

# EPOSA FACT

## Physical activity in older adults with osteoarthritis

### Physical activity

Health benefits of physical activity (PA) are well established. Engaging in a physically active lifestyle delays disability and promotes osteoarthritis (OA)-specific benefits, including maintaining physical function and decreasing pain, depression, and fatigue. There is little knowledge about country-specific differences in PA among older adults with knee OA. In EPOSA, differences in PA levels between persons with and without knee OA have been examined in six European countries.

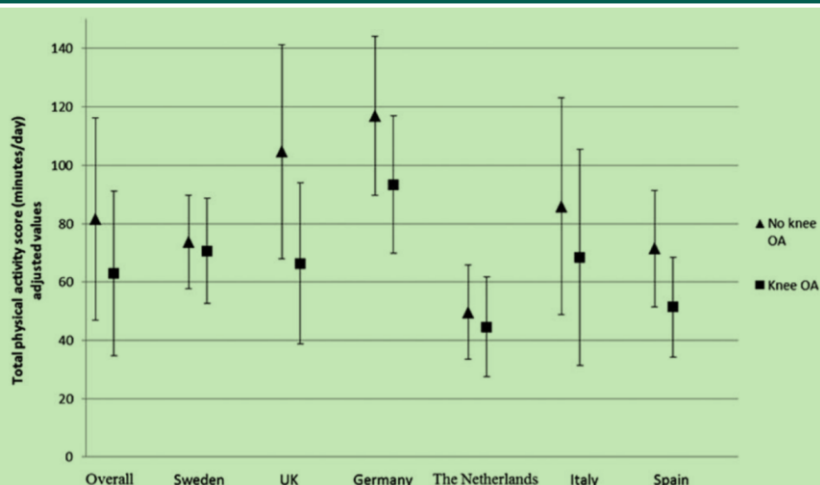


### 40.1% versus 34.9%

Older adults with knee OA were less likely to follow PA recommendations than those without knee OA.

### Country differences

Overall PA levels differed across the six EPOSA countries. Older adults with knee OA spent, on average, less time on physical activities than those without the condition (62.9 versus 81.5 min/day). The magnitude of this difference varied across countries.



### Physical activities

Older adults with knee OA are more likely to cycle but walk to a lesser extent than persons without knee OA.

