

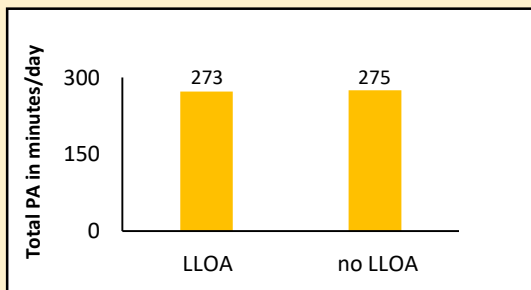
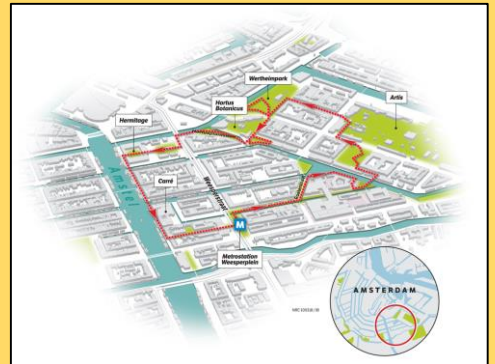
EPOSA FACT

Neighbourhood built environment and physical activity in older adults with lower limb osteoarthritis

Neighbourhood built environment and physical activity

For older adults with lower limb osteoarthritis (LLOA), the neighbourhood built environment might be especially relevant as their pain and functional limitations might cause difficulties in overcoming environmental barriers towards physical activity (PA). To encourage older people with LLOA to be physically active, it is important to obtain knowledge on the associations of neighbourhood characteristics with PA in this specific group.

In the Dutch part of EPOSA, we examined the associations of objectively measured neighbourhood built environment characteristics with objectively measured physical activity in older adults with and without OA.



The total time spent on PA did not significantly differ between older adults with and without LLOA.

The associations between distances to public transport facilities/meeting places and PA did not differ between participants with and without LLOA.

Larger distances to specific health care facilities (general practice and physiotherapist) and retail facilities (supermarket) were associated with more time spent on PA in older people with LLOA than in those without LLOA.

It may be a greater effort for older adults with LLOA to travel the distances to these resources and, in comparison to those without LLOA, they may need more time to cover the same distance than those without LLOA.

