

## عنوان مقاله:

Correlation of Smoking Habits, Physical Activities and Fat Intake with Cognitive Ability in Indonesian Elderly

## محل انتشار:

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## خلاصه مقاله:

**Background:** The aging process that occurs in elderly makes the elderly more vulnerable to health threats, such as decreased cognitive abilities. Lifestyle is a factor that plays an important role in several diseases, such as smoking, lack of physical activity, and consuming unhealthy foods. The purpose of this study was to find the correlation of smoking habit, physical activities and fat intake with cognitive abilities in elderly. **Methods:** This study used a cross sectional design involving 182 elderly over the age of 60 years in six integrated services post (Posyandu) in Klaten Regency, Indonesia. Data of smoking habits and physical activities were obtained by interview and fat intake was determined by food recall. Data of cognitive ability was obtained through interview using Mini Mental State Exam (MMSE) questionnaire. Data were tested using Spearman correlation to determine the relationship between variables. **Results:** The results showed that there was a significant relationship between smoking habit with cognitive ability in elderly ( $P < 0.001$ ). There was a significant relationship between physical activity and cognitive ability in elderly ( $P = 0.001$ ). There was no significant relationship between fat intake and cognitive ability in elderly ( $P = 0.494$ ). **Conclusion:** Low smoking habits and high physical activity was correlated to a better cognitive function in Indonesian elderly.

## کلمات کلیدی:

smoking habit, Physical Activity, fat intake, cognitive ability

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1034345>

