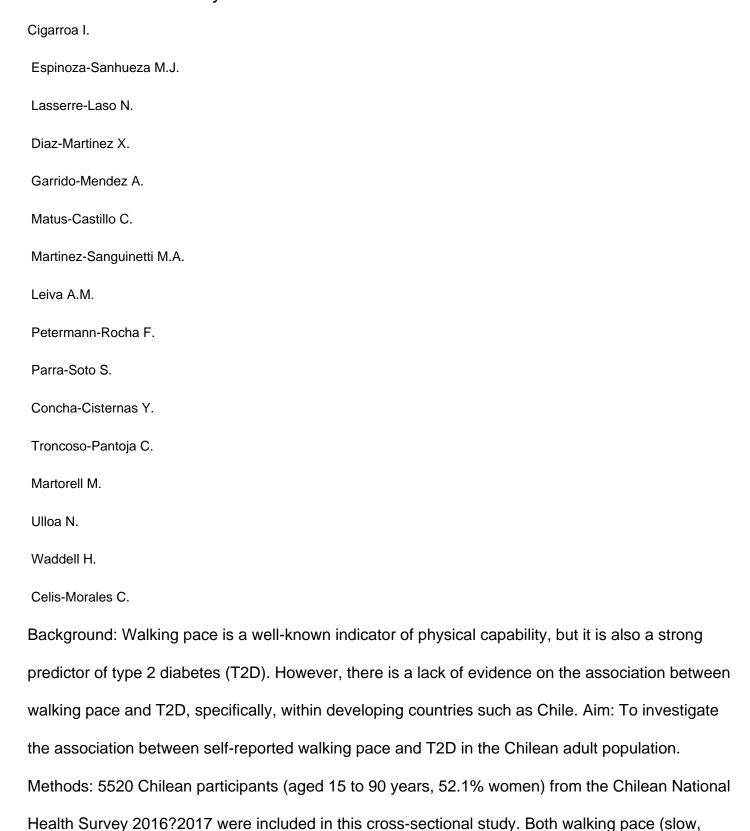
Association between walking pace and diabetes: Findings from the chilean national health survey 2016?2017



average, and brisk) and diabetes data were collected through self-reported methods. Fasting blood

glucose (reported in mg/dl) and glycosylated haemoglobin A (HbA1c) scores were determined via

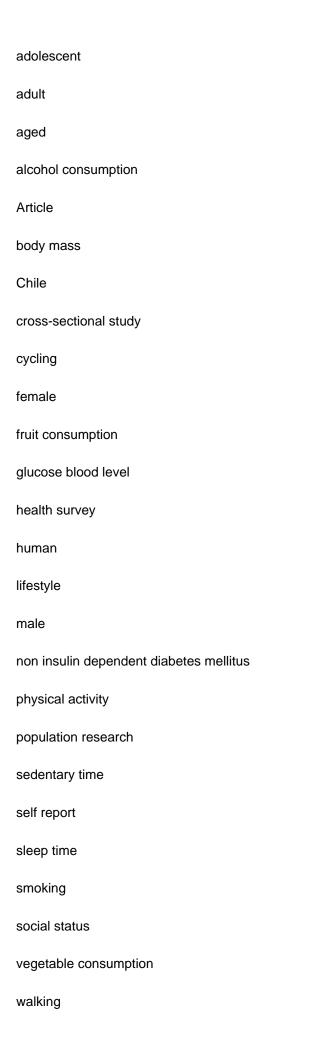
blood exams. Results: In the unadjusted model, and compared to people who reported a slow walking pace, those with average and brisk walking pace had lower blood glucose levels (? = ?7.74 mg/dL (95% CI: ?11.08 to ?4.40) and ? = ?11.05 mg/dL (95% CI: ?14.36 to ?7.75), respectively) and lower HbA1c (? = ?0.34% (95% CI: ?0.57 to ?0.11) and ?= ?0.72% (95% CI: ?0.94 to ?0.49)), respectively. After adjusting for sociodemographic, Body Mass Index and lifestyle factors, the association between glycaemia and HbA1c remained only for brisk walkers. Both the average and brisk walker categories had lower odds of T2D (OR: 0.59 (95% CI: 0.41 to 0.84) and (OR 0.48 (95% CI: 0.30 to 0.79), respectively). Conclusion: Brisk walkers were associated with lower blood glucose and HbA1c levels. Moreover, average to brisk walking pace also showed a lower risk for T2D. © 2020 by the authors. Licensee MDPI, Basel, Switzerland.

Chile (MeSH) Diabetes mellitus Glucose Glycosylated haemoglobin A Health surveys Walking pace biological marker glucose hemoglobin A1c body mass diabetes health survey lifestyle

physical activity

public health

walking



walking speed

Chile