

## INTENSITY OF EXERCISE AND FUNCTIONAL DISABILITY AMONG OLDER ADULTS WITH ARTHRITIS

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**Purpose:** The primary objective of this study was to examine exercise behavior among older adults with arthritis. Specifically, answers to two research questions were sought: (a) does intensity of exercise predict functional disability and (b) do certain host and psychosocial factors predict exercise behavior? **Method:** Data were obtained from the 1995 survey of Aging, Status, and the Sense of Control (ASOC) that used a telephone probability sample of 2,592 American households. The ASOC was funded by a grant from the National Institute on Aging (RO1-AG12393). Sampling, pretesting, and interviewing in support of the survey were conducted by the Survey Research Laboratory of the University of Illinois. The ASOC survey data were made available through the Inter-University Consortium for Political and Social Research (Mirowsky & Ross, 2001). **Findings:** Six significant predictors were identified through regression analyses: overall health ( $p=.005$ ), comorbidity ( $p=.024$ ), depression ( $p=.043$ ), activities of daily living (ADL) limitations ( $p=.020$ ), age ( $p=.020$ ), and employment status ( $p=.013$ ). **Discussion:** Older adults with arthritis who exercised (at any intensity) reported less functional disability than non-exercisers. Participants with poorer health states, more illnesses, symptoms of depression, and greater ADL limitations tended to exercise less. Additionally, those who were older and those who were unemployed were less likely to exercise.