

Physical activity linked to lower mortality risk in CHD

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(HealthDay)—Physical activity (PA), but not weight loss, is associated

with improved survival in coronary heart disease (CHD), according to a study published in the March 13 issue of the *Journal of the American College of Cardiology*.

Trine Moholdt, Ph.D., from the Norwegian University of Science and Technology in Trondheim, and colleagues studied 3,307 individuals with CHD and examined the hazard ratio (HR) for all-cause and [cardiovascular disease](#) (CVD) mortality, calculated according to changes in [body mass index](#) and PA.

The researchers identified 1,493 deaths during 30 years of follow-up. There was a correlation for [weight](#) loss with increased all-cause mortality (adjusted HR, 1.3; 95 percent confidence interval [CI], 1.12 to 1.5). There was no correlation for weight gain with increased mortality (adjusted HR, 0.97; 95 percent CI, 0.87 to 1.09). Increased risk in association with [weight loss](#) was limited to those who were normal weight at baseline (adjusted HR, 1.38; 95 percent CI, 1.11 to 1.72). Compared with participants who were inactive over time, the risk for all-cause mortality was lower for those who maintained low PA (adjusted HR, 0.81; 95 percent CI, 0.67 to 0.97) or high PA (adjusted HR, 0.64; 95 percent CI, 0.5 to 0.83). Similar associations were seen for CVD mortality.

"Increased attention should be placed on strategies to increase PA in secondary prevention of CHD," the authors write.

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