Physical activity change across retirement by device measured work-related and commuting activity

Sanna Pasanen

Background:
Ukraine, millions of refugees have left their home country. Following the Syrian crisis in 2015/16, and now in 2021, calls for developing/strengthening ‘migrant sensitive’ health institutions are not really likely to accept WHO repeated guidelines and experiences, epidemiological and public health team was set up around the territories as follows: international cooperation with the Jordanian University in Amman Foreign Affairs aiming to increase the migration health capacity in the Jordanian Kingdom, UPMS has established a partner with Ministry of Education, Berlin, Germany and has offered to implement and monitor a seven-day satellite crash training on migration health. Within the frame of the program of the Hungarian Ministry of Education, Berlin, Germany and has offered to implement and monitor a seven-day satellite crash training on migration health.

Methods:
Results:

Conclusions:

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Work-related and commuting physical activity before retirement may contribute to changes in physical activity and sedentary time after retirement, and the aim of this study was to examine these associations.

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Study population consisted of participants of the Finnish Retirement and Aging study (n = 119). Activity behaviour was measured with GPS and accelerometer devices. The

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Study population consisted of participants of the Finnish Retirement and Aging study (n = 119). Activity behaviour was measured with GPS and accelerometer devices. The
participants provided 637 measurement days before and 557 days after retirement. Work-related physical activity was defined as physical activity accumulated at workplace. Commuting activity was dichotomised based on the speed of trips between home and workplace to active (<20 km/h) and passive (≥20 km/h) commute. Participants were divided into four groups: non-active workers and commuters, non-active workers but active commuters, active workers but non-active commuters, and active workers and commuters. Linear regression analysis with generalized estimating equations were used for statistical analysis.

**Results:**
The change in physical activity during retirement transition markedly varied by the activity group. Lower work-related activity was associated with an increase in light physical activity and a decrease in sedentary time. Conversely, higher work-related activity was associated with a decrease in light physical activity and an increase in sedentary time, except among those active workers who were active commuters. Particularly the active workers but non-active commuters increased their sedentary time (48 min, 95% CI 20 to 76) and decreased their light physical activity (54 min, 95% CI -80 to -29). No statistically significant changes in moderate-to-vigorous physical activity were observed.

**Conclusions:**
Our results suggest that work-related physical activity is associated with changes in physical activity behavior when retiring. Special attention should be targeted to active workers who are non-active commuters to maintain physical activity and decrease sedentary time after retirement.

**Key messages:**
- Lower work-related physical activity before retirement was associated with an increase in light physical activity and a decrease in sedentary time after retirement.
- Active workers but non-active commuters showed an increase in sedentary time and a decline in light physical activity after retirement, and might be a suitable group for physical activity promotion.