

Exercise and Depression in West Virginia



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Let's work to minimize the chances of an unhealthy lifestyle in later life with these helpful tips:

An aging population

WV has a constant growing number of older adults.

WV is considered one of the oldest states when looking at age within the state. Older adults in WV have a 31% risk for depression compared to the national prevalence of 10.3% (Muntaner and Barnett 2000).



Exercise and depression

Exercise helps to decrease depressive symptoms across the lifespan ranging from young children to older adults. Each individual is motivated in their own way and sees the effects of exercise in a different way.

EXERCISE

Benefits

Adults 65 years of age and older have the greatest antidepressant effect with exercise, especially when they can exercise with a group of other older adults in the same situation or a similar one (Miller et al. 2020).



Conclusion

Exercise has an antidepressant effect on all adults. Future research should look into the types and intensities of exercise to see the difference in benefits with each type and intensities.



References:

Muntaner, C., & Barnett, E. (2000). Depressive symptoms in rural West Virginia: Labor market and health services correlates. *Journal of Health Care for the Poor and Underserved*, 11(3), 284–300. <https://doi.org/10.1353/hpu.2010.0788>

Miller, K. J., Gonçalves-Bradley, D. C., Areerob, P., Hennessy, D., Mesagno, C., & Grace, F. (2020). Comparative effectiveness of three exercise types to treat clinical depression in older adults: A systematic review and network meta-analysis of randomised controlled trials. *Ageing Research Reviews*, 58, 100999. <https://doi.org/10.1016/j.arr.2019.100999>