

SHORT ARTICLE

Physical Activity of Urban- Dwelling Older People in Sri Lanka**Bimba Wickramarachchi¹, Sidiah Siop², Bilesha Perera³**¹Department of Nursing, Faculty of Medicine and Health Sciences, Univeriti Malaysia Sarawak, Malaysia;²Department of Nursing, Faculty of Medicine and Health Sciences, Univeriti Malaysia Sarawak, Malaysia;³Departement of Community Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka

Abstract	Introduction	Methodology	Results	Conclusion	References	Citation	Tables / Figures
--------------------------	------------------------------	-----------------------------	-------------------------	----------------------------	----------------------------	--------------------------	----------------------------------

Corresponding Author

Name: Bimba Wickramarachchi, 94300, Department of Nursing, Faculty of Medicine and Health Sciences, Universiti Malaysia Sarawak, Malaysia

E Mail ID: bimbawi@gmail.com/biwickramarachchi@ahs.ruh.ac.lk**Citation**Wickramarachchi B, Siop S, Perera B. Physical Activity of Urban- Dwelling Older People in Sri Lanka. Indian J Comm Health. 2020;32(4):717-721. <https://doi.org/10.47203/IJCH.2020.v32i04.018>**Source of Funding:** Nil **Conflict of Interest:** None declared**Article Cycle****Received:** 13/10/2020; **Revision:** 24/11/2020; **Accepted:** 23/12/2020; **Published:** 31/12/2020This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).**Abstract**

There is a paucity of information on physical activity behaviour of older adults in Sri Lanka. This study determined the physical activity status of urban-dwelling older adults in a district in the country. A cross sectional survey of 880 subjects (aged 60+ years) was conducted using the Global Physical Activity Questionnaire. The prevalence rates of physically inactive, sufficiently active and highly active were 21.5%, 78.5% and 52.7% respectively. Women were more active than men (Women, 80.9% versus men, 75.5%, $p < 0.05$). Activity at work accounted for the highest portion of physical activity as reported by the participants [Median = 2400 MET/Week, 95% CI: 240, 4800] followed by active transport [Median = 120 MET/Week, 95% CI: 0, 560] and leisure-time activity [Median = 0 MET/Week, 95% CI: 0, 270]. Factors contributing for extensively engaging activity at work need further investigations and older adults should be encouraged to do leisure-time physical activities.

Keywords

Older adults, Physical activity, Sri Lanka, Urban-dwelling

Introduction

Sri Lanka has one of the fastest ageing populations in Asia.(1) The percentage of older adults over 60 years of age in the country will increase from 12.4% in 2012 to 29% in 2050.(1) Being an agricultural country, older adults in Sri Lanka is largely a physically active cohort. However, socio-cultural changes occurred in the recent past has resulted urbanization of the society and that such transformations have led many older people less active.(2,3) Physical activity is a protective factor for many ageing associated chronic diseases and functional disabilities among older adults. Ranaweera and colleagues (4) reported that 63.4% of the older adults living in Colombo, a district in Western Sri Lanka were suffering from chronic

diseases. Clear understanding of epidemiological underpinnings of physical activity in older adults is vital for promoting health in this group. There is a significant knowledge gap of physical activity behavior in urban-dwelling older adults in Sri Lanka.

Aims & Objectives

To identify physical activity status and related socio-demographic factors among urban-dwelling older adults in Sri Lanka.

Material & Methods

A cross-sectional community survey was conducted involving a sample of 880 urban-dwelling older people (aged 60 years and over) in Colombo, Sri Lanka. Multi-stage cluster sampling technique was