

Paper Category:	7. Prevention and Public Health
Paper Title: (Arial Font; 14 Pt Size)	Internet use and disability risk and all-cause mortality in older Japanese adults: a prospective cohort study
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>Background: Internet use may have benefit impacts on health behaviors, well-being, and self-rated health, making it an available intervention for the public health of older people.</p> <p>Objectives: This prospective study aimed to investigate the association between internet use and the risk of disability and all-cause mortality.</p> <p>Method: This prospective study included 2,994 participants aged 75-98 years without disability. A questionnaire survey was conducted to determine internet usage, asking participants whether they used the internet, including email, and LINE, on a computer, smartphone, or tablet (e.g., iPad). Participants responded using a three-item scale ("no use," "use with help," or "use by myself"). Participants were categorized as internet users ("use with help" or "use by yourself") or non-users ("no use"). Data on the incidence of disability and all-cause mortality were obtained from the Japan's long-term care insurance system. The multiple imputation by chained equations was applied to create ten data sets, and the hazard ratios across all imputations were combined using the Rubin's rules.</p> <p>Results: With a median follow-up of 2.6 years, 389 participants were disabled and 145 died. After adjusting for age, sex, body mass index, living alone, the number of medications, and frailty, the hazard ratios (95% confidence intervals) for disability incidence were 0.77 (0.60–0.99) for all participants, 0.69 (0.48–0.97) for men, and 0.88 (0.60–1.30) for women. The corresponding multivariable-adjusted hazard ratios (95% confidence intervals) for all-cause mortality were 0.72 (0.48–1.07), 0.59 (0.37–0.93), and 1.46 (0.62–3.44).</p> <p>Discussions and Conclusions: Our study found that internet use is beneficial in preventing disability in older Japanese population, suggesting that public health practitioners should consider promoting internet access to improve the health of older people.</p>	

Date of Submission: 2023/07/03

Total number of words: 277 words