## Physical Inactivity Among Malaysian Older Adults: Which Domain Is the Worst?

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### ABSTRACT

**INTRODUCTION:** Physical inactivity in older adults is related to increased risk of chronic diseases, disability and poor health outcomes. Physical inactivity is undertaken from different domains of daily life, i.e., work-related, travel-related, and leisure time domains; however, little is known about domain-specific physical inactivity among older people. Hence, this study aims to determine the overall physical inactivity and domain-specific physical inactivity among Malaysian older adults aged 60 years and above. **METHODS:** Data on Malaysian older adults aged 60 years and above (n=3977) were obtained from the National Health and Morbidity Survey (NHMS) 2018, a population-based cross-sectional survey. Physical inactivity was assessed using the Global Physical Activity Questionnaire (GPAQ). GPAQ assessed the total physical inactivity and physical inactivity levels in the above mentioned three domains. **RESULTS:** Overall, three out of 10 Malaysian older adults were physically inactive. The overall physical inactivity was significantly higher in rural population compared to urban population (37.2% vs 27.1%, p=0.002). There was no significant difference in overall physical inactivity between male and female elderly. The prevalence of physical inactivity for work-related, travel-related and leisure time domains were 45.7%, 84.8% and 86.3% respectively. Only 3.2% of older adults were active in all three domains, with another 14.3% active in two domains and 45.0% active in only one domain. **CONCLUSION:** Although the overall physical inactivity level was relatively low, inactivity by domain was still high especially in the travel-related and leisure time domains. Domain-specific physical activity programmes and interventions to reduce physical inactivity among older adults are needed.

**KEYWORDS:** Physical inactivity, GPAQ, NHMS, Malaysia

## Plain Water Intake Among Elderly

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### ABSTRACT

**BACKGROUND:** Adequate hydration is essential for maintain good health and kidney function. Water is the main source of fluid intake in all age groups. This study aims to determine plain water intake among elderly in Malaysia. **METHODS:** Data from the Elderly Health Survey (EHS), nationwide cross-sectional survey using multi-stage stratified sampling **METHODS:** was used for this study. The target population was community dwelling adults aged 50 years and above. A pre-tested face-to-face interview questionnaire was used to collect information on socio-demographic background and self-reported plain water intake. Adequate plain water intake was determined based on Malaysia Dietary Guideline ($\geq 6$ cups/day). Only data from respondents aged 60 years and above were used for for conducting descriptive analysis using SPSS software. **RESULTS:** A total of 3,946 respondents participated into this study which comprised of 52.9% females and 66.0% married. The findings showed that about two third of elderly in Malaysia drank adequate plain water. Prevalence of adequate plain water intake was significantly higher among elderly from urban areas (72.4%) and male elderly (74.2%). Elderly with spouse (73.8%) and with employment (79.5%) have significantly higher prevalence of adequate plain water intake. However, elderly without formal education (57.3%) and earned less than RM1000 per month (62.5%) have significantly lower prevalence of adequate plain water intake. **DISCUSSION:** Only two third of community dwelling elderly in Malaysia drank adequate plain water. Plain water intake is different by a variety of factors, including strata, sex, marital status, education achievement, employment status, and monthly income.

**KEYWORDS:** plain water intake, older adults, socio-demographic characteristics