

研究業績 英文表記

和文	
表題	フィットネスクラブ高齢者会員の身体機能評価と口腔機能評価
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英文	
Title	Evaluation of physical and oral function in older fitness club members
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Abstract	An evaluation of the physical and oral function of fitness club members was carried out in 2019 to assess the preventive effect of membership against frailty. Subjects aged 65 or over in two cities participated in a questionnaire survey sent by terrestrial mail (278 subjects) or in a physical and oral function evaluation (89). Frailty and pre-frailty rates according to the survey were similar to those in the general local older population. The motive for first attending a fitness club was to maintain health in 75.9% of respondents, suggesting that they began to attend after noting deterioration in their physical condition. The physical function evaluation showed no deterioration of walking speed or CS-5 or TUG score, but in the finger-ring test, 23.9% were suspected to show deterioration of muscle volume. The oral function evaluation found deterioration of swallowing and masticatory functions in around 10%. Oral diadochokinesis was 3.8 times superior to that in the study by Iyoda et al. As older subjects with oral frailty are at high risk of developing physical frailty and long-term care needs, in addition to exercise, efforts to improve oral function are recommended for fitness club members.
keyword	frailty, oral frailty, physical dysfunction, oral hypofunction, fitness club

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