

The Mediating Role of Oral Health-Related Quality of Life (OHRQoL) in the Association Between Exercise Patterns and Life Satisfaction

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Jooman Yun, B.H.Sc ., **Namhee Kim**, Kim, Ph.D., **Woochol Joseph Choi**, Kim, Ph.D., **Sarah Kim**, B.H.Sc ., **Eunjee Park**, M.H.Sc ., **Chanyoung Park**, B.H.Sc ., **Hokyung Lee**, B.H.Sc ., **Hyelim Hong**, M.H.Sc ., **Ickpyo Hong**, Ph.D., OTR/L

Among community-dwelling adults aged 55 and older, irregular or discontinued exercise was linked to lower life satisfaction partly through poorer oral health-related quality of life, underscoring the value of sustained physical activity for oral health and overall well-being.

INTRODUCTION	METHODS	RESULTS	CONCLUSIONS	REFERENCES
- Physical activity is linked to healthier behaviors and better oral health, which may support well-being in later life. - Oral health-related quality of life (OHRQoL) may be an important pathway linking exercise to life satisfaction. - This study examined whether OHRQoL mediates the association between exercise patterns and life satisfaction among adults aged 55 years and older.	- Data source: 2016–2022 Korean Longitudinal Study of Aging (KLoSA) - Sample: 5,659 community-dwelling adults aged 55+ (mean age 68.4 years; 58.6% women) - Independent variable: Exercise patterns — continuous non-exercise, initiator, dropout, continuous exerciser (reference) - Mediator: OHRQoL measured by the GOHAI - Outcome: Life satisfaction - Analysis: Structural equation modeling (ML); bias-corrected bootstrapping (1,000 iterations, 95% CI), adjusting for confounders - Significance level: $p < .05$	<pre>graph LR; A1[Continuous Non-Exercise] --> -.100 B[OHRQoL]; A1 --> -.041 C[Life Satisfaction]; A2[Exercise Initiator] --> -.110 B; A2 --> -.001 C; A3[Exercise dropout] --> -.048 B; A3 --> -.000 C; B --> .011 C</pre> - Relative to continuous exercisers, all other patterns had lower life satisfaction (largest deficit: continuous non-exercise). - Exercise patterns affected life satisfaction both directly and indirectly through OHRQoL. - All three indirect effects via lower GOHAI were significant ($\beta = -.005$ to $-.012$). - Poorer oral health-related quality of life significantly mediated the negative association.	- Irregular or discontinued exercise was associated with lower OHRQoL, which in turn reduced life satisfaction. - Sustained physical activity appears important for maintaining oral health and overall well-being. - OHRQoL is a meaningful pathway linking exercise behavior to well-being in later life.	- Das A, et al. (2025). <i>J Family Med Prim Care</i>, 14(4), 1161–1168. - Kusama T, et al. (2025). <i>Arch Gerontol Geriatr</i>, 131, 105740. - Maher JP, et al. (2015). <i>Dev Psychol</i>, 51(10), 1407–1419. - Atchison K, Dolan T. (1990). <i>J Dent Educ</i>, 54(11), 680–687. - Lee J. (2020). <i>Korean J Fam Med</i>, 41(1), 1–2. CONTACT Scan the QR code for extended results, supplementary tables, and contact information. Email: jjun1@yonsei.ac.kr ALZHEIMER'S ASSOCIATION AAIC 26