

PHYSICAL ACTIVITY PATTERN AMONG INDIAN ELDERLY

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RELEVANCE

- **Physical activity as an integral part of our daily lives is fast disappearing as we continue to increasingly depend on machines, cars, computers, TVs, online shopping and banking, making us more vulnerable to sedentary life and life style diseases.**
- **It will be interesting to know the status of physical activity in the lives of senior citizens in a country like India, the second most populous nation where they often face physical and financial marginalization in a highly diverse socio-cultural society.**

CROSS NATIONAL PERSPECTIVE

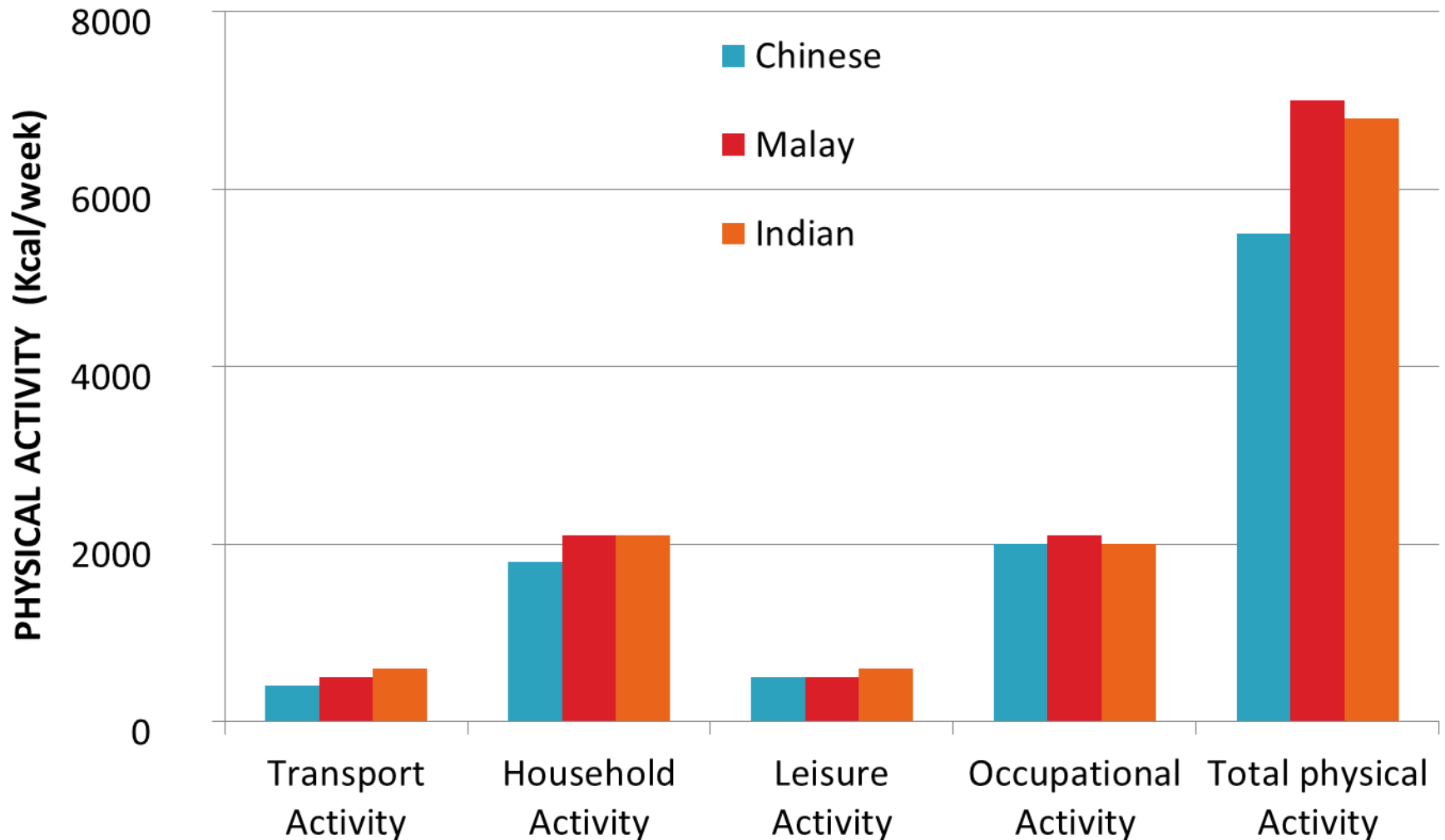
- Numerous Senior fitness and physical activity classes are available in the Western world. Senior athletic meets, events and National Senior Games Associations also exist there. However, unlike past these activities are not integral part of life and appear artificial requiring extra time and effort.**
- In India above facilities hardly exist and sporting activities are rare among elderly. For example, in Algeria, another developing country, only 4.2% of people age > 50 years engage in sports.**

DOMAINS OF PHYSICAL ACTIVITY – MAINLY FOUR

- 1. LEISURE RELATED** e.g. Walking, running, yoga, dancing, swimming, sporting and others.
- 2. WORK & OCCUPATION RELATED** e.g. Agriculture, other manual workers, petty traders etc.
- 3. HOUSEHOLD RELATED** e.g. Kitchen help, personal chores, family caring, playing with grandchildren etc.
- 4. TRANSPORTATION RELATED** e.g. Walking, cycling, climbing, negotiating bus and train stations.

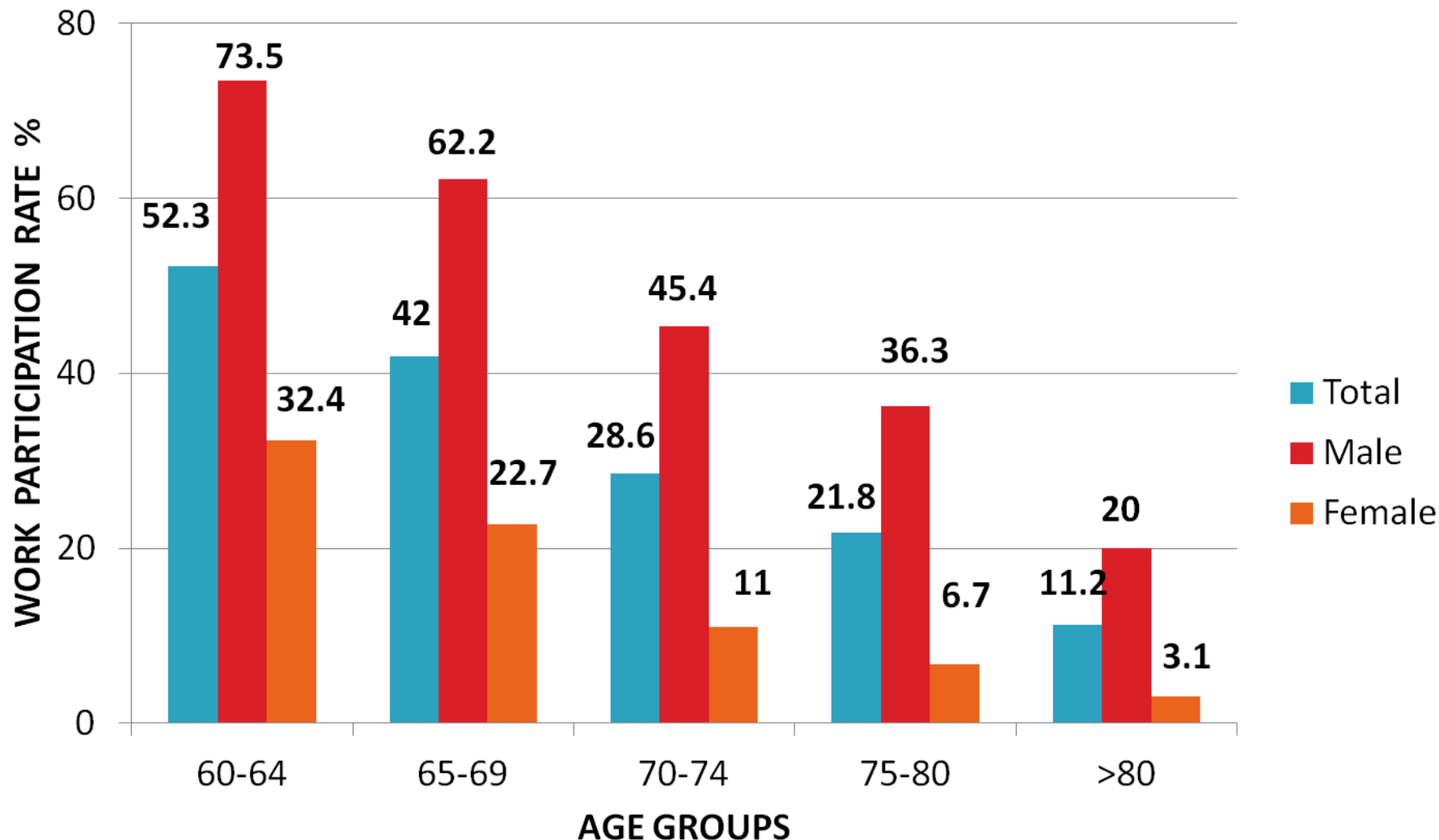
Ref. Vinod Kumar. Perspectives on activity and aging in the developing world: physical activity and older persons in India (Guest editorial). Journal of Aging and Physical Activity. 1998; 6: 2005-206.

PHYSICAL ACTIVITY DOMAINS IN ASIANS (ALL AGES)



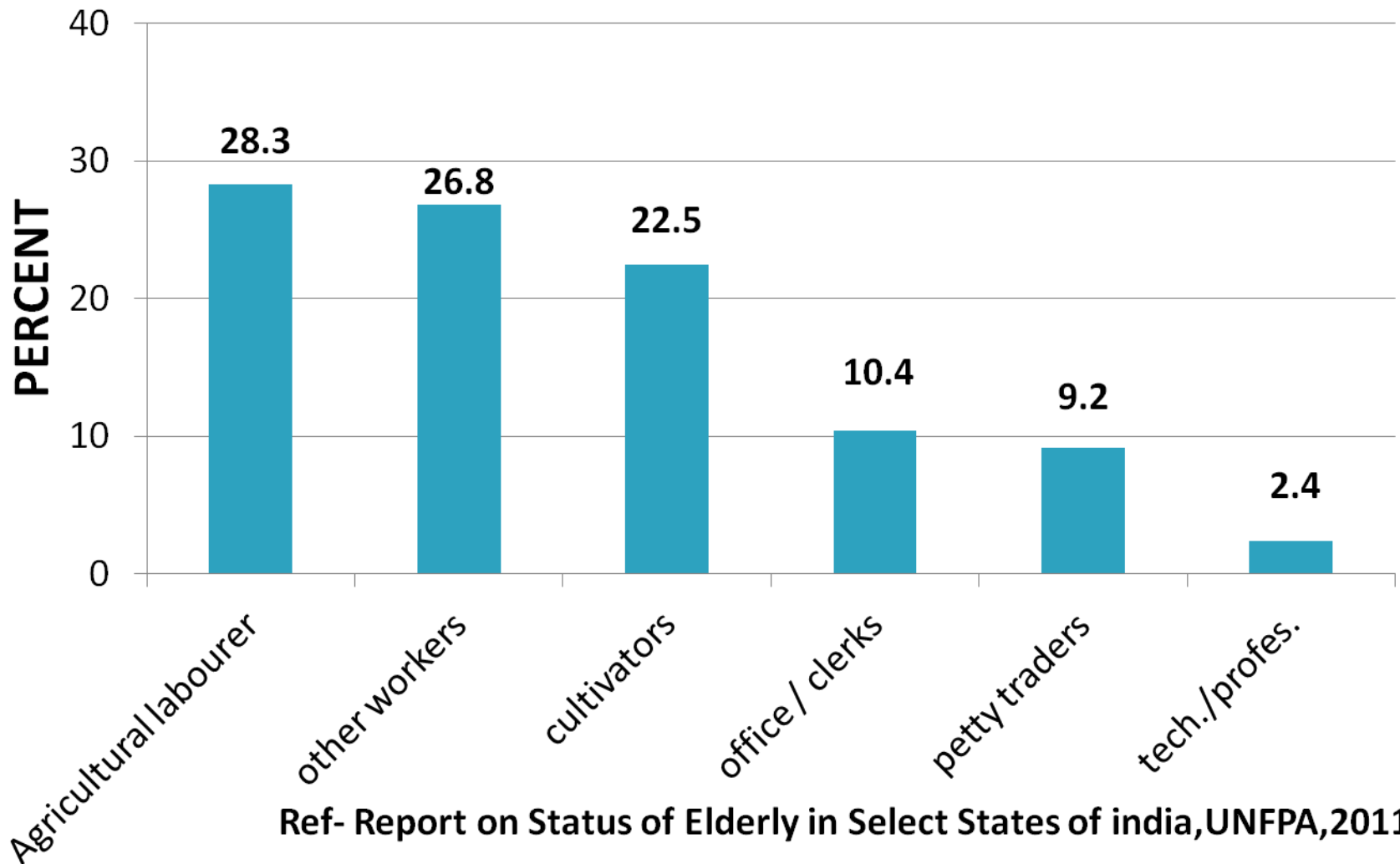
Ref;- K.Nang: BMC Public Health 2010,10:644

WORK FORCE PARTICIPATION RATE (WPR) AMONG ELDERLY IN INDIA (2004-2005)-NSSO



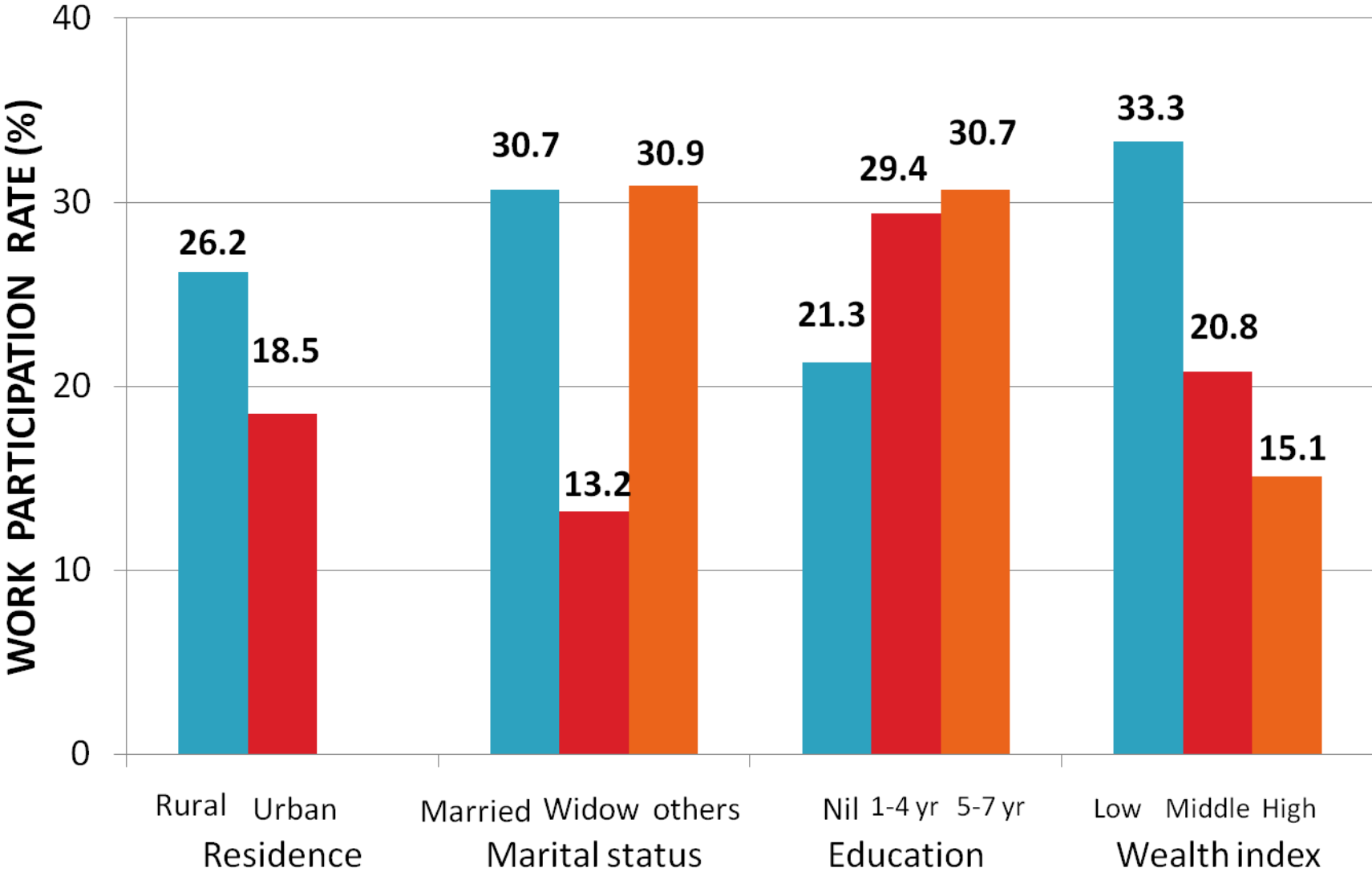
Ref-S.Selvaraj. Working Paper 4..UNFPA ,Dec 2011

OCCUPATION TYPES IN ELDERLY



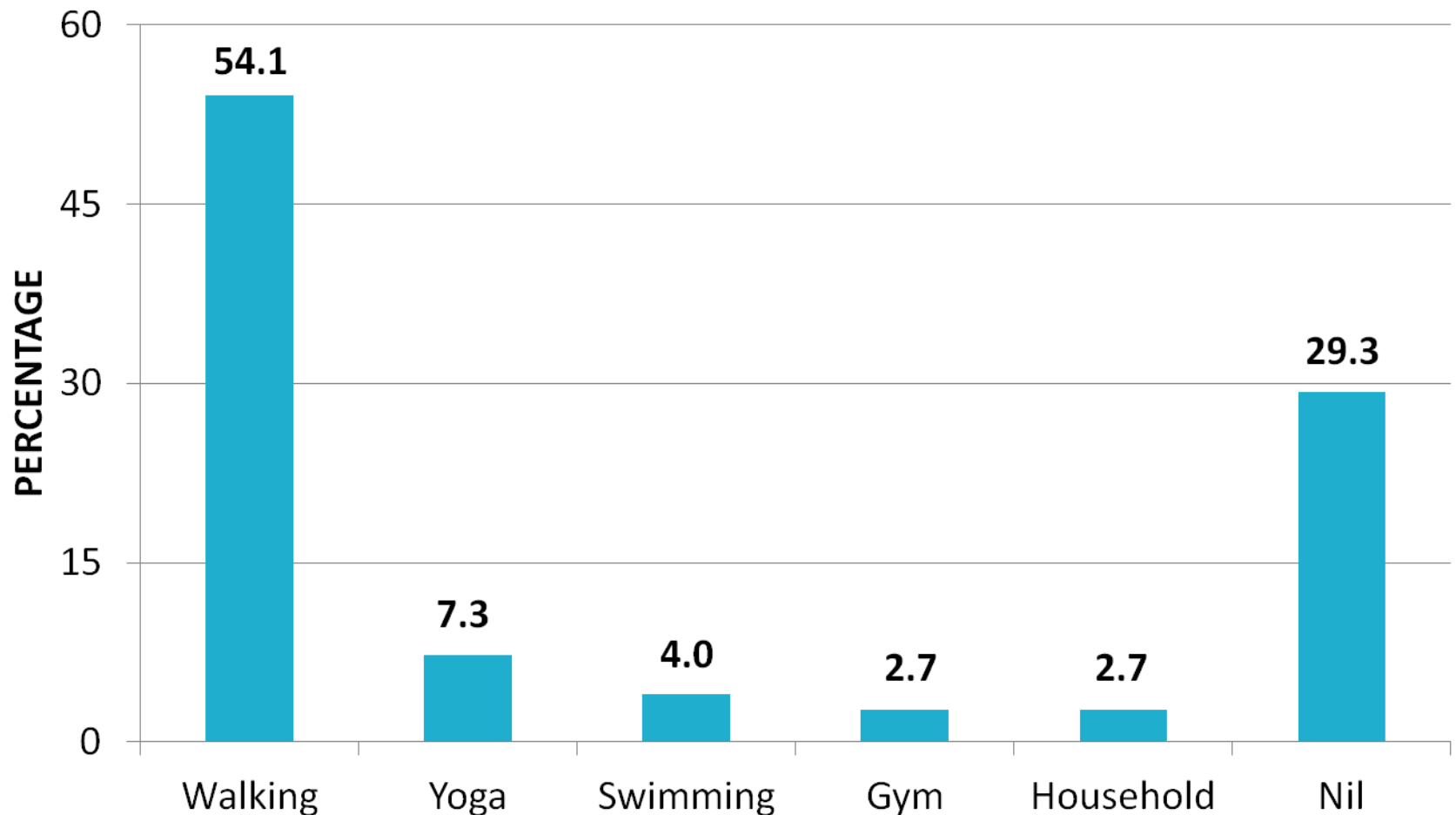
Ref- Report on Status of Elderly in Select States of india, UNFPA, 2011

SOCIO DEMOGRAPHIC CHARACTERISTICS AND WORK PARTICIPATION RATES OF ELDERLY



Ref- Report on Status of Elderly in Select States of India, UNFPA, 2011

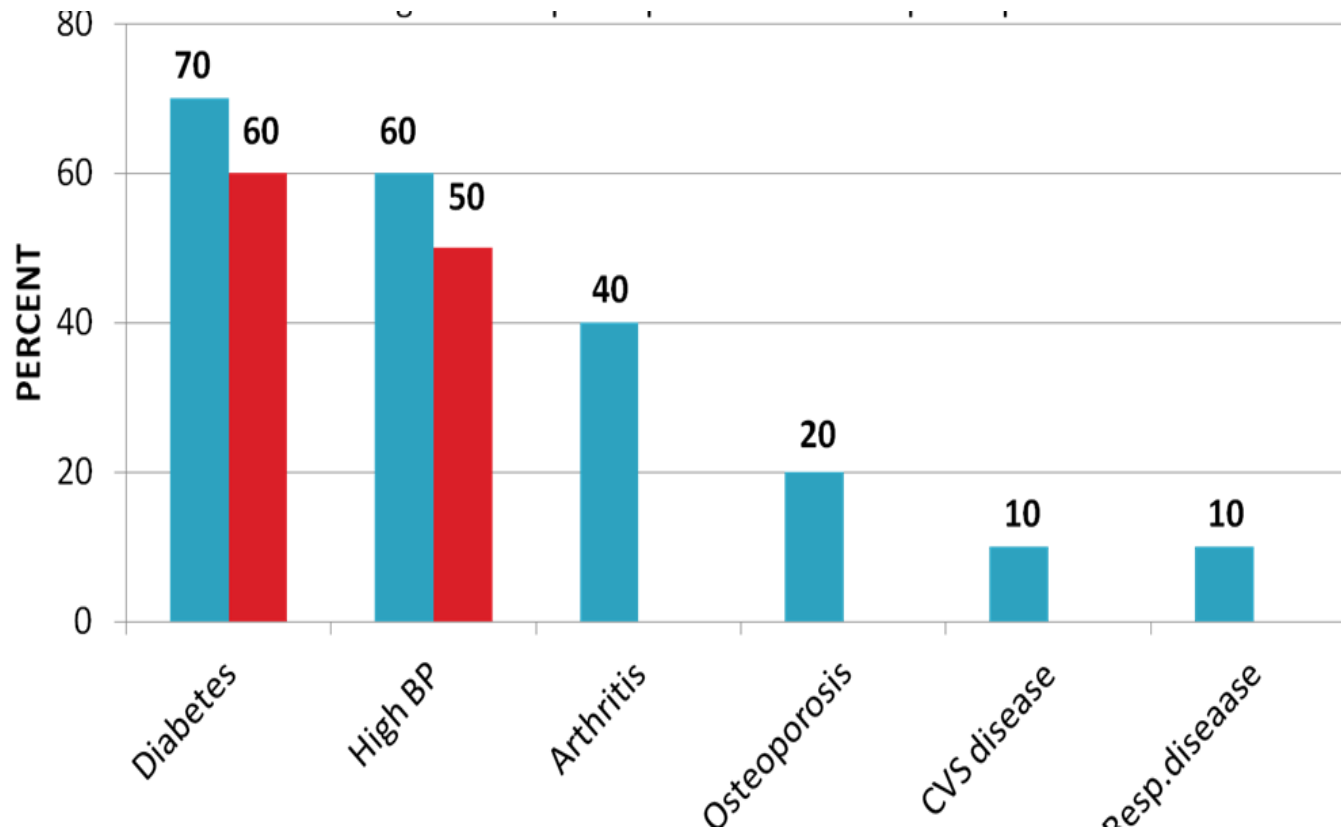
PHYSICAL ACTIVITY PATTERN OF OLD AGE HOME RESIDENTS IN SOUTH INDIA



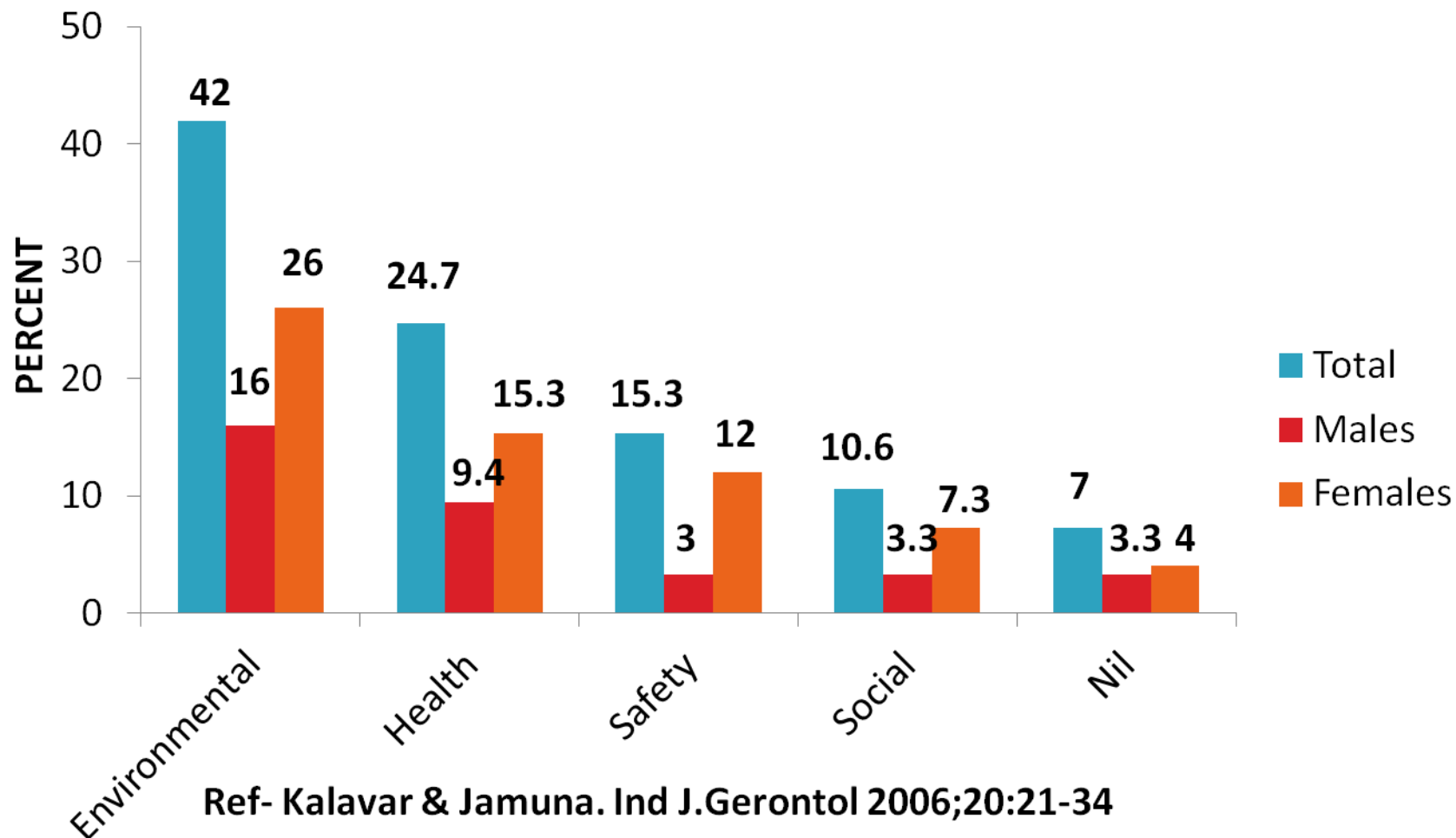
Ref; Kalavar and Jamuna.Ind J.Gerontol 2006;20:21-34

PREVALENCE OF MEDICAL MORBIDITIES AMONG ELDERLIES OF LAUGHTER CLUB

(Roopa & Lakshmi Devi. Res & Develop Journal, HelpAge India. 2011: 17(2): 25-28)



PHYSICAL ACTIVITY BARRIERS FOR OLD HOME RESIDENTS



SUMMARY

- **India is fast catching up with modernization and has enormous burden of lifestyle disorders. At the same time, sizable part of population is economically marginalized and elderly are even more vulnerable.**
- **These factors have lot to do with the extent, types and pattern of physical activity to which the population including its senior citizens are exposed.**

SUMMARY-CONTD.

- **Currently, Indian elderly are mainly engaged in work and household related physical activities and this is largely due to economic necessity. Leisure related physical activity including sports are less common but walking is an exception.**
- **This paper does not attempt to relate different types of physical activities to their health benefits and overall, scientific data on types of physical activity and their health benefits in elderly are lacking in India.**