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What We Learned

Many more non-exercisers exist in the community population than exercisers

Exercisers value long term health rewards while non-exercisers choose more immediate gains

Faith based recruiting was successful for this particular population.

Background

Exercise has been shown to have beneficial health effects for elders. Challenges to increase the proportion of elders exercising exist. One aspect of motivation that has not been explored in relation to exercise is delay discounting. Nor has delay discounting been explored thoroughly in elders. Delay discounting is the process by which future events are subjectively devalued by the decision maker (Madden & Bickel, 2010) and may account for a large portion of the reason elders do not exercise.

Purpose

The purpose of this study was to determine if discounting rates are statistically different between exercising and non-exercising older adults.

Sample

- 137 cognitively intact older adults
- Age 60-77, community dwelling
- Faith-based recruiting

Methods

A cross-sectional study was performed using a demographic form, six-item memory screener, the EASY form and the Kirby Delay-discounting Rate Monetary Choice Questionnaire (MCQ).

Results

Non-exercising older adults display 3.32 times higher discounting rates than those who exercise. Mann-Whitney (W= 1679, p = 004)



Discussion

- Mean Age 65.26
- 60.6% Female
- 77% Caucasian
- Exercisers tend to view long term health rewards as very important while non-exercisers chose more immediate gains

Next Steps

- Identifying suitable immediate rewards for discounters
- Studying behavioral change methods in this population

Limitations

- Generalizability
- Purposive sampling

Acknowledgments

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