

Sedentary behavior, obesity, and disabilities in community dwelling older adults: analysis of the Brazilian National Health Survey 2019.

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Research suggests that sedentary behavior (SB) and obesity are associated with disabilities in basic activities (BADL) and instrumental (IADL) activities of daily living. However, there is a lack of studies investigating this association in community-dwelling older adults. Thus, the aim of this study was to investigate the association between different SB typologies, isolated and in conjunction with obesity, and their associations with BADL and IADL disabilities in community dwelling Brazilian older adults. This was a cross-sectional study using data from older adults (≥ 60 years) who participated in the Brazilian National Health Survey (2019). The exposures were obesity ($\text{BMI} > 27 \text{ kg/m}^2$) and the amount of time spent daily on SB watching television (SB TV < 3 and ≥ 3 h/day) and engaging in leisure activities (SB leisure < 3 and ≥ 3 h/day), analyzed both separately and jointly. The outcomes were BADL and IADL disabilities. The main results showed that isolated SB TV ≥ 3 h/day (OR: 1.26; 95% CI: 1.14; 1.39) and SB TV ≥ 3 h/day combined with obesity (OR: 1.55; 95% CI: 1.37; 1.75) increased the odds of BADL and IADL disabilities. Obesity alone (OR: 1.21; 95% CI: 1.07; 1.36) increased only the odds of BADL disabilities. Moreover, SB leisure ≥ 3 h/day without obesity reduced the odds of IADL disabilities (OR: 0.56; 95% CI: 0.41; 0.76). Ideally, older adults should be encouraged to prevent obesity, reduce excessive periods spent in SB watching TV, and increase the daily periods spent in leisure activities, thus minimizing the likelihood of disabilities in functional activities.

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