

<b>Paper Category:</b>	7. Prevention and Public Health
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	Associations of engagement in various lifestyle activities with physical function and muscle mass among community-dwelling middle-aged and older adults after cessation of driving: A mixed-methods study
<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>
<p>(Maximum word limit - 300 words)</p> <p><b>Background</b> Driving cessation may lead to functional decline in older adults due to living space limitations. Retaining physical function and muscle mass after driving cessation may be possible by engaging in various lifestyle activities.</p> <p><b>Objectives</b> This mixed methods study aims to investigate whether engagement in various lifestyle activities is associated with preservation of physical function and muscle mass and what factors are important for engagement in various lifestyle activities after driving cessation.</p> <p><b>Method</b> For the quantitative aspect, 672 participants aged 60 years and older who had participated in the Taramizu Study in 2019 or 2021 were included in the cross-sectional study. Four groups were created based on driving status (driving or driving cessation) and lifestyle activities (more lifestyle activity or less lifestyle activity). Grip strength, walking speed, and appendicular skeletal muscle mass index were assessed. In the qualitative aspect, six participants in the driving cessation group were interviewed in semi-structured interviews to learn more about the factors they considered important for performing various lifestyle activity items after driving cessation.</p> <p><b>Results</b> In the quantitative analysis, walking speed was significantly faster in the group with more lifestyle activity items for both the driving and driving cessation groups (<math>p &lt; 0.001</math>). In the qualitative inductive analysis, seven categories were created; 1) an environment that promotes autonomous behavior, 2) using local resources in daily routine, 3) utilization of local resources with spontaneous actions, 4) social participation through outings based on current and projected, 5) recognition of role in the community, 6) walking ability required for activities, and 7) opportunities for activities.</p> <p><b>Discussions and Conclusions</b> This study suggests that engagement in more lifestyle activities after driving cessation is associated with faster walking speed. Actively utilizing local and personal resources may be an important factor associated with more engagement in lifestyle activities.</p>	

Date of Submission: 11 July 2023

Total number of words: 296 words

**Please submit the completed abstract form by 12 July 2023 via the online submission portal at (<https://sgms.org.sg/abstract-submission/>.)**

### **Instructions**

1. **The names of the author and co-authors must not be identifiable on this form.**
2. Abstract body should not exceed 300 words.
3. Abstract title to be in Arial Font & Bold 14Pt and abstract body to be in Arial Font & 12Pt.
4. The use of standard abbreviations is acceptable. Place special or unusual abbreviations in brackets after the full word the first time it appears.
5. The use of tables, graphs, and other types of images in abstracts is not permitted.
6. Please submit this form in PDF format.
7. Only abstracts submitted via the online submission portal will be accepted.