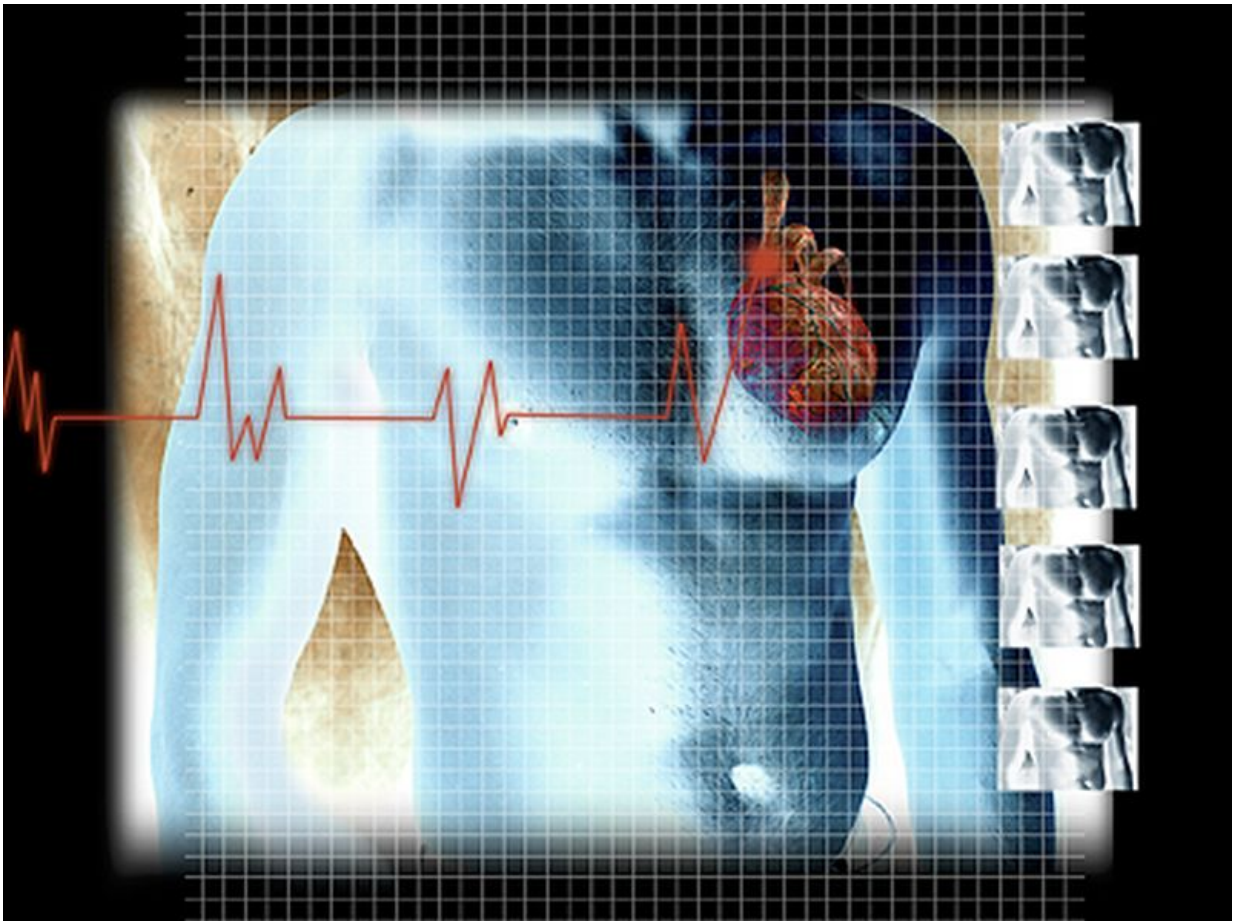


Daily energy expenditure linked to health care utilization

February 6 2017



(HealthDay)—Lower intensity of peak daily energy expenditure

estimated from ambulatory electrocardiographic (ECG) monitoring is associated with increased health care utilization, according to a study published in the Feb. 15 issue of *The American Journal of Cardiology*.

Jason George, M.D., from Beaumont Health in Royal Oak, Mich., and colleagues estimated average and peak daily [energy expenditure](#) in metabolic equivalents (METs) in 843 patients who underwent 24-hour ambulatory ECG monitoring.

The researchers found that the estimated daily average and peak METs were 1.7 ± 0.7 and 5.5 ± 2.1 , respectively, in this cohort. Significantly fewer hospital encounters were seen for patients who achieved daily bouts of peak energy expenditure of ≥ 5 METs, and their median health care costs were nearly 50 percent lower than their counterparts who attained

Citation: Daily energy expenditure linked to health care utilization (2017, February 6) retrieved 26 April 2024 from

<https://medicalxpress.com/news/2017-02-daily-energy-expenditure-linked-health.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.