Dancing May Help Older Women Maintain the Ability to Perform Daily Tasks

Release Date: Wednesday, December 19, 2018 12:01 am EST

Terms: Scandinavian Journal of Medicine & Science in Sports, Wiley Research Headlines, All Journals and Research, Health Sciences

Dateline City: Hoboken, NJ

Contacts: Josh Glickman +1 201-748-6572 (US) Penny Smith +44 (0) 1243 770448 (UK) newsroom@wiley.com

A new study published in the Scandinavian Journal of Medicine and Science in Sports examined the potential effects of 16 different exercise types for reducing disability for activities of daily living (ADL) in older women.

A new study published in the Scandinavian Journal of Medicine and Science in Sports examined the potential effects of 16 different exercise types for reducing disability for activities of daily living (ADL) in older women.

The prospective study enrolled 1,003 community-dwelling older Japanese women without ADL disability at the start. In the baseline survey, all participants were asked whether or not they participated in any of 16 exercise types through a face-to-face interview. ADL disability during eight years of follow-up was defined as dependence in at least one ADL task (walking, eating, bathing, dressing, or toileting).

ADL disability was noted in 130 participants (13 percent) during follow-up. After adjusting for confounders, participation in dancing, compared with non-participation, was associated with a 73 percent significantly lower likelihood for developing ADL disability. There were no significant associations between other exercise types and ADL disability.

“Although it is unclear why dancing alone reduced the risk of ADL disability, dancing requires not only balance, strength, and endurance ability, but also cognitive ability: adaptability and concentration to move according to the music and partner, artistry for graceful and fluid motion, and memory for choreography,” said lead author Dr. Yosuke Osuka, of the Tokyo Metropolitan Institute of Gerontology. “We think that these various elements may contribute to the superiority of dancing in maintaining a higher ADL capacity.”

Additional Information


About Journal

The Scandinavian Journal of Medicine & Science in Sports is a multidisciplinary journal published 12 times per year under the auspices of the Scandinavian Foundation of Medicine and Science in Sports.

It aims to publish high quality and impactful articles in the fields of orthopaedics, rehabilitation and sports medicine, exercise physiology and biochemistry, biomechanics and motor control, health and disease relating to sport, exercise and physical activity, as well as on the social and behavioural aspects of sport and exercise.

About Wiley

Wiley is a global leader in research and education. Our online scientific, technical, medical, and scholarly journals, and our digital learning, assessment, certification and student-lifecycle services and solutions help universities, academic societies, businesses, governments and individuals to achieve their academic and professional goals. For more than 200 years, we have delivered consistent performance to our stakeholders. The Company's website can be accessed at www.wiley.com.

Language: English

Source URL: https://newsroom.wiley.com/press-release/scandinavian-journal-medicine-science-sports/dancing-may-help-older-women-maintain-abl