

<b>Paper Category:</b>	7. Prevention and Public Health
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	<b>Associations between information and communication technology use and physical frailty in community-dwelling old-old adults: findings from ILSA-J</b>
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Background</b> Increasing life expectancy worldwide has led to an aging population. Frailty is a significant cause of adverse health events, including conditions requiring long-term care and hospitalization, and common among older adults. Using information and communication technologies (ICT) by older individuals is increasing and may help maintain cognitive and physical functions. Nevertheless, studies on using ICT and frailty in old-old adults are insufficient.</li> <li>• <b>Objectives</b> This study aimed to examine the association between using ICT and frailty among community-dwelling old-old adults.</li> <li>• <b>Method</b> This was a cross-sectional study from the Integrated Longitudinal Studies on Aging in Japan (ILSA-J) in 2017 with participants aged <math>\geq 75</math> years (<math>n = 2893</math>). ICT use was measured using the technology usage sub-item of the Japan Science and Technology Agency Index of Competence. Specifically, using mobile phones, ATMs, DVD players, and sending e-mails were rated as “yes” (able to do) or “no” (unable to do) using the first quintile value (<math>\leq 1</math> point). Frailty was assessed by phenotype (weight loss, slowness, weakness, exhaustion, and low activity), and the association with ICT use was analyzed by multivariate analysis. Subgroup analyses were stratified by sex, educational attainment, and living alone.</li> <li>• <b>Results</b> Old-old adults who maintained using ICT had a significantly lower odds ratio of frailty than those who did not (OR; 0.53, 95%CI; 0.38–0.74). Similar associations were found in the sub-groups of women (OR; 0.44, 95%CI; 0.29–0.66), lower education (OR; 0.47, 95%CI; 0.33–0.67), living alone (OR; 0.39, 95%CI; 0.22–0.70), and living together (OR; 0.61, 95%CI; 0.41–0.92). Using ICT and frailty in men and higher education had no association.</li> <li>• <b>Discussions and Conclusions</b> Continuing to use ICT may be associated with robustness in old-old adults; therefore, longitudinal analysis is needed eventually.</li> </ul>	

Date of Submission: June 29, 2023

Total number of words: 284 / 300