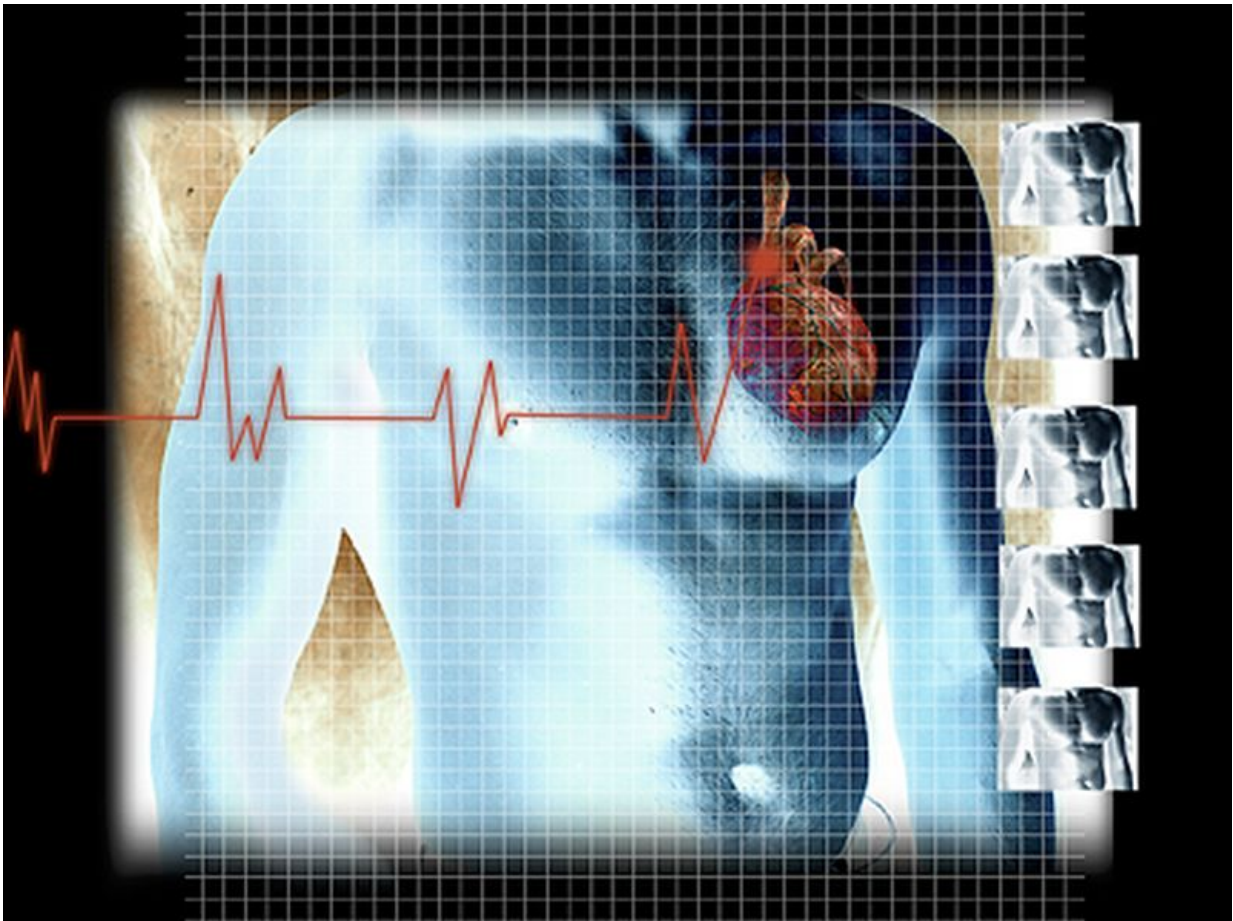


# Daily energy expenditure linked to health care utilization

February 6 2017

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(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  $1.7 \pm 0.7$  and  $5.5 \pm 2.1$ , respectively, in this cohort. Significantly fewer hospital encounters were seen for patients who achieved daily bouts of peak energy expenditure of  $\geq 5$  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 6 May 2024 from <https://medicalxpress.com/news/2017-02-daily-energy-expenditure-linked-health.html>

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