

Leaving the house every day may help older adults live longer

November 22 2017

In a *Journal of the American Geriatrics Society* study of community-dwelling individuals aged 70 to 90 years who were participating in the Jerusalem Longitudinal Study, leaving the house daily was linked with a lower risk of dying over an extended follow-up period, independent of social, functional, or medical factors.

The study's investigators noted that getting outside of one's home provides numerous opportunities for engagement with the world outside, and may facilitate exposure to a variety of beneficial experiences.

"What is interesting is that the improved survival associated with getting out of the house frequently was also observed among people with low levels of physical activity, and even those with impaired mobility," said lead author Dr. Jeremy Jacobs, of the Hadassah Hebrew-University Medical Center, in Jerusalem. "Resilient individuals remain engaged, irrespective of their [physical limitations](#)."

More information: Jeremy M. Jacobs et al, Frequency of Leaving the House and Mortality from Age 70 to 95, *Journal of the American Geriatrics Society* (2017). [DOI: 10.1111/jgs.15148](https://doi.org/10.1111/jgs.15148)

Provided by Wiley

Citation: Leaving the house every day may help older adults live longer (2017, November 22)

retrieved 6 May 2024 from

<https://medicalxpress.com/news/2017-11-house-day-older-adults-longer.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.