

HIGHER DAILY STEP COUNT LINKED WITH LOWER MORTALITY

A joint study conducted by the National Cancer Institute (NCI), National Institute on Aging (NIA), and the Centers for Disease Control and Prevention (CDC) found that the number of steps taken daily is strongly associated with lower all-cause mortality.

RATIONALE:

The association between mortality and step count/step intensity is unknown.

OBJECTIVE:

Describe the relationship between mortality and step count/step intensity.

DESIGN:

4840 U.S. adults over 40 wore accelerometers for up to 7 days between 2003-2006. Participants were followed for mortality through 2015. Researchers adjusted for demographic and behavioral risk factors, body mass index, and health status.

FINDINGS:



Compared to taking 4,000 steps per day, **taking 8,000 steps per day** was associated with a **51% lower risk** of all-cause mortality



Likewise, **taking 12,000 steps per day** was associated with a **65% lower risk** of all-cause mortality



Higher step counts were also found to be associated with lower risk of mortality from cardiovascular disease and cancer



Surprisingly, there was no association found between step **intensity** and risk of all-cause mortality

TAKEAWAYS:

- This study was observational and thus, cannot prove causality
- Findings support the current physical activity recommendations

“Being physically active has many benefits, including reducing a person's risk of obesity, heart disease, type 2 diabetes, and some cancers. And on a daily basis, it can help people feel better and sleep better.”

-Janet Fulton, Ph.D.

Sources:

NIH/National Cancer Institute. (2020, March 24). Higher daily step count linked with lower all-cause mortality. ScienceDaily. Retrieved April 10, 2020 from www.sciencedaily.com/releases/2020/03/200324202033.htm
 Pedro F. Saint-Maurice, Richard P. Troiano, David R. Bassett, Barry I. Graubard, Susan A. Carlson, Eric J. Shiroma, Janet E. Fulton, Charles E. Matthews. Association of Daily Step Count and Step Intensity With Mortality Among US Adults. JAMA, 2020; 323 (12): 1151 DOI: 10.1001/jama.2020.1382