Age Differences in The Associations of Leisure-Time Physical Activity and Depressive Symptoms with Cognitive Decline in Older Taiwanese: Results from A National Cohort Study

Jiun-Yi Wang, Shujen Lee Chang

Department of Healthcare Administration, College of Medical and Health Science, Asia University, Department of Psychology, College of Medical and Health Science, Asia University

ABSTRACT

INTRODUCTION: The associations of physical activity and depressive symptoms with cognitive decline are likely age dependent. Understanding the age differences can be helpful to prevent cognitive decline effectively. The study aimed to investigate the age differences in the associations of leisure-time physical activity (LTPA) and depressive symptoms with cognitive decline in older Taiwanese. **METHODS:** A total of 3545 participants, aged ⩾50 years, from 2003 (baseline) and 2007 (end-point) survey datasets were analysed. Cognitive decline was defined as a remarkable decrease on the Short Portable Mental Status Questionnaire. The long-term LTPA and depressive symptoms considered the pattern of change between the two time-points. Logistic regression analysis was conducted to evaluate the associations, stratified by age groups. **RESULTS:** The association between the long-term LTPA and cognitive decline was significant in the older group (aged ⩾70), but not in the younger group (aged 50-69). Compared to those with inactive LTPA in both time-points, participants in the older group were less likely to have a cognitive decline if they were active in both time-points (odd ratio, OR: 0.27, 95% confidence interval, 95%CI: 0.14, 0.52), activity increased (OR: 0.32, 95%CI: 0.15, 0.71), and activity decreased (OR: 0.47, 95%CI: 0.23, 0.96). Meanwhile, significant associations were observed between the long-term depressive symptoms with cognitive decline in both the younger and older groups. **DISCUSSION:** These findings highlight the existence of age differences in the associations of LTPA and cognitive decline. The benefit of LTPA and impact of depressive symptoms should be taken into consideration for different age groups.

KEYWORDS: MERS COV, pneumococcal vaccination, influenza vaccination, respiratory illness, umrah/hajj pilgrimage

An Analysis of Measles Cases in Perak State, Malaysia, 2017-2018

Masliza Mustafa, Hairunnisa Hashami, Husna Maizura Ahmad Mahir

Communicable Diseases Control Section, Public Health Division, Perak State Health Department, Malaysia

ABSTRACT

INTRODUCTION: Measles is currently a major public health issue globally including in Perak state, Malaysia. **METHODS:** Descriptive analysis of 2017-2018 Perak measles surveillance database. **RESULTS:** Total confirmed measles cases were 104. Twenty-two (21.2%) cases aged below 1 year, 31.7% 1-14 years, and 47.1% 15 years and above. Forty-six (44.2%) cases were treated as in-patient, 44.2% as out-patient, and 11.5% did not seek medical treatment. Nineteen (18.3%) cases had diarrhoea and 8.7% pneumonia. No information about otitis media or subacute sclerosing panencephalitis (SSPE). The source of infection was unknown in 51.9%, 26.0% exposed to household members or relatives, 14.4% including 2 healthcare workers had contact with health facility within 7-21 days before measles onset, 5.8% were exposed outside Perak, 4.8% at workplace, 5.8% at education institution, 1.9% while abroad. Twenty-six cases (25.0%) had history of measles immunisation, with 38.5% had documentation and 61.5% by verbal history. Another quarter were not immunised due to vaccine hesitancy (50.0%), missed vaccination (15.4%), born before measles vaccine introduction in the national immunisation programme (11.5%), medical reason (3.8%) and unknown reasons (19.2%). Twenty-one cases (20.2%) not yet eligible for immunisation while 29.8% unknown immunisation status. **DISCUSSION:** Measles is still a public health challenge in Perak. Healthcare providers should take the opportunity for measles immunisation during every encounter with children under 15 years old. Notified cases should be followed up to detect and treat complications, especially otitis media and SSPE. Further studies on potential nosocomial and occupational spread of measles in healthcare settings may be considered.

KEYWORDS: measles, measles vaccine, complications, exposure, immunisation