Functional capacity of older adults according to seasonal changes [Capacidad funcional de adultos mayores según cambios estacionales]

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Objective: The aim of this study is to determine the functional capacity of older adults according to seasonal changes. A longitudinal type investigation panel was designed. Methods: We studied 59 subjects (15 men and 44 women) between 65 to 86 years old. Weight, height, blood pressure (systolic and diastolic), heart rate at rest, SO2 were assessed and body mass index (BMI) was calculated. Functional capacity was assessed four times (January-summer, April to autumn, winter July-October-spring). A battery of tests flexibility (arms and legs), strength (arms and legs), agility (go and return) and aerobic endurance (running test) was applied. Results: The results showed that the functional capacity of both sexes decreases significantly in July-winter (p <0.001) except leg muscle strength in women. In general, women had greater flexibility of arms in relation to men throughout the year. Men were shown to be more agile than women, at least between January and April-summer-fall (p <0.001). It was also observed that aerobic endurance decreased more in men than in women (p <0.001). Conclusion: It is concluded that the functional capacity of older adults decreased significantly in both sexes during the winter. These results suggest develop physical activities to keep potentially active and thus preserve their health during the winter.

Elderly
Functionality
Seasonal variation
adult
aged
agility
autumn
blood pressure
body mass
endurance
female
functional status
heart rate
height
human
leg muscle
major clinical study
male
muscle strength
participant observation
rest
running
seasonal variation
spring
summer
winter