Reduction in pedometer-determined physical activity in the adult Danish population from 2007 to 2012 - DTU Orbit (02/01/2019)

Reduction in pedometer-determined physical activity in the adult Danish population from 2007 to 2012

Aims: To examine the development in pedometer-determined physical activity from 2007–2008 to 2011–2012 in the adult Danish population. Methods: The study population comprised two random samples of 18–75-year-old individuals who took part in cross-sectional studies in 2007–2008 (n=224) and 2011–2012 (n=1515). Pedometer data (sealed Yamax SW 200) were obtained for seven consecutive days. Data for 1624 participants (48.2% men) were included in the analysis. An overall step-defined activity level was examined based on a graduated step index (sedentary, low active, somewhat active, active, highly active). The pedometer-determined outcomes were analysed using regression models. Results: A borderline significant decline (p=0.077) from 8788 to 8341 steps/day (−446 (95% confidence intervals −50, 943)) was found between 2007–2008 and 2011–2012. Furthermore, a 23.7% (95% confidence intervals −41.7%, −0.1%) lower overall step-defined activity level was observed in 2011–2012 compared to 2007–2008. These changes were primarily due to a reduced level of activity among women. The proportion of individuals taking 10,000 steps/day decreased non-significantly from 34.8% to 29.3%, whereas the proportion taking