

# Physical Activity and Function in Older Adults: Theory of Planned Behavior

Kimberlee A. Gretebeck, PhD, RN; David R. Black, PhD, MPH, FAAHB  
Carolyn L. Blue, PhD, RN, CHES; Lawrence T. Glickman, VMD, DrPH  
Sally A. Huston, PhD, RPh; Randall J. Gretebeck, PhD, RD

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**Objective:** To assess the theory of planned behavior (TPB) and TPB with functional ability to explain intention and self-reported physical activity (PA) behavior of older adults. **Methods:** A survey was mailed to 2056 retirees from a large Midwestern university. **Results:** Structural equation modeling revealed that the TPB plus functional ability explained an additional 11% variance than the

TPB alone in older adult PA and functional ability was the best predictor of PA ( $\beta = .53$ ,  $P < .05$ ). **Conclusions:** Functional ability appears to be an important predictor of PA behavior and should be included when designing PA programs for older adults.

**Key words:** physical activity, functional ability, older adults, theory of planned behavior

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