test was lower among fitness club members in all groups (odds ratio 0.329) and that senior club members had a lower tendency to frailty (odds ratio 0.325). As usership of fitness clubs among the elderly is increasing, these clubs would seem to have a major role in frailty prevention.
keyword	fitness club, frailty, physical function, oral function, cross-sectional study

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