

フィットネスクラブ利用者における身体活動量と座位時間の実態およびその関連要因の検討

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【目的】

民間フィットネスクラブ(FC)会員における、①FC会員の属性別(年齢、性別、在籍期間等)での身体活動量、座位時間の実態、②FC会員における身体活動不足ならびに座りすぎの特徴を検討した。

【方法】

調査対象施設(6施設)に所属するFC会員8,020名を対象に質問紙およびインターネット調査を実施した。身体活動量および座位時間は国際標準化身体活動質問票短縮版を用いて評価し、中高強度身体活動時間が150分未満/週を身体活動不足、座位時間が480分以上/日を座りすぎとした。また、人口統計学的変数(性、年齢、教育年数、婚姻状況、就業状況、同居者の有無)、運動促進/阻害要因、健康状態(体格指数、主観的健康感)、入会目的を調査した。統計解析において、連続変数については平均値(標準偏差)、カテゴリカル変数については割合を算出した。身体活動時間、座位時間については中央値(第1四分位、第3四分位)を算出した。

【結果】

調査に回答し、データに欠損がみられなかった1,016名を解析対象者とした(有効回答率78.2%)。対象者全体での総身体活動時間の中央値は360分/週、座位時間は240分/日であった。身体活動不足者は22.7%、座りすぎは19.1%であった。これらの値は性、年齢、在籍年数により差がみられた。すなわち、FC会員の中でも、若年層では高強度身体活動時間は多いが、歩行時間は少なく、座位時間は長かった。女性では、身体活動時間も座位時間も少なかった。在籍期間が長い群では総身体活動時間、中等強度身体活動時間、歩行時間が長く、座位時間が短かった。また、身体活動不足者および座りすぎの者では、運動実施に対する心理的要因に大きな差がみられた。

【結論】

FC会員は、一般の成人よりも身体活動量は多く、座位時間は短い可能性が示唆された。また、身体活動不足および座りすぎには多様な因子が関連する可能性が示唆された。

An investigation of the actual condition of physical activity and sitting time and its related factors in fitness club users

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[Purpose]

To examine (1) the actual physical activity and sedentary time among members of private fitness clubs (FCs) by FC member attributes (such as age, gender, length of membership) and (2) the characteristics of physical inactivity and excessive sitting among FC members.

[Methods]

A questionnaire and an Internet survey were administered to 8,020 FC members belonging to the six facilities surveyed. Physical activity and sedentary time were assessed using the short version of the International Standardized Physical Activity Questionnaire. Less than 150 minutes/week of medium-to-high intensity physical activity and more than 480 minutes/day of sedentary time was defined as physical inactivity and excessive sitting, respectively. In addition, demographic variables (sex, age, years of education, marital status, employment status, and presence of cohabitants), exercise promotion/inhibition factors, health status (body mass index, subjective sense of health), and the purpose of membership were investigated. In statistical analysis, means (standard deviations) were calculated for continuous variables and proportions for categorical variables. The medians (first and third quartiles) were calculated for physical activity and sedentary time.

[Results]

The 1,016 participants who responded to the survey and had no missing data were included in the analysis (valid response rate: 78.2%). The median total physical activity and sedentary time for the entire participant population was 360 minutes/week and 240 minutes/day, respectively. Of these participants, 22.7% and 19.1% were physically inactive and sedentary, respectively. These values differed by sex, age, and years of membership. Among FC members, younger members spent more time in high-intensity physical activity but less time walking and more time sitting. Women spent less time being both physically active and sedentary. In the group with longer tenure, total physical activity time, moderate-intensity physical activity time, and walking time were higher, while sitting time was lower. In addition, there were significant differences in psychological factors toward exercise implementation among the physically inactive and sedentary groups.

[Conclusion]

The results suggest that FC members may be more physically active and less sedentary than the general adult population. The results also suggest that a variety of factors may be associated with physical inactivity and too much sitting.