LEISURE TIME PHYSICAL ACTIVITY REDUCES CARDIOVASCULAR MORBIDITY AND MORTALITY AMONG OLDER ADULTS

THE NATIONAL FINRISK STUDY

Riitta Antikainen. Professor in geriatric medicine University of Oulu, Oulu, Finland
Noël C. Barengo, Herbert Wertheim College of Medicine, Florida internationala University, Miami, USA
Katja Borodulin, Kennet Harald and Pekka Jousilahti. National Institute for Health and Welfare (THL), Helsinki, Finland
Declaration of Interest

- I have nothing to declare
INTRODUCTION

• Is leisure time physical activity associated with CVD morbidity and mortality in older adults?
Methods

• In 1997, 2002 and 2007, the FINRISK Study included older adults aged 65-74 years in Finland. Total sample was 5000, participation rate was 67%

• Self-administrated questionnaire, clinical and laboratory measurements

• People with self-reported acute coronary heart disease or stroke event, heart failure, cancer at baseline and people with missing variables were excluded

• median FU 11.8 years
Classification of activity

- Low (N=471): reading, watching TV or working in the household without much physical activity.

- Moderate (N=1597): walking, cycling or practicing some other form of light exercise (fishing, gardening and hunting) at least four hours per week.

- High (N=388): participation in recreational sports (for example running, jogging, skiing, gymnastics, swimming, ball-games or heavy gardening) or in intense training or sports competitions for at least three hours a week.
Hazard ratios (N=2456) by self-reported exercise level
Low N=475, Moderate N=1597, High N=388
(adjusted for age, gender, year, BMI, cholesterol, SBP, smoking, education, marital status)

P<0.001 for trend

Cardiovascular morbidity

Cardiovascular mortality

P=0.002 for trend

Low
Moderate
High

0.69
0.55
0.46
0.34

ESC CONGRESS 2016
#esccongress
www.escardio.org/ESC2016