**Title:** The Association Between Physical Activity and Depressive Disorders Among Older Adults in West Virginia

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**Purpose:** As the prevalence of depression continues to increase, non-pharmacological treatments are becoming more important. Participating in regular physical activity and exercise can reduce the risk of depression (CDC 2018). This research examines the association between physical activity and depressive disorders among older adults in West Virginia.

**Methods:** This study used the Behavioral Risk Factor Surveillance System (BRFSS) data provided by the CDC to examine the association between physical activity and depression.

**Results:** Older adults who participated in physical activity within the past month were less likely to report depression than older adults who did not participate in physical activity within the last month, χ2 (1, N = 1,828) = 22.70, p < 0.0001.

**Discussion/Conclusion:** Researching the association between depression and physical activity in older adults is an important public health service for older adults in West Virginia. This work can help to improve the mental well-being of older adults in West Virginia.