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The Combined Association of Leisure-time Physical Activity and Vegetable Consumption with The Risk of Depression

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This study investigates the relationship between physical activity, fruit and vegetable intake, and depression risk among middle-aged and older adults in Taiwan. Data from the 1999 to 2015 Taiwan Longitudinal Survey on Aging were analyzed, including 4,400 participants aged 53 years and above in 1999. Descriptive statistics outlined participant characteristics, while a chi-square test examined associations between various factors and depression incidence. Logistic regression analysis identified significant links between physical activity, fruit and vegetable intake, and depression over 16 years. Results show that combined high physical activity and fruit-vegetable intake reduced depression risk by 80%, while high physical activity with moderate or low fruit-vegetable intake led to a 70% reduction. High fruit and vegetable intake with low physical activity resulted in a 65% reduction in depression risk compared to low physical activity with low fruit and vegetable intake. High physical activity alone also led to a 40% reduction, similar to high fruit and vegetable intake alone. Overall, the findings suggest a negative correlation between fruit and vegetable intake combined with physical activity and depression risk, emphasizing the importance of these lifestyle factors in preventing [depression](#) among middle-aged and older adults

Biography

Professor Wang Bing-Long, Ph.D., MBA, MHA, FACHE, is a Fellow of America Academy of Healthcare Executives and a Distinguished Professor of the School of Health Policy and Management at Peking Union Medical College (PUMC). His major areas of research include healthcare management and leadership. Dr. Wang earned a Ph.D. in Healthcare Management from Virginia Commonwealth University, USA, and Leadership training programs from Harvard and Oxford Universities. Prior to joining PUMC, he taught at St. Louis University, Virginia Commonwealth University, and Macau University Science and Technology, and he had outstanding teaching and research awards in the US Universities. Dr. Wang has published over 70 articles in the Scientific Reports, Journal of Healthcare Management, International Journal of Public Policy, and other academic journals. He has served as chairman and a keynote speaker at influential healthcare forums and conferences worldwide in over 15 countries. His research has been covered extensively by major US, Austria, Macau, and China news media.

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