



COST is supported by the EU Framework Programme Horizon 2020

# Association between Vigorous Physical Activity and Chronic Diseases among the Elderly in Latvia

Aija Bukova-Zideluna

Riga Stradins University, Institute of Public Health, Department of Public Health and Epidemiology

**Objective of the research:** to examine the relationships between vigorous physical activity (VPA) and the risk of major chronic diseases among adults aged 50 and above in Latvia.

## Methods:

- Survey of Health, Ageing, and Retirement in Europe (SHARE), wave 8, 2020.
- 798 respondents aged 50+ in Latvia.

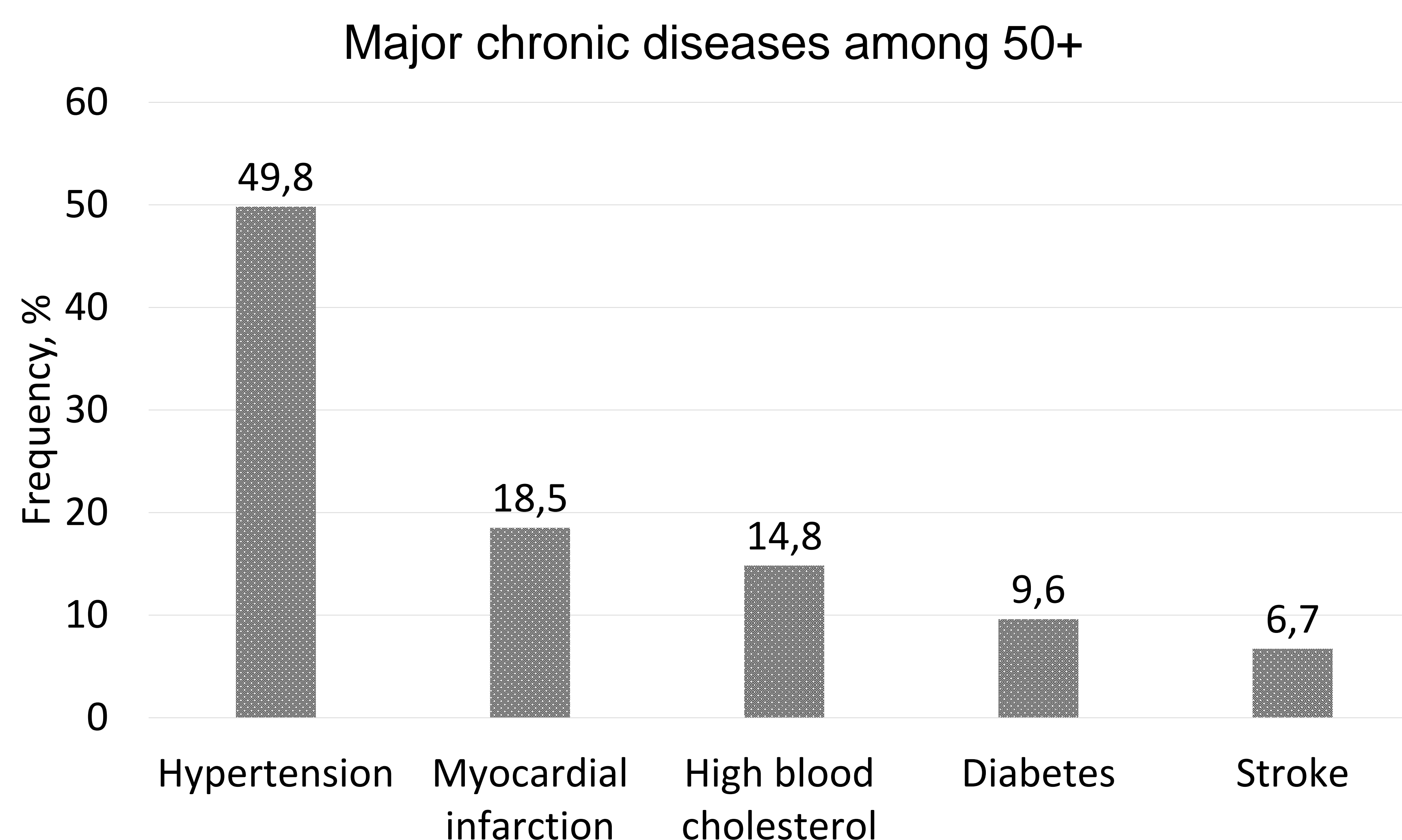
Questions about the frequency of engaging in vigorous physical activity:

- sports,
- heavy housework,
- physically demanding occupation.

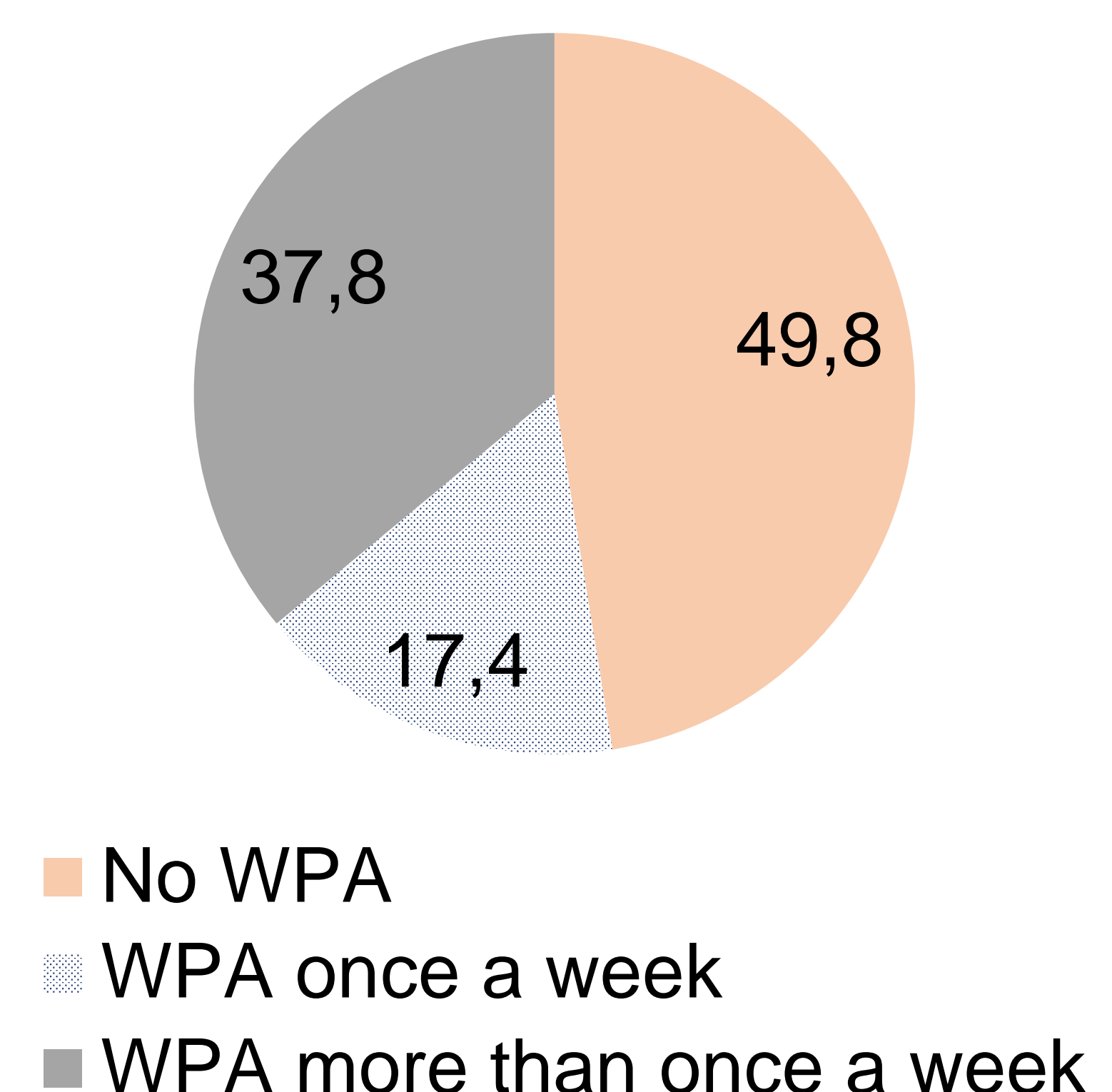
Participants had been informed by their doctor about the presence of:

- heart attack or other heart problems,
- hypertension,
- stroke,
- high blood cholesterol level and diabetes.

Analysis: descriptive statistics, comparative analyses, Pearson's chi-square test, the T-test, and logistic regression.



Vigorous physical activity among 50+



Odds of heart attack,  
high blood cholesterol level,  
stroke

VPA once a week or more



VPA more than once a week



Odds of diabetes

VPA more than once a week



no association



**Conclusion:** Engaging in physical activities correlates with a lower risk of chronic diseases in both men and women. Even participation in vigorous physical activity once a week appears to be sufficient to reduce the risk of chronic diseases in adults 50 and older.

!! Hypertension did not show an association with physical activity.

Aija.Bukova@rsu.lv

The project "RSU internal and RSU with LSPA external consolidation",  
No.5.2.1.1.i.0/2/24/I/CFLA/005  
Postdoctoral Grant "Associated factors of frailty and fall-related mortality in the older population in Latvia", No. RSU-PG-2024/1-0005

