

## **RELATIONSHIP BETWEEN PHYSICAL ACTIVITY WITH THE COGNITIVE IMPAIRMENT AND DEPRESSION IN OLDER ADULTS MEXICAN**

**E. Correa-Munoz**, L. Soriano-Martell, R. Retana-Ugalde, V.-M. Mendoza-Nunez

*Unidad de Investigacion en Gerontologia, Facultad de Estudios Superiores Zaragoza, Universidad Nacional Autonoma de Mexico (UNAM), Mexico D.F., Mexico*

Physical activity has been linked to health conditions in older adults. Thereby, it has been suggested that moderate physical exercise can prevent cognitive impairment and depression in aging, however, this knowledge is not conclusive at all. The objective of this study was to determine the effect of physical activity concerning cognitive and affective conditions in an older adult's population. A cross-sectional study was carried out in a sample of 138 older adults above 60 years old, without physical limitation related-chronic diseases. Cognitive and affective functions were evaluated through the Mini Mental State Examination (MMSE) and Geriatric Depression Scale (GDS) respectively. Likewise, the physical activity was evaluated with a questionnaire, which considered as active subjects those who realized physical exercise more than three times a week in a 40-60 minutes session over six months; on the other hand, sedentary subjects were those who did not realize physical exercise periodically. It was found a significant increase of MMSE's score in older active adults compared with the sedentary group ( $27\pm3$  vs.  $25\pm4$ ,  $p<0.05$ ). Regarding depression, it was observed a significant decrease in GDS' score in the group of active compared with sedentary older adults ( $7\pm6$  vs.  $10\pm6$ ,  $p<0.05$ ). Our findings suggest that the practice of moderate physical exercise prevent cognitive impairment and depression during aging. Grant: DGAPA, UNAM PAPIIT IN303009