

## **Abstract**

**Title:** The influence of alcohol consumption and smoking on the physical condition of senior women

**Objectives:** Assessment of the influence of alcohol consumption and smoking on the physical condition of senior women over 60 years of age

**Methods:** The work will be processed as a cross-sectional study, in which data will be collected using a questionnaire regarding alcohol consumption and smoking during life and four physical tests selected from the test battery Senior fitness test. In order to complete the study, data regarding the lifestyle of the participants will be collected by additional questions.

**Results:** 34 senior women aged 61-89 participated in the study. The average age of the participants was 72,1 years.

Three senior women reported consumption of 15 cigarettes per day, one 12 cigarettes, two 10 cigarettes, one 10 cigarettes and one 7 cigarettes per day. Three of these women met or exceeded the normative range for their age in all physical tests, two did not reach the normative range only once, both in the 6-minute walk test, one met the norm only in the 30-Second Chair Stand, and the remaining two did not meet the norms in any test.

Seventeen senior women do not consume alcohol, seven stated an average alcohol consumption of up to 20 g per day, ten over 20 g of alcohol per day and two senior women exceeded the limit of 70 g of alcohol per day. One of these seniors met or exceeded the normative range for her age in all physical tests, the other did not reach the normative range only once, namely in the Chair Sit-and Reach Test.

The best result in the physical tests was achieved by senior No. 10, whose performance in all four exceeded the norms for her age. She is an elderly woman who has been doing sports all her life, does not smoke and has an average daily alcohol consumption of up to 20 g per day. The senior women consuming alcohol to the highest extent from my group showed good to above average physical fitness.

Overall, the study did not show a significant dependence of the current physical condition of the group of tested senior women on alcohol consumption and smoking.

Although the study did not confirm a significant dependence of the current physical condition of senior women on alcohol consumption and smoking, more extensive studies directly link higher mortality and poorer health status with smoking and excessive alcohol consumption.

The reason why some predicted conclusions were not confirmed in my study is probably due to the fact that mostly fit senior women who have been doing sports all their lives signed up for the study.