

Paper Category:	7. Prevention and Public Health
Paper Title: (Arial Font; 14 Pt Size)	Effect of exercise in adolescence and older age on geriatric depression: the Bunkyo Health Study
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <ul style="list-style-type: none"> • Background <p>Exercise in older age improves depressive symptoms and prevents the onset of geriatric depression (Mammen and Faulkner, 2013). Additionally, exercise in adolescence also enhances cognitive function, which may contribute to the prevention of geriatric depression (Opitz et al., 2014). Therefore, the combination of exercise habits in adolescence and older age may be more effective in preventing geriatric depression.</p> • Objectives <p>Investigated the association between exercise habits during adolescence and older age and geriatric depression.</p> • Method <p>This analysis included 1629 older adults (687 men and 942 women) aged 65~84 years who participated in the Bunkyo Health Study. Geriatric depression was defined as a short version of the Geriatric Depression Scale score ≥ 5, including depression tendency. We divided the participants into four groups according to exercise habits in adolescence and older age: no exercise in either period (none-none; NN), exercise only in adolescence (active-none; AN), exercise only in older age (none-active; NA) and exercise in both periods (active-active; AA). Multivariate-adjusted logistic regression models were used to estimate the odds ratios (ORs) and associated 95% confidence intervals (CIs) in each group for the prevalence of geriatric depression compared to the NN group.</p> • Results <p>In men, the ORs for geriatric depression were significantly lower in the NA, AN and AA group compared to the NN group (NA; 0.48 [0.26–0.89]; AN; 0.54 [0.32–0.90]; AA; 0.46 [0.26–0.83]). In women, the ORs for geriatric depression were significantly lower in the NA, AN and AA group compared to the NN group (NA; 0.63 [0.41–0.98]; AN; 0.60 [0.40–0.88]; AA; 0.63 [0.40–0.99]).</p> • Discussions and Conclusions <p>Community-dwelling older adults who exercised in adolescence and/or older age had a lower prevalence of geriatric depression. These results suggest that exercise in either adolescence and/or older age may help to maintain well mental health in older age.</p>	

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