

Lifetime Physical Activity Effects on Cognition in a Cohort of Oldest-Old Adults

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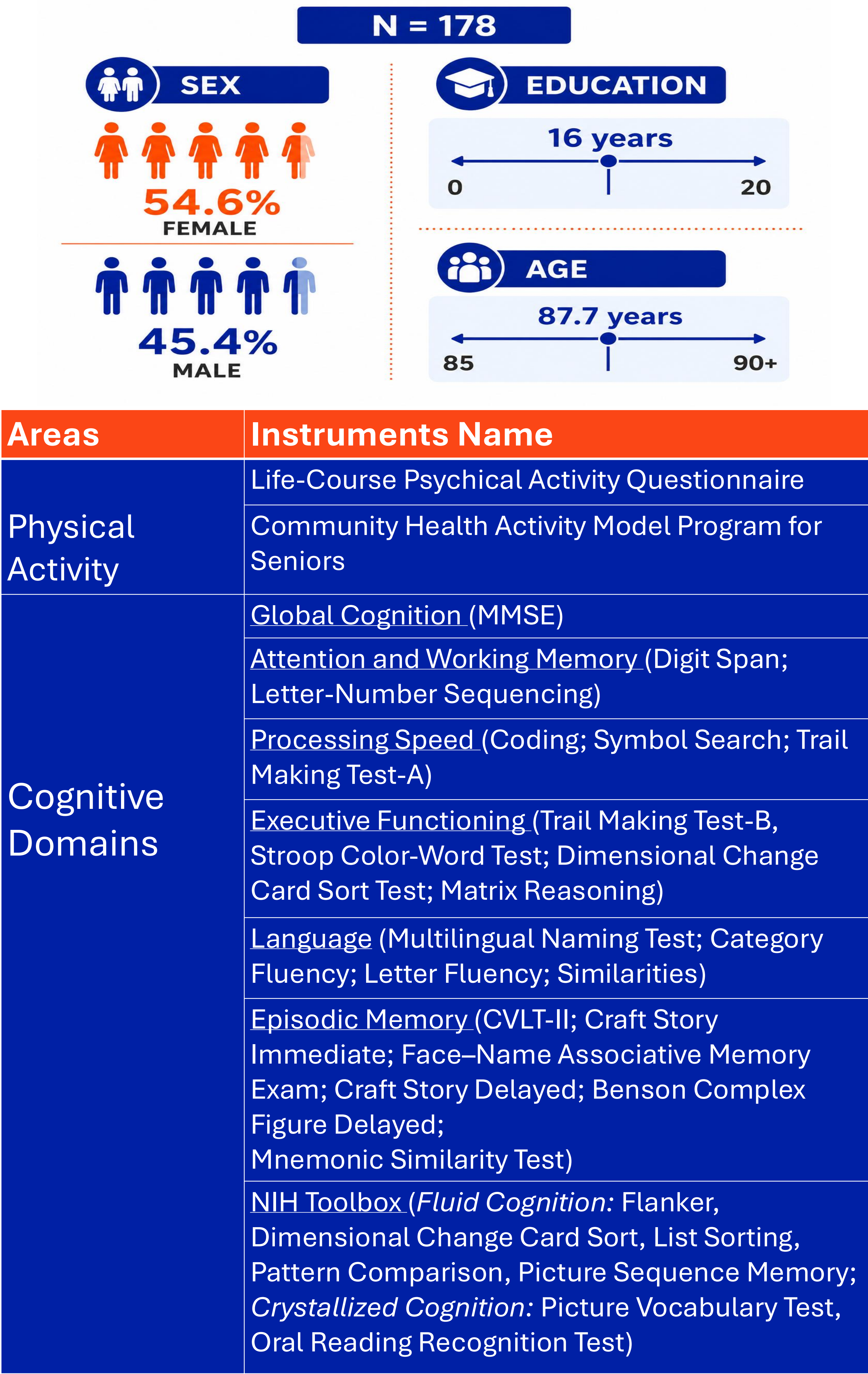
INTRODUCTION

- The oldest-old (85+) represent the fastest-growing subset of Americans and are projected to comprise ~4% of the population by 2050. This shift raises important questions about how to support their cognitive health.
- Although physical activity (PA) is widely linked to healthier cognitive aging, minimal studies have focused specifically on adults in their oldest-old years.

AIMS

Examine how the timing and intensity of physical activity across the lifespan are associated with cognitive performance in cognitively and physically healthy oldest-old adults.

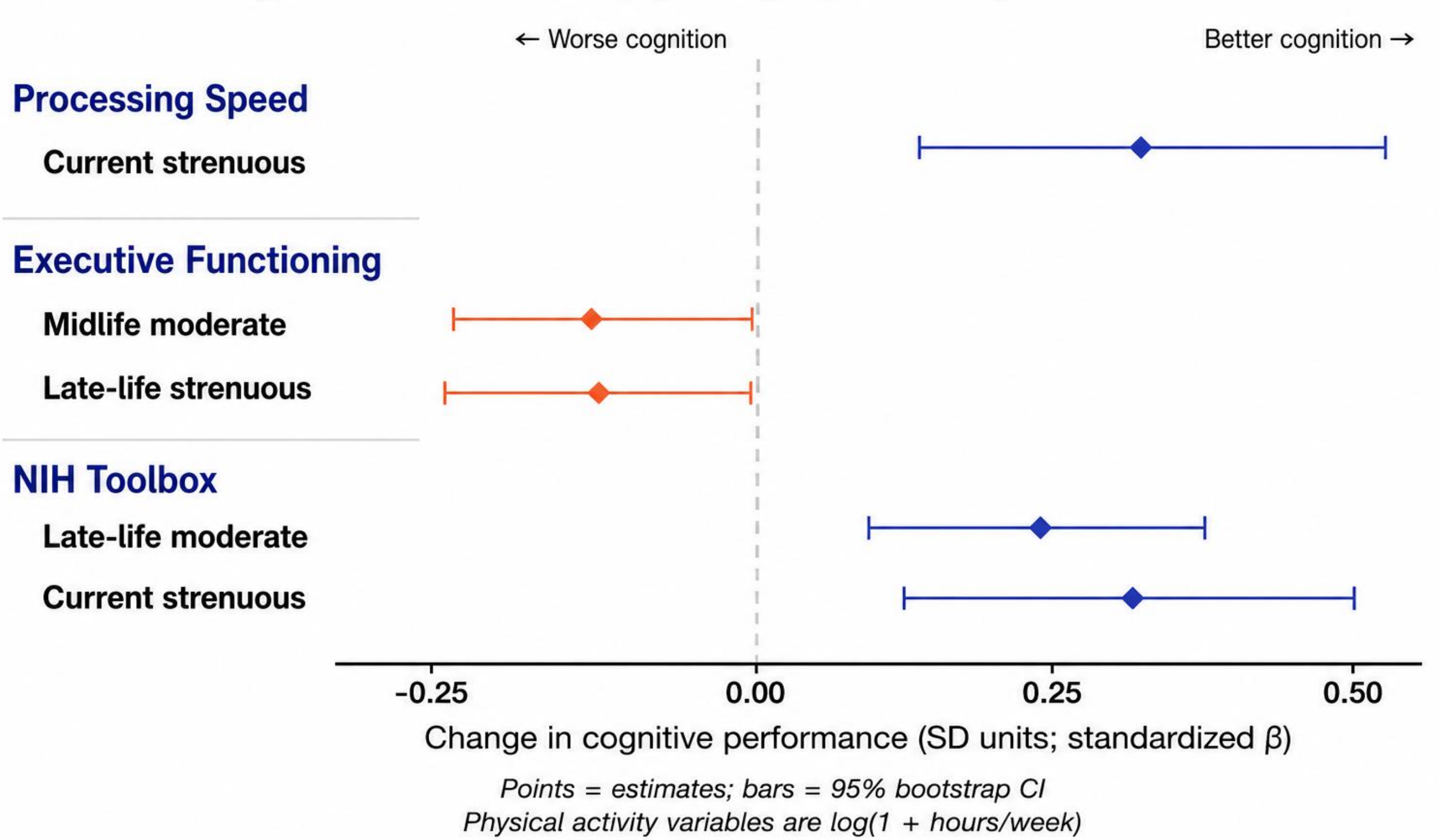
METHODS



RESULTS

Associations of Physical Activity with Cognitive Performance

Significant associations only ($p < .05$), adjusted for age and education



- Current strenuous physical activity was associated with better processing speed.
- Current strenuous physical activity and late-life moderate physical activity were associated with higher NIH Toolbox composite performance.
- Moderate physical activity during midlife and strenuous physical activity during late life were associated with lower executive functioning.

CONCLUSION

These findings align with prior research showing that physical activity is strongly tied to cognitive outcomes.

Strenuous activity, in particular, related to advantages across multiple cognitive domains.

PHYSICAL ACTIVITY QUESTIONNAIRES

Physical activity was assessed across the lifespan using two validated questionnaires capturing **timing (life stage)** and **intensity** of activity.

