**Title:** Exercise and Health Among Older West Virginians

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**Purpose:** Physical activity improves health, even among older adults. (Bird et al., 2011). This study aims to examine an association between exercising and the frequency of poor physical and mental health days.

**Methods:** Using the 2011-2018 BRFSS data, we compared the frequency of mental and physical unhealthy days and physically active older adults (65+ years) in West Virginia.

**Results:** It was found people who were physically active experienced fewer poor physical χ2 (1, N = 14346) = 441.64, p < 0.0001, 68.1% and mental χ2 (1, N = 14459) = 142.25, p < 0.0001, 64.1% health days. Those who were not physically active experienced more frequent poor physical χ2 (1, N = 14346) = 441.64, p < 0.0001, 57.2% and mental χ2 (1, N = 14459) = 142.25, p < 0.0001, 56.1% health days.

**Discussion/Conclusions:** The study suggests exercise can improve the physical and mental health of individuals. Limitations to this include a lack of information regarding the intensity, duration, and form of exercise.