

評価対象論文リスト(要因:身体活動、アウトカム:循環器病)

評価判定日:2023/12/20

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■メタ解析、系統的レビュー

Reference			Design				Category	Relative risk (95% CI or p)	Weight	Magnitude of association
Author	Title	Year	Year	Study period	Study location	Event (*Definition)				
Wahid A	Quantifying the Association Between Physical Activity and Cardiovascular Disease and Diabetes: A Systematic Review and Meta-Analysis.	2016	Published from 1981 to 2014	CVD: 33 studies for CVDs with an average follow-up period of 12.3 years	USA Lithuania Belgium Japan Korea China Australian Denmark Finland UK	CVD incidence (ICD00–I99) CVD mortality (ICD00–I99) Stroke incidence (ICDI60–I69) CHD incidence (ICD20–I25) CHD mortality (ICD20–25)	5.Summary Estimate:meta-analysis systematic review including the Japanese data	<p>★Relative Risk Adjusted for Body Weight: Increase in Physical Activity Equivalent to Moving From Inactivity to Achieving Current Recommendations (11.25 MET h/week)</p> <p>CVD incidence: 0.83 (0.77, 0.89) CVD mortality: 0.77 (0.71, 0.84) Stroke incidence: 0.82 (0.77, 0.87) CHD incidence: 0.80 (0.75, 0.86)</p> <p>★Relative risks by levels of Physical Activity Compared to Baseline of Inactive Behaviour :</p> <p>Low Physical Activity(0.1–11.5 METs h/week) Medium Physical Activity(11.5–29.5 METs h/week) High Physical Activity(29.5+ METs h/week)</p> <p>Low Medium High CVD incidence: 0.89 (0.82, 0.98) 0.79 (0.69, 0.89) 0.75 (0.64, 0.87) CVD mortality: 0.72 (0.67, 0.77) 0.72 (0.66, 0.78) 0.73 (0.67, 0.79) Stroke incidence: 0.85 (0.80, 0.91) 0.81 (0.74, 0.88) 0.76 (0.68, 0.85) CHD incidence: 0.87 (0.80, 0.95) 0.78 (0.74, 0.82) 0.70 (0.66, 0.75)</p>	N/A	CVD : weak ↓ Stroke: weak ↓ CHD : weak ↓
Kyu HH	Physical activity and risk of breast cancer, colon cancer, diabetes, ischemic heart disease, and ischemic stroke events: systematic review and dose-response meta-analysis for the Global Burden of Disease Study 2013	2016	Published from 1980 to 2016,	43 studies for ischemic heart disease(165838 24person-years), and 26 studies for ischemic stroke (13670573person-years)	USA Israel Netherlands, Denmark Japan China UK	Ischemic heart disease, and ischemic stroke	5.Summary Estimate:meta-analysis systematic review including the Japanese data	<p>Physical activity categories in MET minutes/week: <600 600-3999 4000-7999 ≥8000 Reference:<600</p> <p>★Ischemic heart disease 600-3999:0.837 (0.791 to 0.886) 4000-7999:0.769 (0.698 to 0.838) ≥8000: 0.754 (0.704 to 0.809)</p> <p>★Ischemic stroke Reference 600-3999: 0.843 (0.779 to 0.918) 4000-7999: 0.810 (0.690 to 0.937) ≥8000:0.736 (0.659 to 0.811)</p>	N/A	Ischemic Stroke : weak ↓ Ischemic heart disease : weak ↓