

EPOSA FACT

WEATHER CONDITIONS AND OUTDOOR PHYSICAL ACTIVITY IN OLDER ADULTS WITH AND WITHOUT OSTEOARTHRITIS

Weather conditions and physical activity

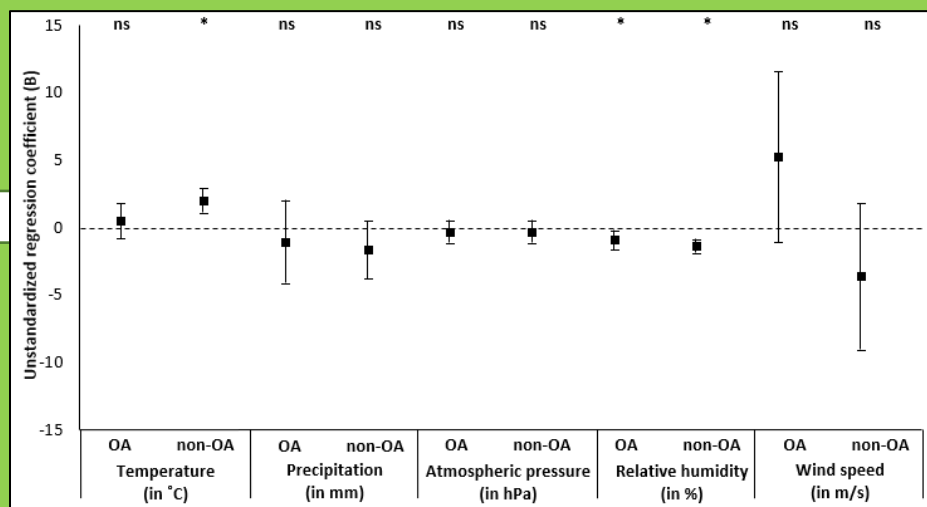
Older adults with osteoarthritis (OA) often report that their disease symptoms are exacerbated by weather conditions. To find out if this popular belief is supported by evidence, we examined the association between weather conditions and outdoor physical activity (PA) in older adults from 6 European countries, and assessed whether outdoor PA and weather conditions are more strongly associated in older persons with OA than in those without the condition.



Weather parameters	B (SE)
Temperature (in °C)	1.52 (0.40)
Precipitation (in mm)	-1.48 (0.92)
Atmospheric pressure (in hPa)	-0.33 (0.43)
Relative humidity (in %)	-0.77 (0.19)
Wind speed (in m/s)	-0.89 (2.59)

A higher temperature and a lower relative humidity were significantly associated with more time spent on outdoor PA in older adults.

Temperature was more strongly associated with PA in older adults without OA than in those with the condition.



The results show that weather conditions are not more strongly associated with outdoor PA in older adults with OA than in those without OA.