



Figure 1. Significant interactions for 30STS, PSQI, back scratch flexibility, and auxiliary physical activity. * denotes a significant within group difference from pre ($p < 0.05$). † and ‡ denote significant magnitudes of change greater than CON or WALK respectively ($p < 0.05$).

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Influence Of Exercise And Gardening Activity On Successful Aging: A Six-year Cohort Study
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PURPOSE: Population aging has become a prominent social problem in China. This study aimed to examine the influence of exercise and gardening activity on successful aging (SA).
METHODS: This study was based on the 2008-2014 data set of Chinese Longitudinal Healthy Longevity Survey (CLHLS). A total of 5245 elderly people aged 65 and older were included in this study. SA was defined as no major illness, being free of disability, normal cognitive function, engaging in social or productive activity, and satisfaction on life. Correlates of SA included demographics (gender and age) and socio-economic feature (education). With activities being measured in 2008 and 2011, SA being assessed both in 2008, 2011 and 2014. Binary logistic regression analysis was used to determine whether these two activities have positive effects on SA.
RESULTS: According to the activity data of 2008 and SA situation in 2014, the regression analyses indicated that regular exercise (OR=1.223, 95%CI: 1.001-1.495) and gardening (OR=1.640, 95%CI: 1.272-2.115) were significant predictors to better SA ($P < 0.05$). From the combination activity data of 2008 and 2011, compared with the sedentary elderly, the elderly participated exercise (OR=1.661, 95%CI: 1.286-2.145, $P < 0.05$) or gardening (OR=1.807, 95%CI: 1.331-2.453, $P < 0.05$) continuously were found to have higher odds to be successful agers in 2014. Moreover, the results showed that the elderly just participated from 2011 have higher probability to be successful agers in 2014 than the sedentary elderly, the odds ratios of exercise and gardening were 1.396 and 1.441 respectively.
CONCLUSION: These findings suggest that exercise and gardening activity may have positive effects on SA, and continuous participation has better effects.

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