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ASSOCIATIONS OF TELEVISION VIEWING TIME WITH HEALTH-RELATED QUALITY OF LIFE

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Objectives

Sedentary behaviours – too much sitting as distinct from too little physical activity – are associated with adverse cardio-metabolic health outcomes and recently with fatigue, depression and poorer mental health. However, little is known about the relationships with health-related quality of life (HRQOL). We examined associations of television viewing (TV) time with HRQOL in a large population-based sample of Australian adults.

Methods

HRQOL was assessed in 9907 Australian adults (4483♂; 5424♀; mean age 51±14 years) participating in the 1999-2000 Australian Diabetes, Obesity and Lifestyle (*AusDiab*) baseline study. Multiple linear regression analyses examined associations of self-reported TV time (hr/day) with the HRQOL (SF-36v1) physical and mental health component summary scores and the vitality subscore, adjusting for potential covariates, including leisure-time physical activity and waist circumference.

Results

For men, each 1-hour per day increment in TV time was significantly associated in fully adjusted models with lower physical (-0.42 [95% CI: -0.65, -0.19]) and mental (-0.65 [-1.15, -0.16]) health and vitality (-0.70 [-1.09, -0.32]). No significant associations were found for women in the fully adjusted models.

Conclusions

TV time is inversely associated with HRQOL in men, controlling for physical activity and central adiposity. Further studies may provide insights into novel aspects of sedentary behaviour/metabolic health relationships, including differences by gender.