

Publication

Inverse effects of midlife occupational and leisure time physical activity on mobility limitation in old age—a 28-year prospective follow-up study

JournalArticle (Originalarbeit in einer wissenschaftlichen Zeitschrift)**ID** 4479538**Author(s)** Hinrichs, Timo; von Bonsdorff, Mikaela B.; Törmäkangas, Timo; von Bonsdorff, Monika E.; Kulmala, Jenni; Seitsamo, Jorma; Nygård, Clas-Håkan; Ilmarinen, Juhani; Rantanen, Taina**Author(s) at UniBasel** [Hinrichs, Timo](#) ;**Year** 2014**Title** Inverse effects of midlife occupational and leisure time physical activity on mobility limitation in old age—a 28-year prospective follow-up study**Journal** Journal of the American Geriatrics Society**Volume** 62**Number** 5**Pages / Article-Number** 812-20**Mesh terms** Adult; Female; Finland; Follow-Up Studies; Forecasting; Health Behavior; Humans; Leisure Activities, psychology; Male; Middle Aged; Mobility Limitation; Motor Activity, physiology; Occupational Health; Prospective Studies; Risk Factors; Surveys and Questionnaires

To evaluate in a sample of initially middle-aged municipal employees whether leisure time (LPA) or occupational physical activity (OPA) was associated with mobility limitation (ML) in old age.; Prospective population-based follow-up.; Municipalities in Finland.; Public sector employees from the Finnish Longitudinal Study on Municipal Employees (FLAME) initially aged 44 to 58 (N = 5,200).; Baseline data were collected in 1981, including LPA (average exercise within previous year: inactive (no exercise), moderate (some form of exercise ≤ 1 time per week), vigorous (brisk exercise ≥ 1 time per week)) and OPA (usual activities at work within previous year: light (light work sitting, standing, or moving around), moderate (moderate work moving around), vigorous (heavy physical work)). Number of MLs was assessed using a questionnaire (8 items) in 1985, 1992, 1997, and 2009; the latest mobility score available for each subject was used for analyses. Incidence rate ratios (IRRs) and 95% confidence intervals (CIs) for LPA and OPA predicting ML were estimated in a joint Poisson regression model adjusted for survival data; the other type of PA; and sociodemographic, socioeconomic, and health-related factors.; Mean age at baseline was 50.3 \pm 3.6; 56.9% of participants were female. Participants with vigorous OPA in midlife had greater risk of a unit increase in ML in old age than those with light OPA (fully adjusted IRR = 1.09, 95% CI = 1.03-1.16). Participants with vigorous LPA had lower risk of ML than inactive participants (fully adjusted IRR = 0.81, 95% CI = 0.76-0.86).; Findings suggest that LPA and OPA in midlife have independent, inverse effects on mobility in old age in terms of a harmful effect of vigorous OPA and a protective effect of vigorous LPA.

Publisher Wiley**ISSN/ISBN** 0002-8614 ; 1532-5415**edoc-URL** <https://edoc.unibas.ch/64138/>**Full Text on edoc** No;**Digital Object Identifier DOI** 10.1111/jgs.12793**PubMed ID** <http://www.ncbi.nlm.nih.gov/pubmed/24731135>**ISI-Number** WOS:000336385300003**Document type (ISI)** Journal Article, Multicenter Study