Walking tied to better QoL in those with/at risk for CVD

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(HealthDay)—Walking is associated with improved quality of life (QoL)

among those at risk for or living with cardiovascular disease (CVD), according to a study published in *PLoS One*.

Viviane de Menezes Caceres, from the University of Adelaide in Australia, and colleagues investigated whether physical activity (PA) of different intensity and duration moderates the relationship between CVD and its risk factors (obesity, hypertension, diabetes, dyslipidemia) and QoL in adults participating in the EpiFloripa Cohort Study (Southern Brazil; n = 1,220) and the North West Adelaide Health Study (South Australia; n = 1,661).

The researchers found that participants at risk for or with CVD from both studies had a lower QoL than "healthy" individuals, with a stronger relationship for the physical domain. There was a direct-trend correlation between PA duration and QoL, but the associations were stronger for moderate/vigorous PA (MVPA) in both studies. The magnitude of the association between walking duration and a higher physical QoL was greater among those at risk for or with CVD versus healthy individuals. In Australians with CVD, MVPA was associated with a better physical QoL only when its duration was ≥150 minutes/week. Associations were stronger in the Australian study than in the Brazilian study.

"These findings should be considered in the design of public health interventions designed to increase PA and improve QoL," the authors write.

More information: Abstract/Full Text

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