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A STRUCTURED LIFESTYLE INTERVENTION PROGRAM AFFECTS PHYSICAL ACTIVITY LEVELS AND SEDENTARY TIME IN CARDIOVASCULAR RISK INDIVIDUALS

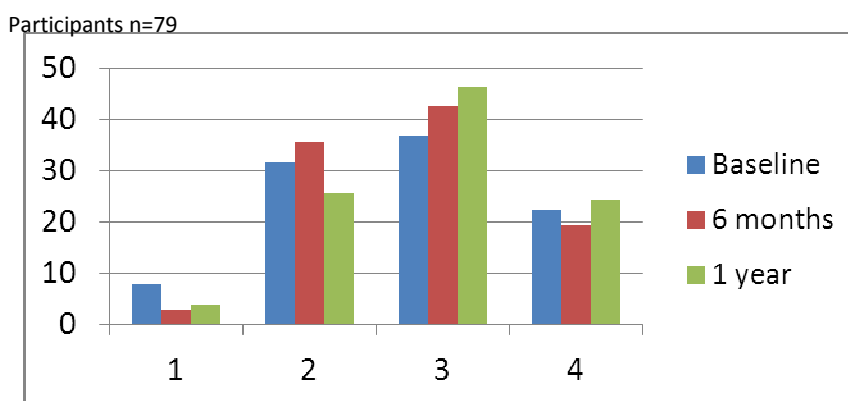
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Objectives There is a need for evaluation of programs for implementation of physical activity promotion within clinical practice. Our aim was to investigate the long-term effects on physical activity level in cardiovascular risk individuals taking part in a structured intervention program at a lifestyle out-patient clinic at the Department of Cardiology, Karolinska University Hospital, Sweden.

Methods Seventy nine men and women (79 % women, mean age 60 SD; ± 10) with increased cardiovascular risk were referred to the lifestyle clinic from doctors in primary health care or hospitals. They took part in a structured intervention program consisting of an initial individual visit to a nurse for a health check-up and lifestyle counselling during a person-centered dialogue. All individuals received an individual prescription of physical activity and a pedometer. Thereafter, they participated in five weekly sessions together with their spouses. The sessions were supervised by the same nurse and a physician and focused on physical activity, food habits, alcohol, nicotine, stress and behavioral change. Physical activity and sedentary time were measured with a questionnaire (IPAQ). After six and twelve months the participants were invited to a health check-up and lifestyle counselling by the nurse.

Results Daily physical activity of moderate intensity increased over one year (Fig 1).

Figur. 1 Daily physical activity



1= sedentary 2= less than 30 minutes /day,
3=30-60 minutes/day 4= more than 60 minutes/day

In parallel sedentary time decreased from 7.4 to 6.0 hours/day ($p=0.001$) and several cardiovascular risk factors decrease significantly. Self rated quality of life improved significantly.

Conclusions A structured life style intervention program positively affected daily physical activity levels and sedentary time in cardiovascular risk individuals after one year follow-up.