

ASSOCIATION OF BODY MASS INDEX WITH THE FUNCTIONAL FITNESS OF WOMEN AGED OVER 64 YEARS

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Abstract

Aging is a biological process which sooner or later affects the human organism. Aging changes the biochemical composition of the tissue and decline in functional abilities is inevitable. People today reach higher average life expectancy and the number of elderly people is increasing. These aging trends have an economic and social impact and present challenges to families, and health care providers to meet the needs of aging individuals. Purpose of this study was to examine relations between body mass index (BMI) and functional fitness of women aged over 64 years.

Functional fitness is defined as the physical capacity to perform daily activities independently and without the appearance of fatigue. Motor tests proposed in the senior fitness test were used to evaluate the functional fitness of the elderly women and participants body weight (kg), and height (m) were measured to calculate BMI. Descriptive statistics were used to describe the sample and analysis of variance (ANOVA), and post hoc test were used to identify significant differences between groups.

The results showed that 52.1% participants were classified as normal weight and 47.9% were classified as overweight. Overweight group had statistically significantly lower scores in the following functional fitness tests: 6 minutes' walk test, chair stand, chair sit and reach and 8-Foot up and go test.

The study indicated that overweight elderly women exhibited lower functional fitness then the normal weight group.

Key words: *Body mass index, Women 65+, Functional fitness.*