



Finanziato
dall'Unione europea
NextGenerationEU



Ministero
dell'Università
e della Ricerca



Italiadomani
PIANO NAZIONALE
DI RIPRESA E RESILIENZA



CHL
Centre for Healthy Longevity
UNIVERSITÀ DEGLI STUDI
DI BERGAMO



Age-It: Ageing Well in an Ageing Society

Una nuova alleanza per progettare soluzioni socioeconomiche, biomediche e tecnologiche per un'Italia inclusiva verso tutte le generazioni

PE8 – Conseguenze e Sfide dell'Invecchiamento

Psychological and physical effects of light-intensity group exercise for community-dwelling older adults

Inaihá Laureano Benincá¹, Maria Gattuso¹, Stefania Butti¹, Claudio Bertoletti², Francesca Morganti¹⁻³

¹ Department of Human and Social Sciences, University of Bergamo

² CUS – University Sport Centre, University of Bergamo

³ CHL- Centre for healthy Longevity, University of Bergamo

Age-It:Ageing Well in an Ageing Society,

Venezia,

May 21, 2024

Introduction

- ❖ Aging, a natural process;
- ❖ Health aging, a multidimensional concept;
- ❖ The creation of models to best promote active aging.

This study aims to advance our understanding about the intricate dynamics of health factors components, in order to better promote quality of life in aging.

Methods

Study type

- Cross-sectional observational study;

Participants

- Older adults (aged >60 years).

Outcomes measurements	
Motor assessment	Psychological assessment
Endurance (2MST)	Executive functioning (FAB15)
Risk of falling (TUG)	Short term memory (WAIS)
Lower extremity function and mobility (SPPB)	Depressive symptoms (GDS)
Upper extremity strength and function (HGS and 30AC)	Quality of life (WHOQOL-BREF)

**GINNASTICA
PREVENTIVA
ADATTATA**

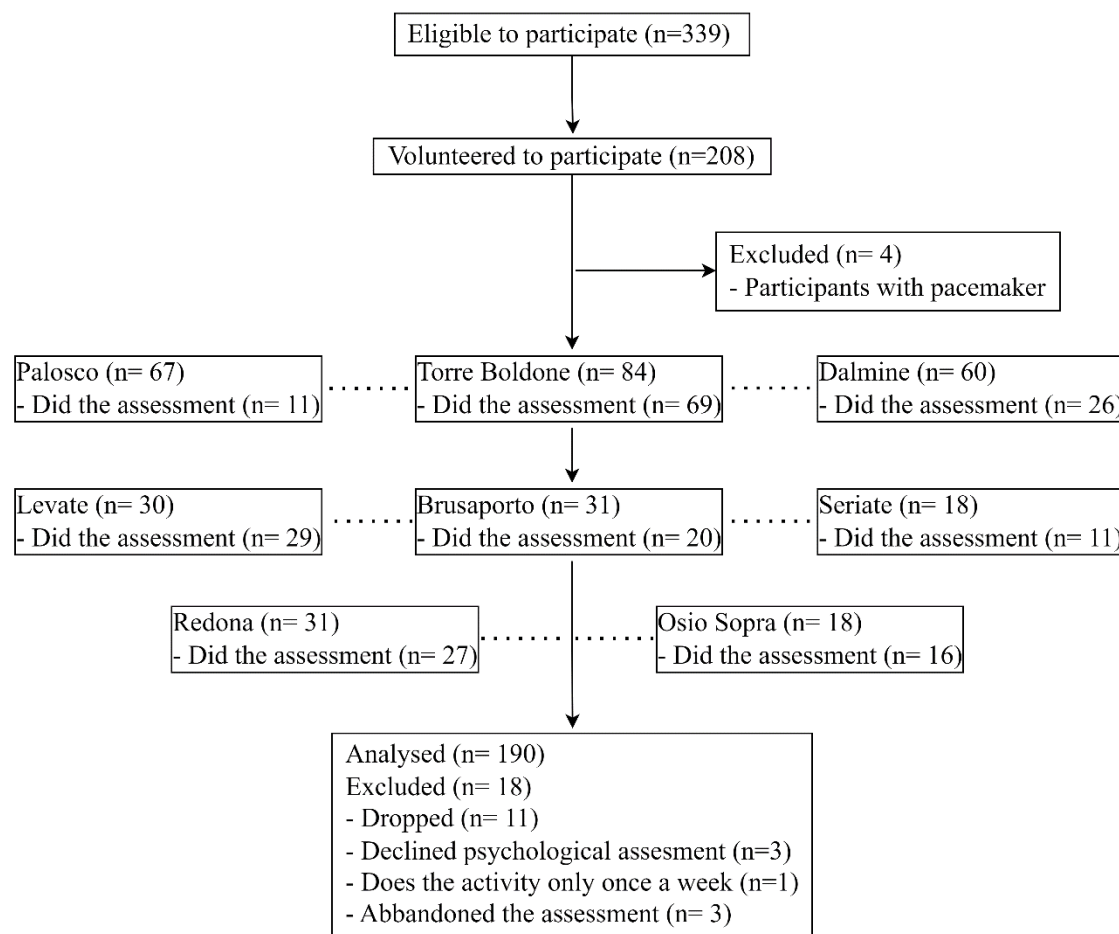


UNIVERSITÀ
DEGLI STUDI
DI BERGAMO



**2023
2024**

Results



❖ 190 older adults (31 males), aged 74.1 (SD=6.5) years

❖ BMI

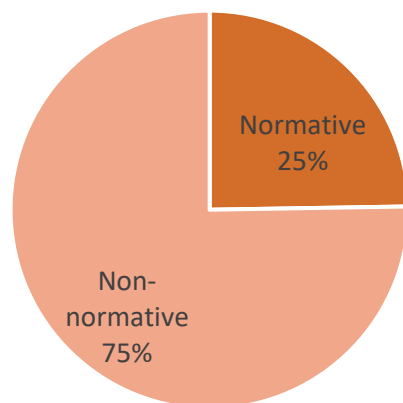
- underweight (1%)
- normal weight (36%)
- overweight (44%)
- obesity (18%)

❖ Most prevalent medical conditions

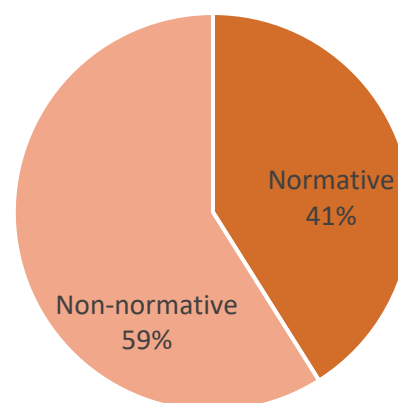
- cardiovascular (43%)
- musculoskeletal (32%)
- metabolic (12%)

Results: descriptive statistics

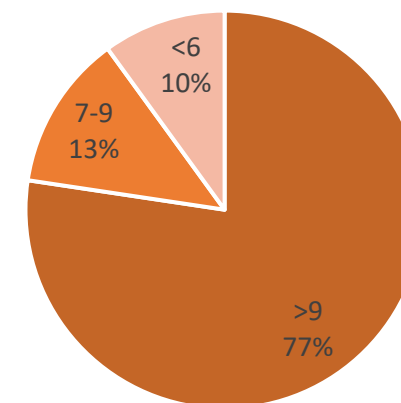
2MST



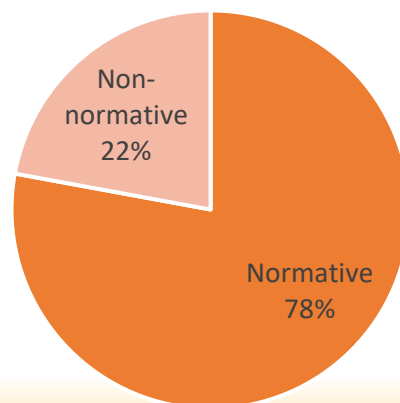
TUG



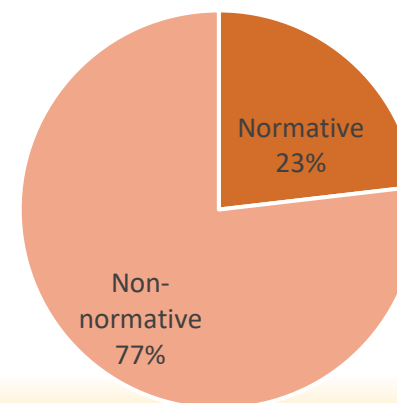
SPPB



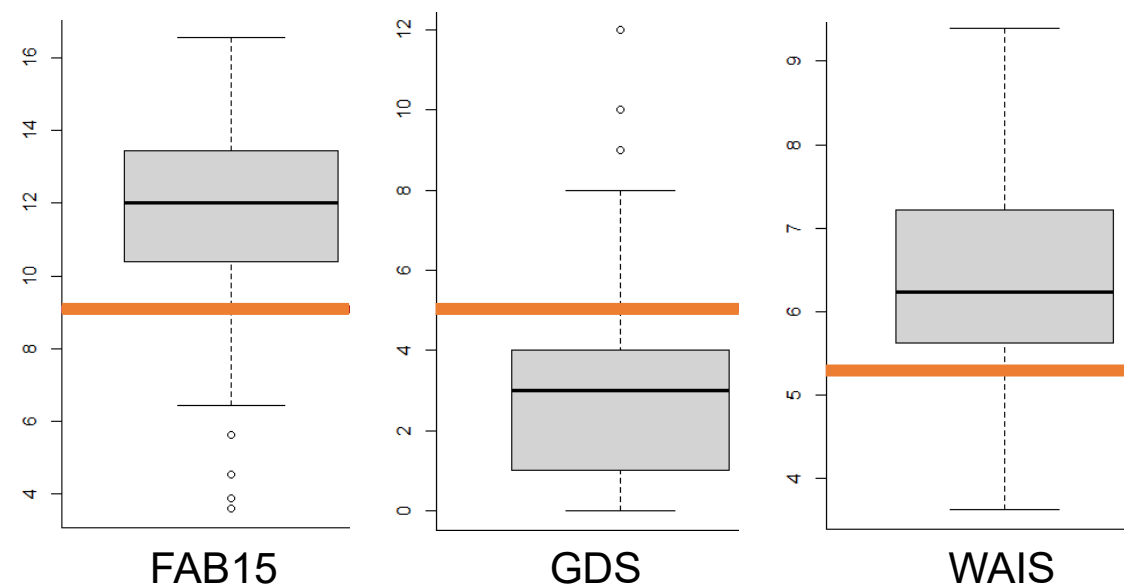
HGS



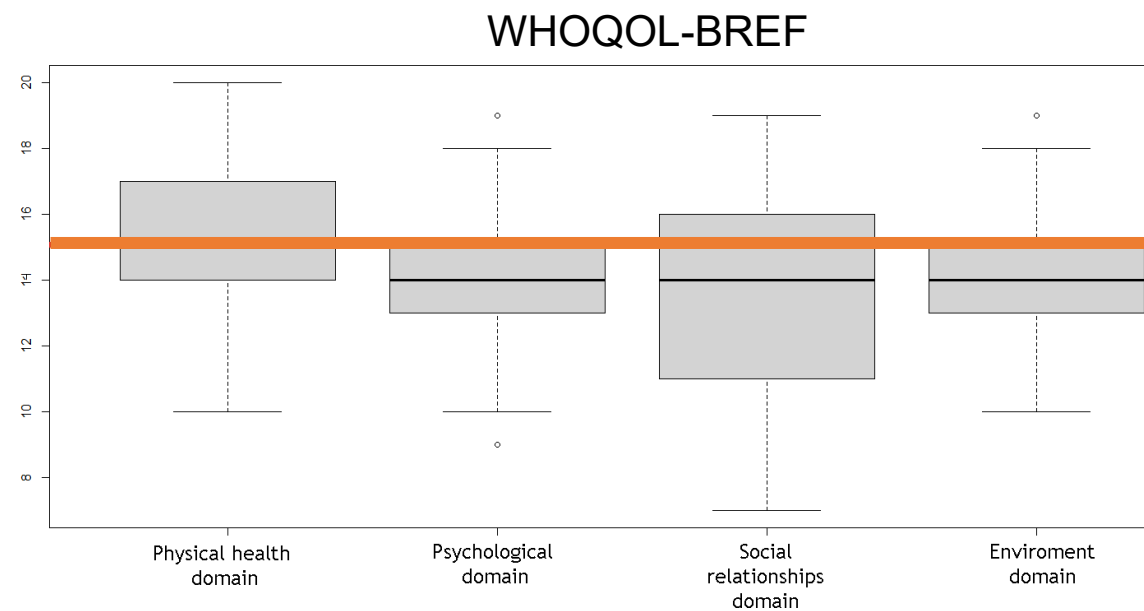
30AC



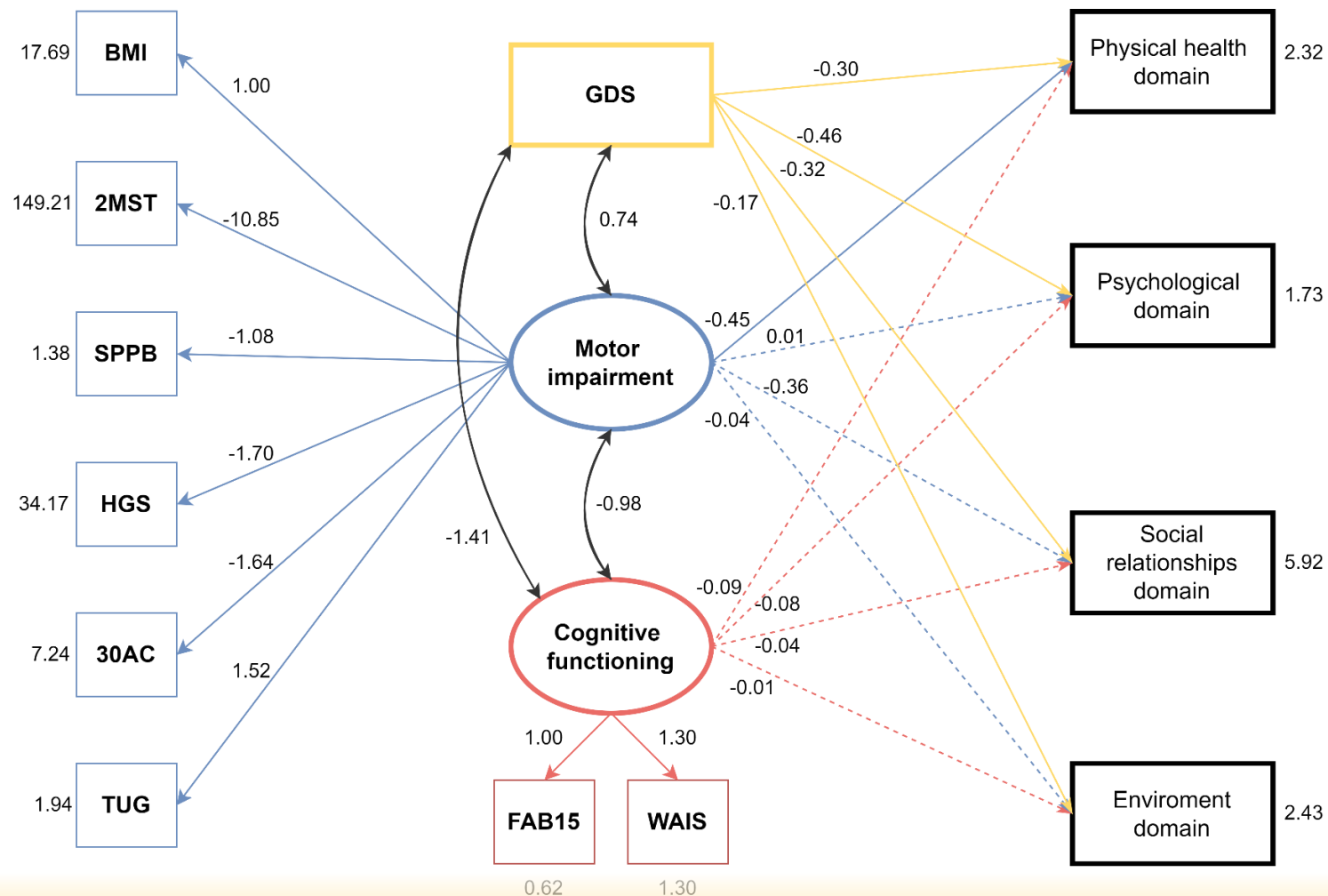
Results: descriptive statistics



Cut-off values



Results: SEM model



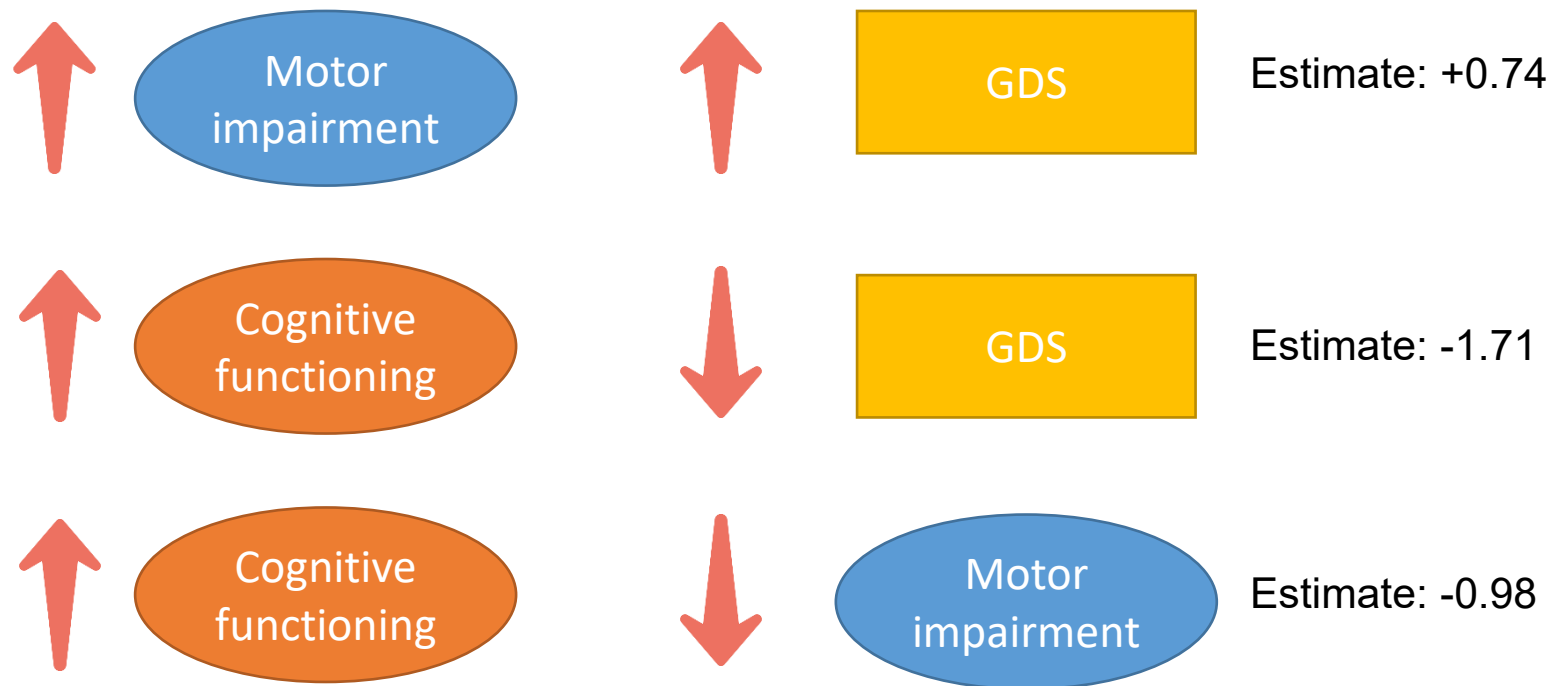
----- p>0.05
Covariances
*Relations are showed as
unstandardized beta-coefficients.

Discussion

- ❖ Among depression symptoms, motor fitness and cognitive functioning, depression symptoms is the one that impacts QoL the most;
- ❖ Motor impairment directly impacts the Physical domain of QoL, which comprehends:
 1. Physical pain;
 2. Medical treatment;
 3. Energy;
 4. Mobility;
 5. Sleep;
 6. ADL;
 7. Capacity for work.
- ❖ Cognitive functioning did not impact QoL domains directly.

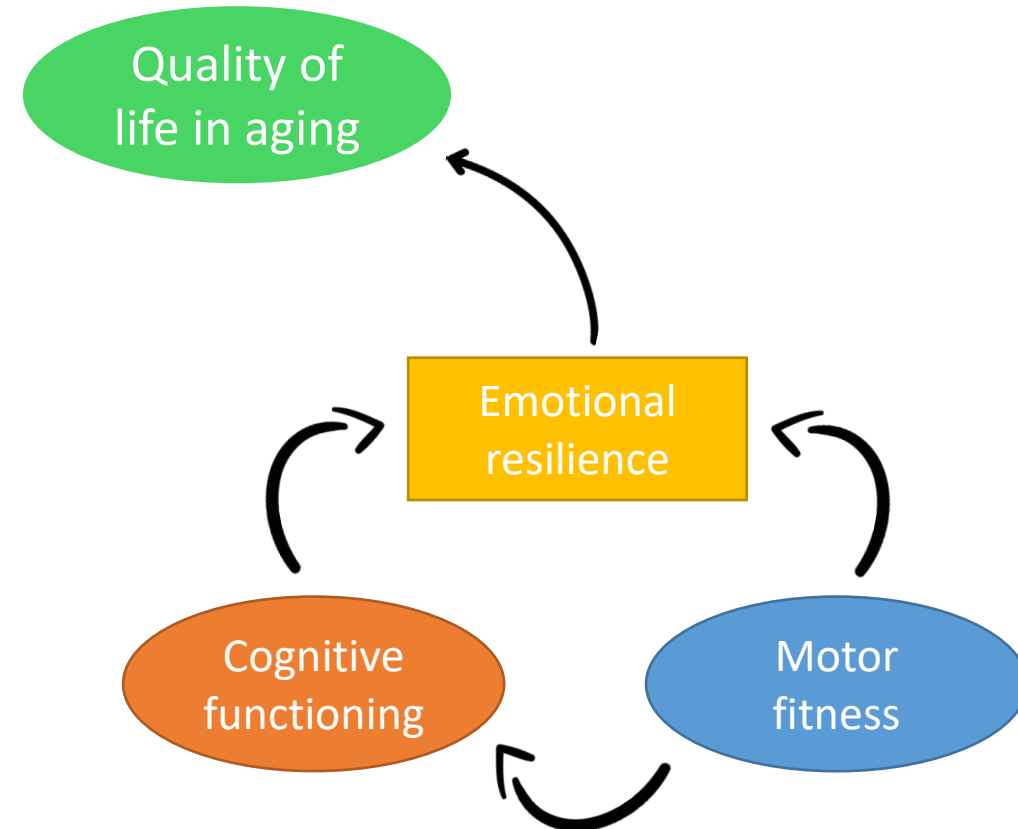
Discussion

❖ However, the latent variables were correlated to QoL indirectly:



Conclusion

- ❖ The designed structural model was robust to path the predictors of perceived quality of life in active older adults;
- ❖ Our results suggest that emotional state serves as the link between health factors and overall well-being;
- ❖ Our study contributes to the development of strategic planning aimed at promoting well-being in aging.



My sincere thanks to the Centro Universitario Sportivo and the Health and Longevity PhD Program at the University of Bergamo for their invaluable support and collaboration



CHL
Centre for Healthy Longevity
UNIVERSITÀ DEGLI STUDI
DI BERGAMO



Thank you for your attention,
Any questions address to: inaiha.laureanobeninca@unibg.it