

# EPOSA FACT

## The relationship between neighbourhood problems and quality of life in older adults with osteoarthritis

### Neighbourhood environment and quality of life

The importance of the neighbourhood environment for quality of life (QoL) has been recognized, but the association between neighbourhood problems and QoL in older community-dwelling adults with disability has not been studied extensively. Osteoarthritis (OA) is associated with significant pain and disability in older adults. Older people with OA might be less competent compared to their counterparts without OA and may experience more difficulties in overcoming perceived neighbourhood problems/barriers towards outdoor PA, which may result in poor QoL.

In EPOSA, we examined the association between perceived neighbourhood problems and QoL in older adults, and assesses whether this relationship differs between older adults with and without OA.



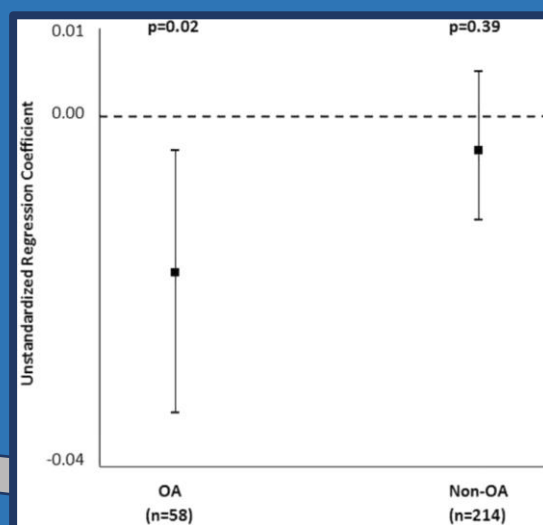
### No differences in perceived neighbourhood problems and QoL

Older adults with OA did not perceive significantly more neighbourhood problems than their counterparts without OA.

Older adults with and without OA did not differ significantly in terms of QoL. The proportion of persons with a decline in QoL between baseline and follow-up did not differ between the OA-group (8.3%) and the non-OA group (6.5%).

The cross-sectional association of neighbourhood problems with QoL did not differ between older adults with and without OA.

Based on:  
Timmermans et al. *Health Place*  
2017;43:144-150.



The perception of more neighbourhood problems was more strongly associated with a decrease in QoL over time in older adults with OA than in those without OA. The QoL of older adults with OA suffers from perceived neighbourhood problems in the long run.