

【Original Article】

Association between History of Sports Participation during
School Periods and Self-Rated Health Status among
Middle-Aged and Elderly Japanese Individuals

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Abstract

Objective: This study aimed to determine the relationship between history of sports participation during periods of education and self-rated health status among middle-aged and elderly Japanese individuals.

Methods: This is a cross-sectional study. We used data from the 2012 SSF National Sports-Life Survey that obtained sports information on community-dwelling Japanese individuals aged ≥ 20 years. Information on sports participation during preschool, primary school, junior high school, high school, and college (18 to 22 years of age) was obtained. Self-rated health information was also obtained based on their current health condition. From the survey, we selected participants aged ≥ 30 years for our analysis. Odds ratios (ORs) were calculated using logistic regression analysis, with the history of sports participation as an explanatory variable and self-rated health status as the objective variable. ORs were adjusted for age, municipalities, body mass index, smoking, job, current sports participation, household income.

Results: A total of 1,714 subjects were analyzed (49.2% men; mean age, 53.7 years (standard deviation, 14.2 years)). The ORs between good self-rated health status and history of sports participation during preschool were 1.73 (95% confidence interval [CI], 0.63-4.75) and 2.07 (95% CI, 0.42-10.25) among men and women, respectively. The ORs for primary school, junior high school, and high school periods were close to 1.00 for both genders. During college, the ORs were 1.57 (0.98-2.53) and 2.39 (1.23-4.64) for men and women, respectively.

Conclusions: A history of sports participation during college was significantly associated with good self-rated health status among middle-aged and elderly Japanese individuals.

Key words: sports participation, self-rated health, diagnostic self evaluation, preschool, student

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