



## Exercise Biochemistry Review

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### The Association of Gait Speed and Quality of Life in Older Adults

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**Objective** With aging, the health and self-care ability of the elderly generally decrease, falling into frailty ultimately. In this process, the loss of muscle mass is very obvious, which will result in sluggishness, especially in walking speed. This study aimed to assess whether gait speed could be used as a predictor for health-related quality of life in older adults.

**Methods** 368 subjects were recruited from community-dwelling older adults. Gait speed measurements included usual gait speed (UGS) and fast gait speed (FGS), at a distance of 50 meters. Health-related quality of life (HRQoL) was assessed through SF-36 questionnaire. The correlation of gait speed and quality of life was analyzed.

**Results** Gait speed (both UGS and FGS) possessed a closed correlation with the total score of SF-36 questionnaire ( $r > 0.6$ ,  $P < 0.05$ ). Most subcomponent of HRQoL (Physical functioning, role limitations because of physical health problems, social functioning, vitality, and general health perceptions) are related to UGS and FGS, where the correlation coefficient is higher on FGS in Physical functioning, vitality, and general health perception than UGS.

**Conclusions** Gait speed is correlated to health-related quality of life in elderly people. Therefore, in health services for the elderly, we should strengthen the monitoring of gait speed, and take brisk walking as an effective way of exercise.