

Physical Activity Relieves Blood Pressure Among Older Adults

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INTRODUCTION

High blood pressure levels in older adults are commonly known to be a catalyst in noncommunicable diseases such as cardiovascular disease, which is the leading disease, chronic kidney disease, and diabetes.

PURPOSE

To analyze whether physical activity is a protective factor against hypertension in older adults.

METHODS

- Cross-Sectional Study
- Physical activity and blood pressure, both objectively measured.
- A p-value of <0.05 was considered significant.

Results

- Median Age for participants: 68 years old
- Sample Size: 196 participants
- LPA showed a weak negative correlation with diastolic blood pressure. ($r=-0.066;p=0.022$) (Only in Females)
- Both LPA (-0.141, $p=0.020$) and moderate to vigorous physical activity (-0.129, $p=0.034$) showed a weak negative correlation with systolic blood pressure (Only in Males)

Men

Activity	SYS (r, p)	DIA (r, p)
LPA	0.002 (0.960)	-0.067 (0.044) *
MVPA	-0.129 (0.034) *	-0.038 (0.530)

Women

Activity	SYS (r, p)	DIA (r, p)
LPA	0.002 (0.960)	-0.067 (0.044) *
MVPA	-0.007 (0.827)	0.063 (0.057)

CONCLUSION

The findings indicate that, as measured by accelerometer, physical activity ranging from low to vigorous intensity among older adults is associated with a reduction in blood pressure. Physical activity represents a beneficial lifestyle intervention for older adults, contributing to the reduction of hypertension and the prevention of more severe health conditions.



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