

Assessment of physical activity levels in older adults with diabetes mellitus and/or chronic kidney disease in Saudi Arabia

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Background: Physical inactivity among older adults with diabetes mellitus (DM) and/or chronic kidney disease (CKD) is a significant health concern, contributing to increased morbidity and reduced quality of life. Understanding the cultural factors influencing physical activity levels in this demographic is crucial, especially in regions like Ha'il, Saudi Arabia, where chronic illnesses are prevalent.

Aim: The study aimed to assess the physical activity levels among older adults with DM and/or CKD in the Ha'il region and explore the impact of individual factors such as age, gender, education, income, and disease duration on their physical activity.

Methods: A cross-sectional study design was employed, recruiting 256 participants aged 65 years and above from the Diabetic and Endocrine Centre and the Nephrology Clinic at King Salman Specialist Hospital in Ha'il. Data were collected using the Arabic version of the Physical Activity Scale for the Elderly (PASE-A) through an online survey distributed via QR codes, posters, and brochures. Participants' physical activity levels were assessed across leisure, household, and occupational domains, providing a comprehensive understanding of their activity patterns.

Results: The results indicated low overall physical activity levels among the participants, with significant variations influenced by demographic and health-related factors. Older age groups, particularly those aged 80 years and above, demonstrated the lowest levels of physical activity. Educational attainment played a significant role, with individuals possessing higher education levels engaging in more physical activity. Furthermore, participants with DM showed higher physical activity levels compared to those with CKD, while longer disease duration was associated with reduced activity levels.

Conclusion: This study underscores the need for targeted interventions to encourage physical activity among older adults with DM and/or CKD, considering individual factors such as age, education, and disease type. It is important to consider the role that tailored health promotion strategies can play in improving physical activity levels, which may contribute to better management of chronic illnesses and enhance the quality of life in this population.

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