PHYSICAL ACTIVITY IN PEOPLE WITH COPD RESIDING IN SPAIN: DIFFERENCES ACCORDING TO SEX AND AGE

ABSTRACT

Background and objectives. Many studies have shown benefits of participating in physical activity in the prevention and treatment of chronic diseases. The aim of this issue was to identify the physical activity level of people with COPD residing in Spain, analyzing the differences according to sex and age.

Methods. A total of 615 adults aged 15-to-69 years residing in Spain participated in this study. Data from Health National Survey 2017 were used. This survey included the short version of IPAQ to establish the physical activity level of the participants. Physical Activity was expressed in total volume (MET·min/week) and classified in low, moderate and high, according to sex and age. To analyze the differences in total volume by sex and age, the test H of Kruskal Wallis and U Mann Whitney were used, respectively. The Chi-squared test was used to analyze differences in physical activity levels.
Results. Results showed a moderate physical activity level. Weekly volume of physical activity was significantly lower in women than in men. This difference was significant when the whole sample was considered (1575.6 vs 1808.8 MET·min/week) and also in the age group 60-69 years (1228.6 vs 1541.9 MET·min/week). According to age, the 30-39yrs group participated in higher levels of physical activity than the 60-69 years’ group (p=0.016).

Conclusions. Total volume of physical activity of people with COPD residing in Spain is lower in advanced ages and in women. Therefore, we should emphasize the development of physical activity especially in women and those older than 60 years.

KEY WORDS

Physical exercise, Lung disease, Public health.