

The Impact of Community Environment on Musculoskeletal Health among Older Adults Aged 60 and Above in China

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ABSTRACT

Healthy skeletal muscles are the foundation for older adults to carry out daily activities and are crucial for maintaining their balance and coordination. This study aimed to analyze the association between community environment and musculoskeletal health among older adults aged 60 and above in China. Use the 2011 baseline community questionnaire data and 2015 national follow-up household survey and physical examination data from the China Health and Retirement Longitudinal Study (CHARLS) for analysis. Musculoskeletal health was defined into non-sarcopenia, possible sarcopenia and sarcopenia, based on the recommendation of Asian Working Group for Sarcopenia (AWGS) 2019. A hierarchical multivariate logistic regression model was used to explore the relationship between community environment and the musculoskeletal health of older adults. Multilevel logistic analysis showed that better living environment and more organized community construction structure may reduce the risk of sarcopenia among older adults, but there was no statistical association between community recreational environment, senior support environment and the occurrence of sarcopenia and possible sarcopenia. The influence of community environment on the risk of sarcopenia also differed by gender and social participation status. Convenient living environment was important for the musculoskeletal health of older males, and the entertainment environment was related to the sarcopenia risk in older female adults. Moreover, social participation played a more pronounced role in the influence of community environment on the development of sarcopenia in older adults. Community environment was associated with the risk of sarcopenia and possible sarcopenia among older adults in China. The results provide empirical evidence for promoting the building of age-friendly communities and ageing in place.

Keywords: Sarcopenia, Possible Sarcopenia, Community Environment, Older Adults, Social Participation

How to Cite

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