



**BODY MASS INDEX, PHYSICAL ACTIVITY AND FEAR OF FALL AMONG
COMMUNITY DWELLING ELDERLY POPULATION IN URBAN SURAT, GUJARAT
- A PILOT STUDY**

Dr. Salvi Shah (PT)

Ph.D. Scholar and Assistant Professor,
SPB physiotherapy college, Surat,
Gujarat, India.

ABSTRACT

Background and Objectives: Body Mass Index (BMI), Physical Activity (PA) and Fear Of Falls (FoFs) are important construct of geriatric population.^[1] Fear of falling is a phenomenon reported in the elderly, which is associated with reduced mobility and lower PA levels.^[2] The studies have shown that fear of fall is one of the major reasons for the actual falls in elderly, which in turn gives rise to a greater number of fractures in them.^[3] But there is a scarce evidence regarding the relationship of BMI and PA with FoFs among community dwelling elderly population in developing countries like India. So the present study was undertaken.

Methodology: A pilot study was undertaken comprising 10 older adults (age ≥ 65 years, ambulant and oriented). BMI was calculated by using the anthropometric measurements and PA was evaluated using the Physical Activity Scale (PAS) for the Elderly. The Falls Efficacy Scale-International (FES-I) was used to calculate the FoFs. Data was analyzed using descriptive statistics and Spearman rank-order correlation test at 0.05 level of significance.

Results: Results of the present study showed that lower PA and high prevalence of FoFs were noted among older adults. A significant moderate positive correlation between BMI and FoFs ($r=0.45$, $p<0.05$), significant moderate negative correlation between PA and FoFs ($r=-0.53$, $p<0.05$) and significant weak negative correlation between BMI and PA ($r=-0.24$, $p<0.05$) were among community dwelling elderly people of urban Surat.

Conclusion: It can be concluded from the present study that significant relationship existed between BMI, PA and FoFs among community dwelling elderly population of urban Surat, Gujarat.

Key words: Fear of falls, Physical activity, body mass index, Community dwelling elderly

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