

Relationship between PASE score with anthropometrics and cardiovascular variables associated to obesity in an older Mexican population

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ABSTRACT

INTRODUCTION: Obesity in Older Adults (OA) increases the risk to acquire non-communicable diseases such as metabolic and cardiovascular diseases. Some reports indicate that sedentary habits or low physical activity is one of the main factor that induce obesity in elderly state. **PURPOSE:** Determine the relationship between the level of physical activity via Physical Activity Scale for the Elderly (PASE) test, anthropometric and cardiovascular variables associated to obesity in an older Mexican population. **METHODS:** Fourteen OA (63.4 ± 1.78 years) from Ensenada city, Baja California were recruited. The PASE was applied individually, in each participants was determined the waist circumference (WC) and body mass index (BMI). In the same sense, the Systolic Blood Pressure (SBP) and resting Heart Rate (HR) were evaluated. Spearman correlation test was employed to determine the relationship between variables. **RESULTS:** The PASE score was 10.58 ± 1.52 . The WC was 87.72 ± 2.15 cm. The BMI showed by the participants was 27.3 ± 0.84 kg/m². On the other hand, the SBP was 131.07 ± 4.38 mmHg. The HR was 72.07 ± 2.50 ppm. The PASE score does not showed statistical correlation with the BMI ($r=0.34$; $p=0.22$). In the same sense, there was not significant association between PASE and WC ($r=-0.06$; $p=0.8$). The HR showed negative correlation with the PASE ($r=-0.45$) however, this association was not significant ($p=0.1$). Finally, the PASE does not correlation with the SBP ($r=0.13$; $p=0.65$). **CONCLUSION:** The preliminary data showed that the PASE questionnaire cannot be used to predict the variables associated to obesity in older Mexican population.