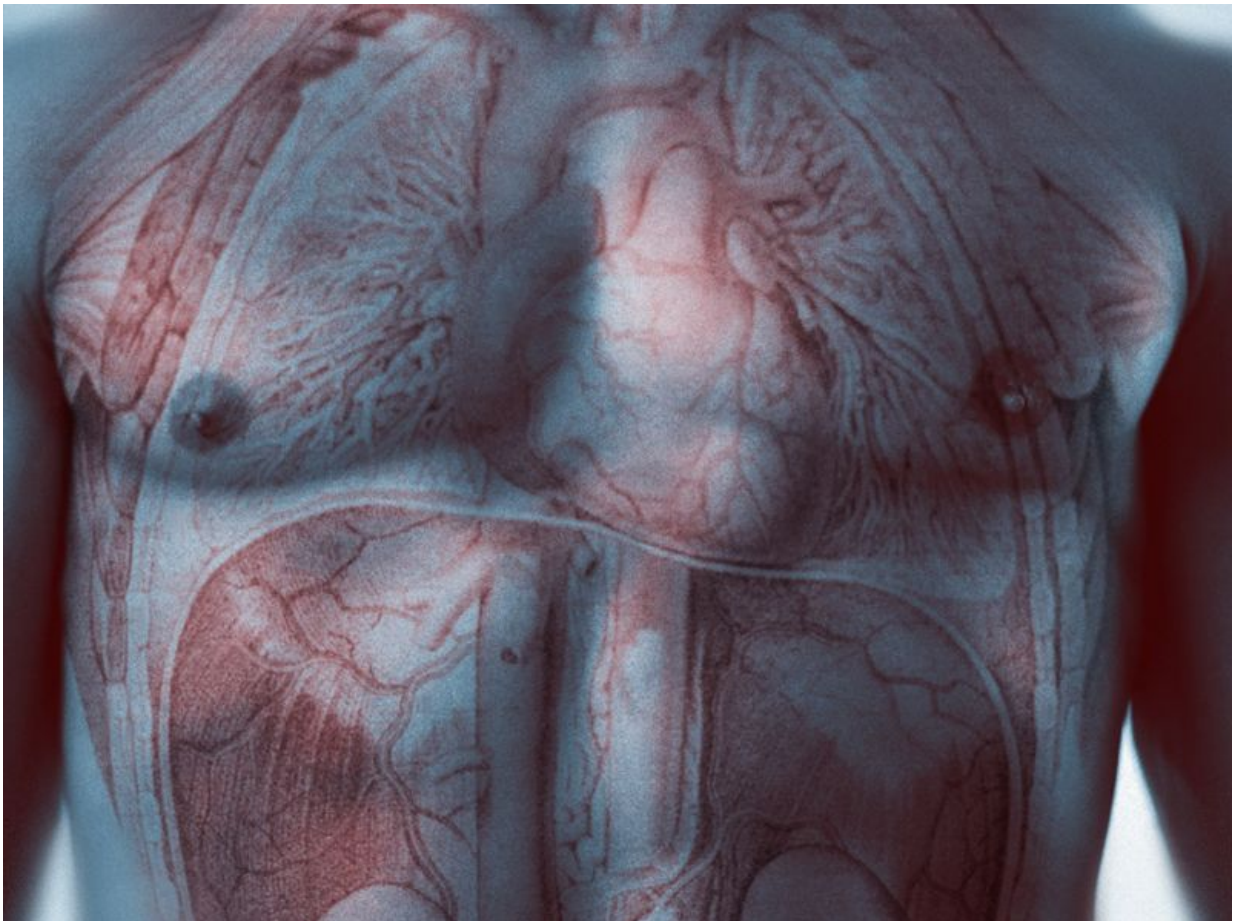


No racial difference in prognostic value of cardiorespiratory fitness

April 18 2016



(HealthDay)—Cardiorespiratory fitness (CRF) predicts all-cause

mortality, with no racial differences in its prognostic value, according to a study published in the May 1 issue of *The American Journal of Cardiology*.

Mouaz H. Al-Mallah, M.D., from the Henry Ford Hospital in Detroit, and colleagues analyzed data from 53,876 patients from the Henry Ford Exercise Testing project without established coronary disease or heart failure who completed a maximal exercise test from 1991 to 2009. Participants were followed for a mean of 11.5 years for all-cause mortality and for a mean of 6.2 years for incident [myocardial infarction](#).

The researchers found that the 16,725 [black patients](#) were younger but had higher prevalence of obesity and hypertension (all P mortality risk was seen with decreasing CRF. In multivariate analysis, CRF predicted both myocardial infarction and mortality; there was no significant interaction for race, fitness, and outcomes (all interaction terms, $P > 0.10$).

"CRF is a strong predictor of all-cause mortality in both white and black patients, with no significant interaction observed between race, fitness, and outcomes," the authors write.

More information: [Abstract](#)
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2016 [HealthDay](#). All rights reserved.

Citation: No racial difference in prognostic value of cardiorespiratory fitness (2016, April 18) retrieved 8 May 2024 from <https://medicalxpress.com/news/2016-04-racial-difference-prognostic-cardiorespiratory.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private

study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.