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## Overview

Regular physical activity can help prevent cardiovascular diseases (CVD), such as heart disease, heart attacks, and strokes, and manage blood pressure. Research has found that regular physical activity in the form of at least 150 minutes of moderate-intensity PA per week, or at least 75 minutes of vigorous-intensity PA per week helps to prevent and control the effects of CVD.

The United States Preventive Services Task Force (USPSTF) recommends that health care providers advise or refer patients with overweight/obesity and at least one additional CVD risk factor to programs that will counsel them to be more active. This study looked at the association between physical activity among US adults with overweight/obesity and at least one additional risk factor for CVD and reported provider advice to increase physical activity.

## Main Questions

- How often do health care providers advise adults with overweight/obesity and at least one additional CVD risk factor to be more physically active?
- Did this advice vary by activity level?

## Study

This study analyzed information from a national survey, called the National Health and Nutrition Examination Survey (NHANES) 2011–2012 and 2013–2014. To participate in the NHANES survey, participants answered questionnaires and completed a physical examination. The NHANES survey collected body mass index and asked participants about their history of CVD risk factors, their PA, and whether their health care providers advised them to increase their PA using the Global Physical Activity Questionnaire.

## The Bottom Line

Only about half of these adults report receiving advice from their health care provider to be more active. Inactive U.S. adults with CVD risk were more likely to receive advice from their providers to be more active.

## Source

Sreedhara M, Silfee VJ, Rosal MC, Waring ME, Lemon SC. Does provider advice to increase physical activity differ by activity level among US adults with cardiovascular disease risk factors? *Fam Pract.* 2018 Jan 30. doi: 10.1093/fampra/cmx140.PMID: 29390106

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## Spotlight on Results

- About half of US adults with overweight or obesity and at least one additional CVD risk factor reported receiving advice from their provider in the past 12 months to be more active.
- More of these adults (57.7%) who did not meet physical activity guidelines were advised by their health care provider to be more active. 49.7% of these adults who met the physical activity guidelines received the same advice.
- Adults who did not meet physical activity guidelines were more likely to report being advised by health care providers to be more active (aOR = 1.21; 95% CI = 1.00-1.47).

## Call for Action

Strategies that encourage health care providers to advise patients to be more active are needed. They are especially needed for patients with overweight or obesity and who have other health conditions that put them at risk for cardiovascular disease, heart attacks and stroke.