Physical inactivity as a risk factor for chronic disease

Introduction

The questions in this module measure:

- Physical activity at work
- Physical activity during travelling to and from places
- Recreational physical activity
- Sedentary behavior

Research findings

Some research findings related to physical inactivity are as follows:

- Physical inactivity causes about 1.9 million avoidable deaths per year worldwide.¹
- Physically inactive persons have a 20% to 30% increased risk of all-cause mortality as compared to those who adhere to 30 minutes of moderate intensity physical activity on most days of the week.²
- Globally, physical inactivity accounts for 21.5% of ischemic heart disease, 11% of ischemic stroke, 14% of diabetes, 16% of colon cancer and 10% of breast cancer.³
- Physical inactivity is a major risk factor in promoting obesity, which itself is a risk factor for other chronic diseases.²
- Physical activity may have a protective effect against development of cognitive impairment and dementia, and reduces severity of symptoms among the depressed.⁴,⁵,⁶
- Physical activity is associated with the prevention of osteoporosis and related fractures.²

Reference

5. Stewart R et al. Vascular risk and cognitive impairment in an older,