Physical Activity Among Older Adults in Westmoreland Jamaica

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OBJECTIVE

Assess adherence to activity recommendations and examine barriers and facilitators.

METHODS

A cross-sectional study recruited 375 older adults from three Westmoreland health centres and collected activity data through interviews.

RESULTS

Overall, 59.5% met the study's weekly activity threshold. Older age was associated with less transport-related activity and moderate recreation, while total weekly activity did not vary significantly by age.

CONCLUSION

The authors proposed supporting active transport and recreational opportunities for older people.