

Higher physical activity levels are associated with lower prevalence of cardiovascular risk factors in Chile [Un mayor nivel de actividad física se asocia a una menor prevalencia de factores de riesgo cardiovascular en Chile: Resultados de la encuesta nacional de salud 2009-2010]

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Background: Little is known about the relationship between physical activity (PA) and cardiovascular risk factors in the Chilean population. **Aim:** To investigate the association between different levels and intensities of PA and the prevalence of cardiovascular (CV) risk factors in Chilean adults.

Material and Methods: Data from the National Health Survey 2009-10 including 5157 participants, provided by the Epidemiology Department of the Ministry of Health, was analyzed in this study. The prevalence of type 2 diabetes mellitus, hypertension, metabolic syndrome and dyslipidemia were determined using international criteria. PA levels were determined using the Global Physical Activity Questionnaire (GPAQ v2) and different levels of PA were derived from it (transport-related, moderate and vigorous PA). Quartiles of PA were determined to investigate the association between

PA and cardiovascular risk factors. Results: Twenty three percent of women and 17.1% of men did not meet the PA recommendation (≥ 600 METs.min.week⁻¹). When prevalence of CV risk factors were compared between inactive individuals (< 600 METs.min.week⁻¹) and active individuals (≥ 9500 METs.min.week⁻¹) a significantly lower prevalence of diabetes mellitus (6.2% and 10%), hypertension (18.0% and 12.4%) and metabolic syndrome (8.9% and 12.1%) for women and men, respectively, was found in the active participants. Similar results were found for high versus low transport-related PA. Conclusions: Increasing levels of PA are associated with a significantly lower frequency of cardiovascular risk factors in Chilean adults. © 2015, Sociedad Medica de Santiago. All rights reserved.

Cardiovascular diseases

Motor

Risk factors

cholesterol

high density lipoprotein cholesterol

adult

blood

Cardiovascular Diseases

Chile

female

health survey

human

male

metabolic syndrome X

motor activity

prevalence

questionnaire

risk factor

sedentary lifestyle

sex difference

statistics and numerical data

time factor

Adult

Cardiovascular Diseases

Chile

Cholesterol

Cholesterol, HDL

Female

Health Surveys

Humans

Male

Metabolic Syndrome X

Motor Activity

Prevalence

Risk Factors

Sedentary Lifestyle

Sex Factors

Surveys and Questionnaires

Time Factors