

1 **Sedentary behaviour and bone health in older adults: a systematic review**

2 Lauren McMichan¹, Michael Dick¹, Dawn A. Skelton², Sebastien F.M. Chastin^{2,9}, Neville
3 Owen^{3,4}, David W. Dunstan^{3,5}, William D. Fraser⁶, Jonathan C.Y. Tang⁶, Carolyn A. Greig^{7,8},
4 Sandra Agyapong-Badu⁷, Alexandra Mavroeidi¹

5

6 ¹Department of Physical Activity for Health, School of Psychological Sciences and Health,
7 University of Strathclyde, Glasgow, UK

8 ²Centre for Living, Department of Physiotherapy and Paramedicine, School of Health and
9 Life Sciences, Glasgow Caledonian University, Glasgow, UK

10 ³Baker Heart and Diabetes Institute, Melbourne, Australia

11 ⁴Centre for Urban Transitions, Swinburne University, Melbourne Australia

12 ⁵Mary MacKillop Institute for Health Research, Australian Catholic University, Melbourne,
13 Australia

14 ⁶Norwich Medical School, University of East Anglia, Norwich, UK

15 ⁷School of Sport, Exercise and Rehabilitation Sciences, University of Birmingham,
16 Birmingham, UK

17 ⁸MRC-Versus Arthritis Centre for Musculoskeletal Ageing Research, University of
18 Birmingham, UK

19 ⁹Department of Movement and Sports Science, Ghent University, Ghent, Belgium

20 Correspondence: lauren.mcmichan@strath.ac.uk / alexandra.mavroeidi@strath.ac.uk

21

22 **Declarations**

23 **Conflict of Interest**

24 Dawn A. Skelton is a Director of a not for profit training company, Later Life Training,
25 which provides training to health and leisure professionals to deliver strength and balance
26 training.

27 Lauren McMichan, Michael Dick, Sebastien F.M. Chastin, Neville Owen, David W. Dunstan,
28 William D. Fraser, Jonathan C.Y. Tang, Carolyn A. Greig, Sandra Agyapong-Badu,
29 Alexandra Mavroeidi declare no conflict of interests.

30 **Disclosure**

31 Neville Owen is supported by a National Health and Medical Research Council of Australia
32 (NHMRC) Centre of Research Excellence Grant (#1057608), NHMRC Senior Principal
33 Research Fellowship (#1118225), and the Victorian Government's Operational Infrastructure
34 Support Program. David W. Dunstan is supported by a NHMRC Senior Research Fellowship
35 #1078360 and the Victorian Government's Operational Infrastructure Support Program.

36 **Funding**

37 This study was supported by a grant from the Royal Osteoporosis Society.

38

39

40

41

42

43

44 **Abstract:**

45 Purpose:

46 Older adults spend more than 8 hours/day in sedentary behaviours. Detrimental effects of
47 sedentary behaviour (SB) on health are established, yet little is known about SB and bone
48 health (bone mineral density; BMD) in older adults. The purpose of this review is to examine
49 associations of SB with BMD in older adults.

50 Methods:

51 Five electronic databases were searched: Web of Science (Core Collection); PubMed;
52 EMBASE; Sports Medicine and Education; and PsycInfo. Inclusion criteria were: healthy
53 older adults mean age ≥ 65 years; measured SB; measured BMD using dual-energy X-ray
54 absorptiometry. Quality was assessed using National Institute of Health Quality Assessment
55 Tool for Observational Cohort and Cross-Sectional Studies.

56 Results:

57 After excluding duplicates 17,813 papers were assessed; 17,757 were excluded on
58 title/abstract, 49 at full text, resulting in two prospective and five cross-sectional
59 observational studies reviewed. Four were rated 'good' and three were rated 'fair' using the
60 quality assessment criteria. Findings varied across the studies and differed by gender. In
61 women, four studies reported significant positive associations of SB with BMD at different
62 sites, and two found significant negative associations. Five studies which examined both men
63 and women, men reported negative or no associations of SB with femoral neck, pelvic, whole
64 body, spine or leg BMD.

65 Conclusion:

66 While these findings suggest differences between men and women in the associations of SB
67 with BMD, they may be due to the varying anatomical sections examined for BMD, the
68 different methods used to measure SB, the varied quality of the studies included and the
69 limited number of published findings.

70

71 **Keywords:**

72 Sedentary behaviour, older adults, bone health, bone mineral density

73

74

75

76 **Abbreviations:**

77 BMD = Bone Mineral Density

78 DXA = Dual-X-Ray Absorptiometry

79 FN = Femoral Neck

80 LPA = Light Physical Activity

81 LS = Lumbar Spine

82 MVPA = Moderate-to-Vigorous Physical Activity

83 PA = Physical Activity

84 SB = Sedentary Behaviour

85 ST = Sedentary Time

86 TB = Total Body

87 TF = Total Femur

88 TH = Total Hip

89 TS = Total Spine

90

91

92

93

94

95

96

97

98

99

100 **Introduction**

101 Sedentary behaviour (SB) can be defined as “any waking activity characterized by an
102 energy expenditure \leq 1.5 metabolic equivalents (METs), while in a sitting, reclining or lying
103 posture” [1]. High volumes of SB can be detrimental to health, particularly in people who do
104 not undertake sufficient amounts of moderate-vigorous physical activity (MVPA) [2, 3].
105 Adverse health consequences include higher risk of cardiovascular disease [4], diabetes
106 mellitus [5], and reduced cognitive function [6]. SB encompasses many behaviours
107 performed routinely throughout the day, for example, sitting at a chair/sofa, driving to and
108 from places, and watching television [7]. Older adults (aged 65+ years) can accumulate $>$ 8
109 hours of time spent in SB daily [8, 9], with an average being 9.4 hours/day [10].

110 The beneficial effects of daily weight bearing physical activities on bone health are
111 well established [11]. Aging is a natural process, within which bone mass deterioration
112 occurs, including changes to the structure and composition [12] of bone tissue. Although
113 some bone loss is typical of the aging process, osteoporosis is not an inevitable disease of the
114 old, with many risk factors for osteoporosis and osteoporotic fracture being modifiable [13];
115 low levels of PA have long been recognised as such a risk factor. A published consensus
116 statement on Exercise and Osteoporosis recommends meeting the PA guidelines
117 (accumulation of 150 mins/week of moderate PA) for health and reducing prolonged SB
118 alongside more specific recommendations for exercise (resistance training and impact) [14].
119 There is a high prevalence of fractures in those over the age of 50 years, with one in two
120 women and one in five men fracturing a bone [15]. It is estimated that 500,000 fragility
121 fractures occur in the United Kingdom every year [16], with hospital costs of hip fractures
122 alone estimated at £1.1 billion [17].

123 Mechanical forces (through gravitation or muscular loading) are essential for the
124 maintenance of bone health, therefore reducing these forces can have a detrimental effect
125 [18]. Space flight and bed rest studies have shown that reducing mechanical forces leads to
126 substantial reductions in bone strength [19]. Although the space-flight and bed-rest evidence
127 is from extreme and unusual circumstances, SB also involves the reduction of mechanical
128 forces, and could have a detrimental effect of bone health. A recent systematic review
129 explored the effects of SB on bone health in children, adolescents and young adults [20]. The
130 review yielded 17 studies. It was reported that there was a moderately negative association
131 between SB and bone health in the lower extremities. It was also reported that one less hour
132 of sedentary time mimics the positive effect of 18 minutes of MVPA in femoral neck bone
133 mineral density (BMD); however, this finding was weighted heavily on one strong
134 longitudinal study in boys [21].

135 Gender also appears to play an important role on bone quality, with men exhibiting up
136 to 20% higher BMD compared to women [22]. This was evident in a study which analysed
137 data from the National Health and Nutrition Examination Study where negative associations
138 between SB and hip BMD in adult women, but not men, were identified [23].

139 Despite the emerging evidence on the potential detrimental influence that SB may
140 have on skeletal health in younger populations, little is known about the associations of SB
141 and bone health (specifically, BMD) in older adults. Therefore, the purpose of this study was
142 to systematically review the evidence on associations of SB with BMD (total and site-
143 specific) in older adults.

144

145 **Methods**

146 Protocol and Registration

147 The protocol for this systematic review was registered on Prospero
148 [CRD42019138999] in June 2019. The review was modelled using the PRISMA guidelines
149 [24, 25].

150

151 Eligibility Criteria

152 Studies which explored the associations of SB on BMD in healthy older adults (mean
153 age \geq 65 years old) were included in the review. Other inclusion criteria were studies which
154 measured SB, and measured BMD using Dual-Energy X-ray Absorptiometry (DXA). Studies
155 were peer reviewed, and in the English language.

156

157 Information Sources

158 Five electronic databases were searched: Web of Science (Core Collection), PubMed,
159 EMBASE, Sports Medicine and Education, and PsycInfo. The search strategy was originally
160 conducted in March 2019. The search strategy was then repeated using additional search
161 terms to broaden the search results. This was conducted in June 2019.

162

163 Search

164 The search strategy used for the databases is shown in Table 1. Note adaptations to
165 truncations and limiting factors were made based on the individual databases.

166

167 **Table 1** Search Strategy

Population	(Adult* OR "Older Adult*" OR Elderly OR Geriatric OR Ageing OR Aged)
Search Operator	AND
Outcome	(Bone OR "Bone Health" OR "Bone Mineral Density" OR "Bone Mineral" OR "Bone Mass" OR "Bone Fracture*" OR "Bone Strength" OR Osteoporosis OR "Bone Mineral Content")
Search Operator	AND
Exposure	(Sedentar* OR "sedentary behavior" OR "Sedentary Behaviour" OR "Sedentary Time" OR "Sitting Time" OR Sitting OR "screen time" OR "television viewing" OR inactiv* OR "activity restriction" OR "Computer use" OR "stationary behaviour" OR "stationary behavior" OR lying OR reclining OR "non-screen based behaviour" OR "non-screen based behavior")
Limits	English only. Humans only.

168

169 Study Selection

170

Articles retrieved from the search strategy were imported into EndNote Reference

171

Manager, version X8.2 (Thomson Reuters, Philadelphia, PA) and duplicates were removed.

172 Articles were then exported to a Microsoft Excel, version 2016 (Microsoft Corp, Redmond,
173 WA) spreadsheet where titles were screened. Articles included based on title screening were
174 reviewed at abstract level, and then reviewed as full text. We also reviewed the bibliography
175 of full text papers to identify any additional related papers. All articles were reviewed by the
176 first author (LM) and a sample (10%) was double checked by another reviewer (AM) as per
177 PROPSERO protocol. Any articles where there was uncertainty at abstract and full text level
178 were also checked by the senior author (AM). If there were any discrepancies, a discussion
179 between the two authors was conducted until an agreement was reached. Exclusion of
180 articles were based on criteria and were excluded if they did not assess SB and BMD in older
181 adults (mean age ≥ 65 years). Studies which included multiple age ranges but performed a
182 sub-analysis on older adults were included in the review.

183

184 Data Collection Process and Data Items

185 Data were extracted and imported into a standardised Microsoft Word, version 2016
186 (Microsoft Corp, Redmond, WA) table. Data extracted were: author(s)/year of publication;
187 study design; sample size; gender; age range; SB measurement method and outcomes; BMD
188 measurement methods and outcomes; overall results. Where pivotal data was missing we
189 aimed to contact the authors and request such data.

190

191 Quality Assessment

192 Quality of studies included in the review was assessed using the ‘Quality Assessment
193 Tool for Observational Cohort and Cross-Sectional Studies [26]. The tool consists of a 14-
194 item checklist: clearly stated research question; specific study population; rate of
195 participation of eligible persons; subject selection process; justification of sample size;

196 exposure measured prior to outcome(s); suitable timeframe between exposure and outcome;
197 levels of exposure; exposure measures clearly defined; exposure(s) assessed more than once
198 over time; outcome measures defined valid, reliable and consistent; blinding of outcome
199 assessors; loss to follow-up; and, adjustment for key confounders. Studies were then awarded
200 a rating of good, fair or poor. Quality was assessed by the first and last authors (LM/AM) to
201 ensure agreement. It should be noted that one of the co-authors (SFMC) was the co-author of
202 3 of the included studies.

203

204 Summary of Measures

205 Primary exposure measures were SB (self-reported by questionnaire or objectively
206 measured) and BMD measures were the outcomes. Studies included objective and subjective
207 methods of assessing SB. The anatomical sites that were evaluated were grouped into three
208 separate categories; lower extremities (including the femoral neck (FN), total femur (TF),
209 hip, legs), trunk (including ribs, lumbar spine (LS)) and total body (TB). Markers of bone
210 health were measured using DXA in all included studies since comparison of bone health is
211 not possible if different assessments methods are used.

212

213 **Results**

214 Study Selection

215 The initial search strategy yielded 19,194 potentially relevant studies (Figure 1.).
216 Following deduplication, this number was reduced to 17,813. Seventeen thousand seven
217 hundred fifty seven articles were excluded based on title and abstract. Forty-nine articles
218 were excluded at full text (see supplementary material for complete list of excluded studies),

219 leaving seven included for review [23, 27-32]. One of those studies (Chastin et al [23]) did
 220 not present data for the over 65s separately in their published manuscript. However, as SFMC
 221 is a co-author in the current review, he was able to repeat the main paper analysis from the
 222 NHANES database refining it to those aged over 65 years; this sub analysis was included in
 223 the current review.

224

225 Study Characteristics

226 Five studies were cross-sectional [23, 27, 29-32] and two were longitudinal [28, 29].
 227 Sample size ranged from 112 [30] to 1134 [29] participants. Two studies included women
 228 only [27, 29]. Mean age of participants ranged from 64.5 ± 7.2 years [28] to 76.9 ± 5.3 years
 229 (men) and 76.7 ± 4.7 years (women) [31]. A full summary of study characteristics and results
 230 are shown in Table 2. Four studies were rated good [23, 28-30] for quality, whilst three were
 231 rated fair [27, 31, 32].

232

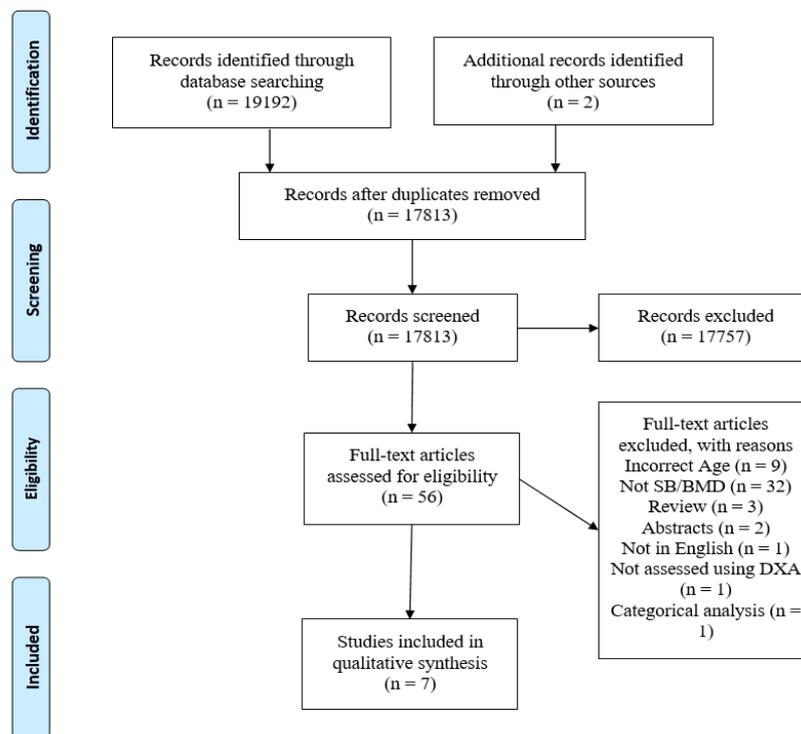


Fig 1 PRISMA diagram [25] of the screening process

233

234 Measurement of BMD and SB

235 All studies measured BMD using DXA. Six studies used Hologic models [23, 27, 28, 30-32],
236 whilst one used a Lunar model [29]. Measures of SB differed between studies. Two studies
237 used questionnaires to assess SB [27, 29]. The questionnaires asked how many hours per day
238 participants were sedentary. Five studies assessed SB using objective measures
239 (accelerometry) [23, 28, 30-32]. Two studies [31, 32] used ActiTrainer/ActiGraph wGT3X-
240 BT, two used used ActiGraph GT1M [23, 28], and one used GENEActiv Action
241 [30]. Accelerometer placement was different between studies, with the majority of the studies
242 [23, 31, 32] using hip mounded accelerometers and one study [30] using a leg mounded
243 accelerometer. All studies asked participants to wear their accelerometers for 6-7 consecutive
244 days but some participants had to remove their accelerometer during waking hours when
245 engaging in water based activities [23, 31, 32]. Every study had its own unique wear-time
246 protocol. For example, data were excluded from the analysis if participants did not wear
247 device for at least 5 days and wore the device for less than 10 hours per day [23, 28] but these
248 criteria were different for the studies by Rodrigues- Gomez et al who included only results
249 with at least 4 valid days that included at least 8h/day of wear time [31, 32].

250

251 Total Body BMD

252 Four studies measured total BMD [28, 30-32]. McMillan et al [28] found no significant
253 associations over time between SB and total BMD in either men or women, using prospective
254 linear regression analyses.

255 Rodriguez-Gomez et al [31] reported a borderline significant positive association
256 between SB and total body BMD when both genders were analysed together. There were

257 gender differences when analyses were separated. There were no significant associations
258 between SB and total body BMD for men. For women, significant positive associations were
259 found between SB and total body BMD ($\gamma = 0.022$; $p = 0.00$). Gender differences were also
260 reported in Rodriguez-Gomez et al [32] who found a significantly negative association
261 between SB and total body BMD ($\gamma = -0.015$; $p = 0.041$) in robust healthy men, but reported
262 significant positive associations between SB and total body BMD ($\gamma = 0.020$; $p = 0.003$) in
263 robust healthy women. It is important to note that the two Rodriguez-Gomez [31, 32]
264 analyses are based on the same cohort and models from both studies were adjusted for age,
265 gender, BMI, fat and lean mass, alcohol, smoking, nutrition, calcium, education, level of
266 income, marital status, frailty, arthritis, and thyroid disease.

267 Onambele-Pearson et al [30] also found differences between men and women. For
268 daily SB, there were no significant associations with total BMD for men, whilst there was a
269 significant positive association ($r = 0.317$, $p < 0.01$) for women. However, when analyses
270 were adjusted (age, total fat mass, general anthropometry) this was non-significant.

271 Onambele-Pearson et al [30] also explored the association between SB bouts and BMD.

272 Whilst breaks in SB did not have a significant impact on total BMD in women, there was a
273 positive association in men ($r = 0.330$, $p < 0.01$). There was also positive association in men
274 when SB bouts were ≥ 5 mins ($r = 0.373$, $p < 0.01$).

275

276 Lower Extremities

277 In a prospective study, Nguyen et al [29] reported that, over time, sedentary lifestyle
278 significantly reduced BMD in the femoral neck (FN) ($-1.5 \pm 0.2\%$, $p < 0.001$) in women.

279 Adjusted analyses (accounting for age, PA, baseline weight, weight change over time and
280 baseline BMD) also suggested a significant reduction in femoral neck BMD ($-1.35 \pm 0.8\%$, p

281 < 0.05). The other longitudinal study included in the review (McMillan et al [28]) also
282 conducted analyses separately by gender. Their adjusted (model 2) prospective multivariate
283 linear regression analyses, showed a significantly positive association between SB and total
284 hip BMD ($\beta = 0.199$, $p = 0.046$) in women. For adjusted (model 2) prospective multivariate
285 linear regression analyses in men, there were significantly negative associations between SB
286 and femoral neck BMD ($\beta = -0.232$, $p = 0.047$). Model 2 analyses were adjusted for age,
287 height, lean mass and smoking.

288 Onambele-Pearson et al [30] reported no significant associations for daily SB for men
289 and BMD ; in women, there were significant positive associations between daily SB and
290 lower limb BMD ($r = 0.272$, $r_{adj}^n = 0.260$, $p < 0.05$). Similar findings were reported for breaks
291 in SB ($r = 0.299$, $r_{adj}^n = \text{non-significant}$, $p < 0.05$), and for bouts of SB < 5 mins ($r = 0.334$,
292 $r_{adj}^n = \text{non-significant}$, $p < 0.01$). There was also a positive association between breaks in SB
293 and pelvic BMD in women only ($r = 0.232$, $r_{adj}^n = \text{non-significant}$, $p < 0.05$).

294 Braun et al [27] reported a negative association in older women between ST and
295 femoral BMD (b (SE) = -0.0028 (0.0001); $p = 0.027$). These analyses were adjusted for
296 race/ethnicity, milk consumption or supplement use, BMI, smoking, osteoporosis history,
297 prednisone or cortisone use, and menopausal status.

298 Rodriguez-Gomez et al [31] reported significant positive associations between SB and
299 leg leg BMD ($\gamma = 0.028$, $p = 0.00$). There were no significant associations reported for any
300 femoral region assessed. When men and women were examined separately, there were no
301 associations between SB and leg/femoral region BMD in men. In women, there were
302 significantly positive associations for leg BMD ($\gamma = 0.063$, $p = 0.00$), but no associations for
303 femoral regions. In the pelvic region, a significant negative association was reported between
304 SB and BMD ($\gamma = -0.027$, $p = 0.05$) in men only.

305 Rodriguez-Gomez et al [32] reported significant positive associations between SB and
306 leg BMD ($\gamma = 0.035$, $p = 0.000$) in robust (those who do not exhibit any of the frailty criteria
307 set out by Fried et al [33]) older adults. No associations were reported for femoral neck.
308 When analyses were conducted separately for men and women, men were found to have
309 negative associations for leg BMD ($\gamma = -0.018$, $p = 0.036$). However, in women there were
310 positive associations between SB and leg BMD ($\gamma = 0.066$, $p = 0.000$). No associations were
311 reported for femoral neck in either gender.

312 Trunk

313 Only two studies reported significant associations between SB and areas of the trunk
314 [23, 30]. In women, Onambele-Pearson et al [30] reported significant positive association
315 between daily SB and spine BMD ($r = 0.233$, $p < 0.05$), although this was non-significant
316 when adjusted for confounders. There were significant positive associations between SB
317 breaks and SB bouts of < 5 minutes, and BMD of the ribs ($r = 0.266$, $p < 0.05$; $r = 0.328$, $p <$
318 0.01 , respectively). The association between breaks in SB and BMD were non-significant
319 when adjusted for confounders. There was a negative association between W50% min
320 (defined as “the bout duration below which half of all sedentary time is accrued” [30]) and rib
321 BMD ($r = -0.224$, $p < 0.05$; non-significant after adjusting). For men, breaks in SB and SB
322 bouts ≥ 5 minutes were positively associated with rib BMD ($r = 0.282$, $p < 0.05$; $r = 0.349$, p
323 < 0.01 , respectively).

324 A significant negative association with sedentary time (ST – total duration of daily SB
325 bouts) and spine BMD with ($p = 0.05$) and a significant positive association between
326 fragmented ST and spine BMD ($p = 0.05$) were reported for the unpublished sub-analysis of
327 the NHANES data by Chastin et al [23], yet there were non-significant differences between

328 women and men. Analyses were adjusted for age, BMI, ethnicity, parathyroid hormones,
329 smoking, alcohol (men only) and prednisone use (women only). (Table 2).

330

331 Quality Assessment

332 Of the seven studies included in the review, four were rated good [23, 28-30] and
333 three were rated fair [27, 31, 32]. Table 3 provides a full summary of each study and the
334 criteria which the assessment was based on.

335 **Table 2** Overview of study attributes and findings on sedentary behaviour with bone outcomes

Author	Sample size, gender (♂/♀), age (years)	SB outcomes measured	SB assessment method	Bone assessment method	Sites of anatomical assessment	Conclusions/results
CROSS-SECTIONAL STUDIES						
Chastin et al (sub analysis of ref [23])	591 (n =259 ♀) Age = 75.2 ± 6.7	Total ST (Daily) Bouts of SB	Accelerometry (ActiGraph GT1M)	DXA	TF, FN, Trochanter Ward triangle, Intertrochanter, Spine	No significant association for men or women between ST or bouts of SB with TF, FN, Trochanter Ward triangle, Intertrochanter BMD. Significant negative association with spine BMD for ST (p =0.05), sub analysis per gender leads to non-significant results. Significant positive association between more fragmented ST (shorter bout duration) and spine BMD (p=0.05), sub analysis per gender leads to non-significant results.
Onambele-Pearson et al [30]	112 (n = 61 ♀) Age = 72.5 ± 6.4	ST (hours/day), Bouts of SB	Accelerometry (GENEActiv Action)	DXA	Ribs, Spine, Pelvis, Upper Limbs, Lower Limbs, Total Body	♂ = Significant positive association between breaks in SB and BMD for ribs (p < 0.05) and total BMD (p < 0.01). SB bouts > 5 minutes were positively associated with lower limbs (p < 0.05), ribs and total BMD (p < 0.01). No significant associations reported for total ST. ♀ = Significantly positive association between total ST and spine, lower limb (p < 0.05) and total (p < 0.01) BMD. Significant positive correlation between breaks in SB and ribs, pelvis and lower limbs (p < 0.05). For bouts < 5 minutes, there were positive associations for ribs and lower limbs (p < 0.01). There was a negative association between W50% and rib BMD (p < 0.05).
Rodriguez-Gomez et al [31]	871 (n =476 ♀) ♂ age = 76.9 ± 5.3 ♀ age = 76.7 ± 4.7	Total ST, separately for ♂ and ♀	Accelerometry (ActiTrainer & Actigraph wGT3X-BT)	DXA	TB, LS (L1-L4), FN, TH (greater trochanter, inter trochanter, Ward's triangle) and FN), BMD &	♂♀: SB positively associated with leg /BMD (p = 0.00) and whole body BMD (p = 0.05). ♂: SB negatively associated with pelvic BMD (p = 0.05) ♀: SB was positively associated with whole body /BMD (;p = 0.00) and leg /BMD (p = 0.00). ♀: Reduce time spent in SB to reduce fracture risk.

Rodriguez-Gomez et al [32]	540 (n = 289 ♀), ♂ & ♀ Age = 76.0 ± 4.4 (robust individuals only)	Total ST	Accelerometry (ActiTrainer & Actigraph wGT3X-BT)	DXA	TB, LS (L1-L4), FN, TH, Leg BMD &	SB significantly positively associated with leg BMD/ (p = 0.000) for whole sample. ♂SB significantly negatively associated with TB BMD (p = 0.041) and leg BMD/ (p = 0.036) in robust men. ♀SB significantly positively associated with TB BMD/ (p = 0.000) and leg BMD/ (p = 0.000) in robust women.
Braun et al [27]	327 ♀ only Age ≥ 65	SB (mins/day)	Questionnaire	DXA	FN, LS (L1-L4) (trochanter, inter trochanter, Ward's triangle, TF, TS)	SB significant predictor of decreased Femoral BMD (p = 0.027), yet not a significant association in spinal BMD (p > 0.05).
LONGITUDINAL PERSPECTIVE STUDIES						
McMillan et al [28]	209, (n = 111 ♀), Age = 64.5 ± 7.2	SB (mins/day), separately for ♂ and ♀	Accelerometry (ActiGraph GT1M)	DXA	TH, LS, FN, Pelvis, Legs & TB	♂: Negative association between SB and FN /BMD (p = 0.047) over 2.2 years. ♀: SB was positively associated with TH /BMD (; p = 0.046) over 2.2 years.
Nguyen et al [29]	1134 ♀ only n = 366 sedentary Age = 69.9 ± 7.4 [†] (N=1134; N = 827 at follow up)	ST (hours/day)	Questionnaire	DXA	FN	ST was significantly associated with reduced BMD (-1.5 ± 0.2%, p < 0.001). 47% of individual's with significant bone loss (n = 163) were categorised within the sedentary group.

336 Abbreviations: BMD bone mineral density, DXA dual-X-ray-absorptiometry, FN femoral neck, LPA light physical activity, LS lumbar spine, MVPA moderate-to-vigorous physical activity, PA
337 physical activity, SB sedentary behaviour, ST sedentary time, TB total body, TF total femur, TH total hip, TS total spine. [†] Mean age was calculated by as follows ((age of sedentary group x n
338 sedentary group) + (age of moderately active group x n moderately active group) + (age active group x n active group))/(total N of participants)).

339

340 **Table 3** Summary of the quality assessment for each study using the National Institute of Health Quality Assessment Tool for Observational Cohort and Cross-Sectional
 341 Studies*.

	Chastin et al [23]	Braun et al [27]	McMillan et al [28]	Nguyen et al [29]	Onambele-Pearson et al [30]	Rodriguez-Gomez et al [31]	Rodriguez-Gomez et al [32]
1) Was the research question or objective in this paper clearly stated?	Y	Y	Y	Y	Y	Y	Y
2) Was the study population clearly specified and defined?	Y	Y	Y	Y	Y	Y	Y
3) Was the participation rate of eligible persons at least 50%?	Y	Y	Y	Y	CD	CD	CD
4) Were all the subjects selected or recruited from the same or similar populations (including the same time period)? Were inclusion and exclusion criteria for being in the study prespecified and applied uniformly to all participants?	Y	Y	Y	Y	Y	Y	Y
5) Was a sample size justification, power description, or variances and effect estimates provided?	N	N	N	N	Y	N	N
6) For the analyses in the paper, were the exposure(s) of interest measured prior to the outcome(s) being measured?	CD	CD	CD	CD	NA	NA	NA
7) Was the timeframe sufficient so that one could reasonably expect to see an association between exposure and outcome if it existed?	NA	NA	Y	Y	NA	NA	NA
8) For exposures that can vary in amount or level, did the study examine different levels of exposure as related to the outcome (e.g. categories of exposure, or exposure measured as continuous variable)?	Y	N	NA	NA	Y	Y	Y
9) Were the exposure measures (independent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?	Y	Y	Y	Y	Y	Y	Y
10) Was the exposure(s) assessed more than once over time?	NA	N	Y	Y	NA	NA	NA
11) Were the outcome measures (dependent variables) clearly defined, valid, reliable, and implemented consistently across all study participants?	Y	Y	Y	Y	Y	Y	Y
12) Were the outcome assessors blinded to the exposure status of participants?	NA	NA	NA	NA	NA	NA	NA
13) Was loss to follow up after baseline 20% or less?	NA	NA	Y	N	NA	NA	NA
14) Were key potential confounding variables measured and adjusted statistically for their impact on the relationship between exposure(s) and outcome(s)?	Y	Y	Y	Y	Y	Y	Y
Rating	Good	Fair	Good	Good	Good	Fair	Fair

342 * Y = Yes, N = No, CD = Cannot Determine, NA = Not Applicable

343 **Discussion**

344 This review examined the associations between sedentary behaviour (SB) and BMD
345 in older adults (mean age \geq 65 years). Following the screening of potentially relevant articles,
346 seven were included for review. Studies varied with respect to: measurement of SB
347 (subjective vs objective measures); anatomical measures of BMD; and whether they were
348 cross-sectional or longitudinal in nature. All studies used DXA as a method to assess BMD.

349 Summary of Evidence

350 Longitudinal studies [28, 29] that explored the associations of SB on BMD over time,
351 reported negative associations between higher levels of SB with BMD for both sexes and at
352 all sites measured (except for total hip BMD in the female subgroup of the McMillan study
353 [28]). Disparities may have arisen due to the larger sample size of women in Nguyen's [29]
354 study in comparison to McMillan et al [28] and both studies measured SB differently
355 (subjectively vs objectively, respectively).

356 The results from the cross-sectional studies however revealed a different pattern
357 between men and women. Some verified the deleterious associations of higher levels of SB
358 on BMD [27] in women, while others failed to identify a significant association when sub
359 analysis by gender took place [23] (possibly due to the smaller numbers of participants in
360 each subgroup). However; the majority of the studies [30-32] found a disparity in results
361 between men and women. In women, positive associations were observed between SB and
362 BMD (at different measuring sites) while the opposite was true for their male counterparts. It
363 appears that, as discussed by Rodriguez-Gomez et al [31], other movement behaviours could
364 have an impact on the SB and BMD association. It is common to find concomitant higher SB
365 and higher MVPA levels, thus the MVPA could have a positive association on BMD in the
366 presence of high levels of SB [31]. In addition, it was also highlighted that greater sedentary

367 time could result in more frequent breaks in sitting time. More frequent postural changes
368 could result in higher volumes of mechanical load bearing, thus resulting in a positive
369 association on BMD [31].

370 Likewise, Onambele-Pearson et al [30] reported higher BMD in women who reported
371 more frequent sedentary bouts and identified that this frequency of interruption to SB could
372 contribute the higher BMD. This is consistent with other research in post-menopausal
373 women, whereby a greater number of breaks in SB resulted in a 10% reduction in the odds of
374 being diagnosed with osteoporosis/osteopenia [35]. A small study in frailer older adults found
375 that breaking SB on a roughly hourly basis throughout the day improved physical function
376 (timed up and go and 30 second chair stand) over a 10-week period, with no significant
377 change in total ST or PA [36]. Similarly, Aunger et al [37] reported clinically significant
378 improvement in physical function with non-significant increases in daily steps and time spent
379 upright, despite non-significant decreases in SB. This modest body of emerging evidence
380 suggests that regular interruptions to ST may be beneficial to bone health in older adults.
381 Further investigation is warranted, with a particular emphasis being on the wider application
382 of thigh-worn accelerometers which have been shown to have higher accuracy for detecting
383 postural changes than wrist and waist-worn accelerometers.

384 Measurement of SB also varied between the studies included in this review. The two
385 studies that measured SB subjectively using questionnaires, reported negative associations
386 between femoral BMD and SB [27, 29] in women, which appears to contradict the findings
387 of objectively measured studies. This could be attributed to the underestimation of SB and
388 overestimation of PA; a bias which is commonly acknowledged when subjectively measuring
389 PA [39]. It is reported that a random error of 2.5 hours per day is observed in subjective
390 assessment of total SB and that subjective measures are not valid in assessing SB bouts [40].
391 Studies that used objective measures of SB reported more positive associations between SB

392 and BMD in women [28, 30-32]. It has been recently suggested, that moving to a single SB
393 question assessing the whole day (via means of a visual analogue scale) might be worth
394 considering for future studies, in cases where the use of a device-based measurement of PA is
395 not practically possible [41].

396

397 Strengths and Limitations

398 This is the first review to explore the associations between SB and BMD in healthy
399 older adults. However, there are a number of limitations influencing interpretation of the
400 study findings. We appreciate that in order to reduce the risk of bias ideally two independent
401 reviewers should have carried out all the steps of study selection and data extraction. In this
402 study and due to time and resource limits the primary author (LM) screened the titles and
403 abstracts, and excluded any irrelevant articles and only a sample (10%) of the studies were
404 checked by one other reviewer (AM). As per PROSPERO protocol, when there were
405 discrepancies in the inclusion or exclusion criteria discussion took place until an agreement
406 was made.

407 Of the studies reviewed, two were prospective, and five were cross-sectional in
408 design, as such any associations found here are not of a causal inference, and the possibility
409 of bi-directional associations in the cross sectional studies cannot be ruled out. It should also
410 be noted that the reported significant associations between SB and BMD, do not necessarily
411 translate to clinically important associations and thus caution should be applied when
412 interpreting these for such use. The generalisability of the results from this study should also
413 be considered in light to the moderate quality of the studies included in the review, and the
414 low numbers of participants in the subgroup (gender specific) analysis. In addition only
415 healthy adults were assessed (clinical population were excluded from this review), therefore

416 there was no analysis on different populations and different health status in older adults. This
417 included omitting the analysis of those who were deemed as ‘frail’ [32].

418 Likewise, the role of body weight as a confounder was not analysed in detail as part
419 of this review. There is extensive body of findings suggesting that a higher body weight or
420 body mass index can be associated with higher BMD [42, 43, 44] and reduced fracture risk
421 [45]. These associations are probably attributable to the accentuated mechanical loading on
422 the skeleton due to the increase in body mass although the exact mechanism is still not fully
423 understood [46]. Indeed future studies should interpret data in the context of a number of
424 confounders (including body weight and/or BMI) but also comorbidities, which are common
425 in this older population and can induce sedentary behaviour.

426 There were various anatomical sites assessed using DXA and various methods of monitoring
427 objectively and subjectively SB (different accelerometer types and questionnaires); in the
428 absence of standardised assessments what may be concluded from the findings of the studies
429 is limited. Although BMD measurement remains the most useful diagnostic tool for
430 identifying patients with osteoporosis other technologies (e.g. ultra-high-resolution peripheral
431 QCT, and 3D magnetic resonance imaging [MRI]) could noninvasively assess bone cross-
432 sectional geometry and trabecular architecture. The combination of these, as well the
433 assessment of number of fractures, may provide a more comprehensive picture of bone
434 strength/health, compared with 2-dimensional BMD measurements in future studies. In
435 addition this review included studies that used different densitometers to assess BMD, which
436 is inevitably a limitation due to the well-established inherent measurement differences between
437 scanners. In order to make progress in this field, we need well-designed longitudinal studies
438 in this age group, with objective measures of SB and PA, and assessment of bone outcomes
439 beyond just DXA.

440 **Conclusion**

441 This systematic review aimed to determine the associations between SB and BMD in
442 healthy older adults (mean age \geq 65 years). In conclusion, the research suggests there are
443 gender difference in the associations of SB with BMD, with SB seemingly positive
444 association on BMD in older women, but having a negative or no association in older men.
445 However, there were only seven studies included in the review, with men being assessed in
446 five of those studies, thus limiting the conclusions that can be drawn and thus these gender
447 specific results should be treated with caution though due to the inherited issues with the
448 relative small numbers of participants in subgroup analyses In order to better understand the
449 associations of SB on BMD in older adults, there is a particular need to examine variations in
450 patterns of sedentary time, using objective measures, including sit-stand transitions and how
451 these might vary between men and women.

452

453 **References**

- 454 1. Tremblay MS et al (2017) Sedentary Behavior Research Network (SBRN) –
455 Terminology Consensus Project process and outcome. *Int J Behav Nutr Phys Act*
456 14:75-91.
- 457 2. Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N (2010) Physiological and
458 health implications of a sedentary lifestyle. *Appl Physiol Nutr Metab* 35:725-740.
- 459 3. Biswas A, Oh PI, Faulkner GE et al (2015) Sedentary time and its association with
460 risk for disease incidence, mortality, and hospitalization in adults: a systematic review
461 and meta-analysis. *Ann Intern Med* 162:123-132.
- 462 4. Chrysant SG, Chrysant GS (2015) The cardiovascular consequences of excess sitting
463 time. *J Clin Hypertens* 17:528-531.

- 464 5. Hu FB, Li TY, Colditz GA, Willett WC, Manson JE (2003) Television watching and
465 other sedentary behaviours in relation to risk of obesity and type 2 diabetes mellitus in
466 women. *J Am Med Assoc* 289:1785-1791.
- 467 6. Falck RS, Davis JC, Liu-Ambrose T (2017) What is the association between
468 sedentary behaviour and cognitive function? A systematic review. *Br J Sports Med*
469 51:800-811.
- 470 7. Chastin SFM, Schwarz U, Skelton DA (2013) Development of a consensus taxonomy
471 of sedentary behaviors (SIT): Report of Delphi Round 1. *Plos One* 8:e82313.
- 472 8. Copeland J, et al (2017) Sedentary time in older adults: a critical review of
473 measurement, associations with health, and interventions. *Br J Sports Med* 51:1539-
474 1539.
- 475 9. Harvey JA, Chastin SFM, Skelton DA (2013) Prevalence of sedentary behavior in
476 older adults: A systematic review. *Int J Environ Res Public Health* 10:6645-6661.
- 477 10. Harvey JA, Chastin SF, Skelton DA (2015) How sedentary are older people? A
478 systematic review of the amount of sedentary behavior. *J Aging Phys Act* 23:471-87.
- 479 11. Bonjour JP, Chevalley T, Ferrari S, Rizzoli R (2009) The importance and relevance of
480 peak bone mass in the prevalence of osteoporosis. *Salud Publica Mex* 51:S5-S17.
- 481 12. Demontiero O, Vidal C, Duque G (2012) Aging and bone loss: new insights for the
482 clinician. *Ther Adv Musculoskel* 4:61-76.
- 483 13. Abrahamsen B, Brask-Lindemann D, Rubin KH, Schwarz P (2014) A review of
484 lifestyle, smoking and other modifiable risk factors for osteoporotic fractures. *Bone*
485 *Key Rep* 3:574-580.
- 486 14. National Osteoporosis Society (2018) Strong, Steady and Straight: An expert
487 consensus statement on physical activity and exercise for Osteoporosis.
488 <https://www.bgs.org.uk/sites/default/files/content/attachment/2019-02->

- 489 [20/FINAL%20Consensus%20Statement_Strong%20Steady%20and%20Straight_DE](#)
490 [C18.pdf](#) Accessed 21 May 2020.
- 491 15. van Staa TP, Dennison EM, Leufkens HGM, Cooper C (2001) Epidemiology of
492 fractures in England and Wales. *Bone* 29:517-522.
- 493 16. Svedbom A, Hernlund E, Ivergard M, et al (2013) Osteoporosis in the European
494 Union: a compendium of country-specific reports. *Arch Osteoporos* 8:137-355.
- 495 17. Leal J, Gray AM, Prieto-Alhambra D, et al (2016) Impact of hip fracture on hospital
496 care costs: a population-based study. *Osteoporos Int* 27:549-558.
- 497 18. Kohrt WM, Barry DW, Schwartz RS (2009) Muscle forces or gravity: What
498 predominates mechanical loading on bone? *Med Sci Sports Exerc* 41: 2050–2055.
- 499 19. LeBlanc AD, Spector ER, Evans HJ, Sibonga JD (2007) Skeletal responses to space
500 flight and bed rest: A review. *J Musculoskelet Neuronal Interact* 7:33-47.
- 501 20. Keodijk JB, van Rijswijk J, Oranje, WA, et al (2017) Sedentary behaviour and bone
502 health in children, adolescents and young adults: a systematic review. *Osteoporos Int*
503 28:2507–2519.
- 504 21. Vaitkeviciute D, Latt E, Maestu J, Jurimae T, Saar M, Purge P, Maasalu K, Jurimae J
505 (2014) Physical activity and bone mineral accrual in boys with different body mass
506 parameters during puberty: a longitudinal study. *PLoS One* 9:e107759
- 507 22. Naganathan V, Sambrook P (2003) Gender differences in volumetric bone density: a
508 study of opposite-sex twins. *Osteoporos Int* 14:564–569.
- 509 23. Chastin S, Mandrichenko O, Helbostadt, J, Skelton DA (2014) Associations between
510 objectively-measured sedentary behaviour and physical activity with bone mineral
511 density in adults and older adults, the NHANES study. *Bone*, 64:254-262.

- 512 24. Liberati A, Altman DG, Tetzlaff J, et al (2009) The PRISMA statement for reporting
513 systematic reviews and meta-analyses of studies that evaluate health care
514 interventions: Explanation and elaboration. *BMJ* 339:b2700.
- 515 25. Moher D, Liberati A, Tetzlaff, J Altman, DG, Grp P (2009) Preferred Reporting Items
516 for Systematic Reviews and Meta-Analyses: The PRISMA Statement. *BMJ*
517 339:b2535.
- 518 26. National Institutes of Health National Heart, Lung and Blood Institute (n.d.) Study
519 quality assessment tools. [https://www.nhlbi.nih.gov/health-topics/study-quality-](https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools)
520 [assessment-tools](https://www.nhlbi.nih.gov/health-topics/study-quality-assessment-tools). Accessed 30 September 2019.
- 521 27. Braun SI, Kim Y, Jetton AE, Kang M, Morgan DW (2015) Prediction of bone mineral
522 density and content from measures of physical activity and sedentary behaviour in
523 younger and older females. *Prev Med Rep* 2:300-305.
- 524 28. McMillan LB, Aitken D, Ebeling P, Jones G, Scott D (2018) The relationship
525 between objectively assessed physical activity and bone health in older adults differs
526 by sex and mediated by lean mass. *Osteoporosis Int* 29:1379-1388.
- 527 29. Nguyen TV, Sambrook PN, Eisman JA (1998) Bone loss, physical activity, and
528 weight change in elderly women: The Dubbo osteoporosis epidemiology study. *J*
529 *Bone Miner Res* 13:1458-1467.
- 530 30. Onambele-Pearson G, Wullems J, Doody C, Ryan D, Morse C, Degens H (2019)
531 Influence of habitual physical behavior – sleeping, sedentarism, physical activity – on
532 bone health in community-dwelling older people. *Front Physiol* 10:1-15.
- 533 31. Rodriguez-Gomez I, Manas A, Losa-Reyna J et al (2018) Associations between
534 sedentary time, physical activity and bone health among older people using
535 compositional data analysis. *Plos One* 13:1-17.

- 536 32. Rodriguez-Gomez I, Manas A, Losa-Reyna J et al (2019) The impact of movement
537 behaviours on bone health in elderly with adequate nutritional status: Compositional
538 data analysis depending on frailty status. *Nutr* 11:582-594.
- 539 33. Fried LP, Tangen CM, Walston J et al (2001) Frailty in older adults: Evidence for a
540 phenotype. *J Gerontol Ser A Med Sci* 56: M146–M156.
- 541 34. Braun SI, Kim Y, Jetton AE, Kang M, Morgan DW (2017) Sedentary behaviour,
542 physical activity, and bone health in postmenopausal women. *J Aging Phys Activ*
543 25:173-181.
- 544 35. Harvey JA, Chastin SFM, Skelton DA (2018) Breaking sedentary behaviour has the
545 potential to increase / maintain function in frail older adults. *J Frailty Sarcop Falls*
546 4:26-34.
- 547 36. Aunger, JA, Greaves, CJ, Davis, ET, Asamane, EA, Whittaker, AC, Greig, CA (2020)
548 A novel behavioural INTERvention to REduce Sitting Time in older adults undergoing
549 orthopaedic surgery (INTEREST): results of a randomised-controlled feasibility
550 study. *Aging Clin Exp Res*. <https://doi.org/10.1007/s40520-020-01475-6>.
- 551 37. Shephard RJ (2003) Limits to the measurement of habitual physical activity by
552 questionnaires. *Br J Sport Med* 37:197-206.
- 553 38. Chastin SFM, Dontje ML, Skelton DA, Čukić I, Shaw RJ, Gill JMR, Greig CA, Gale
554 CR, Deary IJ, Der G, Dall PM (2018) Systematic comparative validation of self-
555 report measures of sedentary time against an objective measure of postural sitting
556 (activPAL). *Int J Behav Nutr Phys Act* 15:21-32.
- 557 39. Strain T, Milton K, Dall P, Standage M, Mutrie N (2019) How are we measuring
558 physical activity and sedentary behaviour in the four home nations of the UK? A
559 narrative review of current surveillance measures and future directions. *Br J Sports*
560 *Med* 0:1-9.

- 561 40. Kim SJ, Yang WG, Cho E, Park EC (2012) Relationship between weight, body mass
562 index and bone mineral density of lumbar spine in women. *J Bone Metab* 19:95-102.
- 563 41. Felson DT, Zhang Y, Hannan MT, Anderson JJ (1993) Effects of weight and body
564 mass index on bone mineral density in men and women: the Framingham study. *J*
565 *Bone Miner Res* 8:567-573.
- 566 42. Reid IR (2002) Relationships among body mass, its components, and bone. *Bone*
567 31:547-555.
- 568 43. Nielson CM, Srikanth P, Orwoll ES (2012) Obesity and fracture in men and women:
569 an epidemiologic perspective. *J Bone Miner Res* 27:1-10.
- 570 44. Iwaniec UT, Turner RT (2016) Influence of body weight on bone mass, architecture,
571 and turnover. *J Endocrinol* 230:R115–R130.

Supplementary File 1 Bibliography of Full Text Articles Excluded

Title: Sedentary behaviour and bone health in older adults: a systematic review

Authors: Lauren McMichan*, Michael Dick, Dawn A. Skelton, Sebastien F.M. Chastin, Neville Owen, David W. Dunstan, William D. Fraser, Jonathan C.Y. Tang, Carolyn A. Greig, Sandra Agyapong-Badu, Alexandra Mavroeidi*.

*Affiliation: Department of Physical Activity for Health, School of Psychological Sciences and Health, University of Strathclyde, Glasgow, United Kingdom

* Email Address: lauren.mcmichan@strath.ac.uk / alexandra.mavroeidi@strath.ac.uk

1. Abobului M, Berghea F, Vlad V, Balanescu A, Opris D, Bojinca V, Kosevoi Tichie A, Predeteanu D, Ionescu R (2015) Evaluation of adherence to anti-osteoporosis treatment from the socio-economic context. *J Med Life* 8 Spec Issue:119-123
2. Adami S, Maugeri D, Toscano V, Topa G, Carminiti M, Brancati A, Massarotti M, Osella G, Malavolta N, Iolascon G, Cagnoni C, Camozzi V, Corradini C, Nardi A, Migliaccio S, Olivieri FM, Resmini G, Valle D, Tauchmanova L, Silvestri S, Isso Study Group I (2011) Baseline characteristics of the population enrolled in the Italian Observational Study on Severe Osteoporosis (ISSO). *Clin Exp Rheumatol* 29 (3):477-484
3. Aggio D, Papachristou E, Papacosta O, Lennon LT, Ash S, Whincup PH, Wannamethee SG, Jefferis BJ (2019) Twenty-Year Trajectories of Physical Activity Types from Midlife to Old Age. *Med Sci Sports Exerc* 51 (3):481-489.
doi:10.1249/MSS.0000000000001802
4. Aguado Henche S, Rodriguez Torres R, Clemente de Arriba C, Gomez Pellico L (2008) Total and regional bone mineral content in healthy Spanish subjects by dual-energy X-ray absorptiometry. *Skeletal Radiol* 37 (11):1025-1032. doi:10.1007/s00256-008-0519-3
5. Aguirre L, Napoli N, Waters D, Qualls C, Villareal DT, Armamento-Villareal R (2014) Increasing adiposity is associated with higher adipokine levels and lower bone mineral density in obese older adults. *J Clin Endocrinol Metab* 99 (9):3290-3297.
doi:10.1210/jc.2013-3200
6. Al Senany S, Al Saif A (2015) Assessment of physical health status and quality of life among Saudi older adults. *Journal of Physical Therapy Science* 27 (6):1691–1695

7. Andreoli A, Celi M, Volpe SL, Sorge R, Tarantino U (2012) Long-term effect of exercise on bone mineral density and body composition in post-menopausal ex-elite athletes: a retrospective study. *Eur J Clin Nutr* 66 (1):69-74. doi:10.1038/ejcn.2011.104
8. Armamento-Villareal R, Aguirre L, Napoli N, Shah K, Hilton T, Sinacore DR, Qualls C, Villareal DT (2014) Changes in thigh muscle volume predict bone mineral density response to lifestyle therapy in frail, obese older adults. *Osteoporos Int* 25 (2):551-558. doi:10.1007/s00198-013-2450-2
9. Asikainen TM, Suni JH, Pasanen ME, Oja P, Rinne MB, Miilunpalo SI, Nygard CH, Vuori IM (2006) Effect of brisk walking in 1 or 2 daily bouts and moderate resistance training on lower-extremity muscle strength, balance, and walking performance in women who recently went through menopause: a randomized, controlled trial. *Phys Ther* 86 (7):912-923
10. Aspray TJ, Prentice A, Cole TJ (1995) The bone mineral content of weight-bearing bones is influenced by the ratio of sitting to standing height in elderly Gambian women. *Bone* 17 (3):261-263. doi:10.1016/8756-3282(95)00216-z
11. Bakhireva LN, Barrett-Connor E, Kritiz-Silverstein D, Morton DJ (2004) Modifiable predictors of bone loss in older men: a prospective study. *Am J Prev Med* 26 (5):436-442. doi:10.1016/j.amepre.2004.02.013
12. Balboa-Castillo T, Leon-Munoz LM, Graciani A, Rodriguez-Artalejo F, Guallar-Castillon P (2011) Longitudinal association of physical activity and sedentary behavior during leisure time with health-related quality of life in community-dwelling older adults. *Health Qual Life Outcomes* 9:47. doi:10.1186/1477-7525-9-47
13. Bayramoglu M, Sozay S, Karatas M, Kilinc S (2005) Relationships between muscle strength and bone mineral density of three body regions in sedentary postmenopausal women. *Rheumatol Int* 25 (7):513-517. doi:10.1007/s00296-004-0475-8

14. Belavy DL, Beller G, Armbrecht G, Perschel FH, Fitzner R, Bock O, Borst H, Degner C, Gast U, Felsenberg D (2011) Evidence for an additional effect of whole-body vibration above resistive exercise alone in preventing bone loss during prolonged bed rest. *Osteoporos Int* 22 (5):1581-1591. doi:10.1007/s00198-010-1371-6
15. Berg HE, Eiken O, Miklavcic L, Mekjavic IB (2007) Hip, thigh and calf muscle atrophy and bone loss after 5-week bedrest inactivity. *Eur J Appl Physiol* 99 (3):283-289. doi:10.1007/s00421-006-0346-y
16. Berkemeyer S, Schumacher J, Thiem U, Pientka L (2009) Bone T-scores and functional status: a cross-sectional study on German elderly. *PLoS One* 4 (12):e8216. doi:10.1371/journal.pone.0008216
17. Blain H, Jaussent A, Thomas E, Micallef JP, Dupuy AM, Bernard P, Mariano-Goulart D, Cristol JP, Sultan C, Rossi M, Picot MC (2009) Low Sit-to-Stand Performance is Associated with Low Femoral Neck Bone Mineral Density in Healthy Women. *Calcified Tissue International* 84 (4):266-275
18. Booth FW, Laye MJ, Roberts MD (2011) Lifetime sedentary living accelerates some aspects of secondary aging. *J Appl Physiol* (1985) 111 (5):1497-1504. doi:10.1152/jappphysiol.00420.2011
19. Braun SI, Kim Y, Jetton AE, Kang M, Morgan DW (2017) Sedentary Behavior, Physical Activity, and Bone Health in Postmenopausal Women. *J Aging Phys Act* 25 (2):173-181. doi:10.1123/japa.2016-0046
20. Brecher LS, Pomerantz SC, Snyder BA, Janora DM, Klotzbach-Shimomura KM, Cavalieri TA (2002) Osteoporosis prevention project: a model multidisciplinary educational intervention. *J Am Osteopath Assoc* 102 (6):327-335
21. Buttros Dde A, Nahas-Neto J, Nahas EA, Cangussu LM, Barral AB, Kawakami MS (2011) [Risk factors for osteoporosis in postmenopausal women from southeast

Brazilian]. *Rev Bras Ginecol Obstet* 33 (6):295-302. doi:10.1590/s0100-72032011000600006

22. Calderon-Garcia JF, Lavado-Garcia JM, Martin RR, Moran JM, Canal-Macias ML, Pedrera-Zamorano JD (2013) Bone ultrasound and physical activity in postmenopausal Spanish women. *Biol Res Nurs* 15 (4):416-421. doi:10.1177/1099800412459800
23. Cavalli L, Guazzini A, Cianferotti L, Parri S, Cavalli T, Metozzi A, Giusti F, Fossi C, Black DM, Brandi ML (2016) Prevalence of osteoporosis in the Italian population and main risk factors: results of BoneTour Campaign. *BMC Musculoskelet Disord* 17 (1):396. doi:10.1186/s12891-016-1248-8
24. Chen PH, Lin MS, Huang TJ, Chen MY (2017) Prevalence of and factors associated with adopting bone health promoting behaviours among people with osteoporosis in Taiwan: a cross-sectional study. *BMJ Open* 7 (9):e015980. doi:10.1136/bmjopen-2017-015980
25. Chirchir H, Ruff CB, Junno JA, Potts R (2017) Low trabecular bone density in recent sedentary modern humans. *Am J Phys Anthropol* 162 (3):550-560. doi:10.1002/ajpa.23138
26. Cosman F (2005) The prevention and treatment of osteoporosis: a review. *MedGenMed* 7 (2):73
27. Dallanezi G, Freire BF, Nahas EA, Nahas-Neto J, Corrente JE, Mazeto GM (2016) Physical Activity Level of Post-menopausal Women with Low Bone Mineral Density. *Rev Bras Ginecol Obstet* 38 (5):225-230. doi:10.1055/s-0036-1583757
28. Daly RM, Ahlborg HG, Ringsberg K, Gardsell P, Sernbo I, Karlsson MK (2008) Association between changes in habitual physical activity and changes in bone

- density, muscle strength, and functional performance in elderly men and women. *J Am Geriatr Soc* 56 (12):2252-2260. doi:10.1111/j.1532-5415.2008.02039.x
29. Eisman J, Clapham S, Kehoe L, Australian BoneCare S (2004) Osteoporosis prevalence and levels of treatment in primary care: the Australian BoneCare Study. *J Bone Miner Res* 19 (12):1969-1975. doi:10.1359/JBMR.040905
30. Gauthier P, Laflamme L, Deshaies P, Picard D (1992) The relationship of physical activity to bone mineral content in postmenopausal women. *Arch Gerontol Geriatr* 15 Suppl 1:173-183. doi:10.1016/s0167-4943(05)80017-2
31. Gerdhem P, Dencker M, Ringsberg K, Akesson K (2008) Accelerometer-measured daily physical activity among octogenarians: results and associations to other indices of physical performance and bone density. *Eur J Appl Physiol* 102(2):173–180
32. Hansen MA (1994) Assessment of age and risk factors on bone density and bone turnover in healthy premenopausal women. *Osteoporos Int* 4 (3):123-128. doi:10.1007/BF01623056
33. Hansen MA, Overgaard K, Riis BJ, Christiansen C (1991) Potential risk factors for development of postmenopausal osteoporosis--examined over a 12-year period. *Osteoporos Int* 1 (2):95-102. doi:10.1007/BF01880450
34. Hunter DJ, Sambrook PN (2000) Bone loss. *Epidemiology of bone loss. Arthritis Res* 2 (6):441-445. doi:10.1186/ar125
35. Jessup JV, Horne C, Vishen RK, Wheeler D (2003) Effects of exercise on bone density, balance, and self-efficacy in older women. *Biol Res Nurs* 4 (3):171-180. doi:10.1177/1099800402239628
36. Lindsey C, Brownbill RA, Bohannon RA, Ilich JZ (2005) Association of physical performance measures with bone mineral density in postmenopausal women. *Arch Phys Med Rehabil* 86 (6):1102-1107. doi:10.1016/j.apmr.2004.09.028

37. Maatta M, Terho E, Jokinen H, Pulkkinen P, Korpelainen J, Heikkinen J, Keinanen-Kiukaanniemi S, Jamsa T, Korpelainen R (2012) Lifestyle factors and site-specific risk of hip fracture in community dwelling older women--a 13-year prospective population-based cohort study. *BMC Musculoskelet Disord* 13:173.
doi:10.1186/1471-2474-13-173
38. McMillan LB, Aitken D, Ebeling P, Jones G, Scott D (2018) The relationship between objectively-assessed physical activity and bone mineral density in older adults differs by sex and is mediated by body weight. *Clinical Endocrinology* 89:52-52.
doi:10.1007/s00198-018-4446-4
39. Nitz JC, Stock L, Khan A (2013) Health-related predictors of falls and fractures in women over 40. *Osteoporos Int* 24 (2):613-621. doi:10.1007/s00198-012-2004-z
40. Oyster N, Morton M, Linnell S (1984) Physical activity and osteoporosis in postmenopausal women. *Med Sci Sports Exerc* 16 (1):44-50
41. Prior JC, Drayton B, Pedisic Z, Berger C, Goltzman D, Bauman A (2016) Is sitting time (sedentary behaviour) associated with bone mineral density? Results from the CaMos population based cohort. *Journal of Bone and Mineral Research Conference*
42. Sanfelix-Genoves J, Sanfelix-Gimeno G, Peiro S, Hurtado I, Fluixa C, Fuertes A, Campos JC, Giner V, Baixauli C (2013) Prevalence of osteoporotic fracture risk factors and antiosteoporotic treatments in the Valencia region, Spain. The baseline characteristics of the ESOSVAL cohort. *Osteoporos Int* 24 (3):1045-1055. doi:10.1007/s00198-012-2018-6
43. Sayed SA, Khaliq A, Mahmood A (2016) Evaluating The Risk Of Osteoporosis Through Bone Mass Density. *J Ayub Med Coll Abbottabad* 28 (4):730-733

44. Shokrollahi P, Rivaz M, Robotjaze M (2008) Prevalence of Risk Factors of Osteoporosis in Post-menopausal Women in Shiraz, Southern Iran. *Iranian Red Crescent Medical Journal* 10 (3):190-193.
45. Suominen H, Heikkinen E, Vainio P, Lahtinen T (1984) Mineral density of calcaneus in men at different ages: a population study with special reference to life-style factors. *Age Ageing* 13 (5):273-281. doi:10.1093/ageing/13.5.273
46. Tariq S, Lone KP, Tariq S (2016) Comparison of parameters of bone profile and homocysteine in physically active and non-active postmenopausal females. *Pak J Med Sci* 32 (5):1263-1267. doi:10.12669/pjms.325.10655
47. Turner LW, Leaver-Dunn D, Dibrezzo R, Fort I (1998) Physical activity and osteoporotic fracture among older women. *J Athl Train* 33 (3):207-210
48. Van Holle V, McNaughton SA, Teychenne M, Timperio A, Van Dyck D, De Bourdeaudhuij I, Salmon J (2014) Social and physical environmental correlates of adults' weekend sitting time and moderating effects of retirement status and physical health. *Int J Environ Res Public Health* 11 (9):9790-9810. doi:10.3390/ijerph110909790
49. Ye S, Song A, Yang M, Ma X, Fu X, Zhu S (2014) Duration of television viewing and bone mineral density in Chinese women. *J Bone Miner Metab* 32 (3):324-330. doi:10.1007/s00774-013-0504-3