

图书馆学科服务专题

热点论文、高被引论文
看电视时间

聚焦研究前沿
深化自主创新



浙江工业大学图书馆
ZHEJIANG UNIVERSITY OF TECHNOLOGY LIBRARY

2016 年 12 月



前言

该专题的宗旨是为我校师生教学科研提供学科热点和前沿情报等学术资讯，由图书馆信息咨询部整理编制。数据来源为我校购买的各类数字资源，通过分析整理，编写了看电视时间方面的热点、高被引论文，以期为我校师生开展科学研究、申报课题基金项目等学术活动提供帮助。

ESI 针对 22 个专业领域，通过论文数、论文被引频次、论文篇均被引频次、高被引论文、热点论文和前沿论文等 6 大指标，从各个角度对国家/地区科研水平、机构学术声誉、科学家学术影响力以及期刊学术水平进行全面衡量。

高被引论文 (Highly Cited Paper(last 10 years))，即刊载于 ESI 收录期刊中最近 10 年间各研究领域中被引频次排名位于全球前 1% 的论文。这些论文是由汤森路透公司统计的 10 年内被频繁引用，引用次数位居同领域前列的论文。

本专题所列内容涉及的有关图示说明：

4 Citations: 17

HOT PAPER **RESEARCH FRONT** **WEB OF SCIENCE**

Title: UPDATE 1 OF: SYNTHESIS AND FUNCTIONALIZATION OF INDOLES THROUGH PALLADIUM-CATALYZED REACTIONS

Authors: CACCHI S; FABRIZI G

Source: CHEM REV

111: PR215-PR283 2011

Addresses: Univ Rome, Dipartimento Chim & Technol Farmaco, Ple A Moro 5, I-00185 Rome, Italy
Univ Rome, Dipartimento Chim & Technol Farmaco, I-00185 Rome, Italy

热点论文 (HOT PAPER) 是由汤森路透每两个月根据引文数量统计的 22 个学科的热点论文。这些论文是最近两年内发表且被引频次在最近两个月内的排名达到各学科领域的前 0.1%。由 标记代表该论文为热点论文，点击图标 链接可跳转至该热点论文的详细页面（链接有效期为 2 个月）。

研究前沿 (RESEARCH FRONT) 包含一组高被引论文，这些论文是在其发表年份和领域按被引次数都位于前 1% 的论文。点击图标 链接可跳转至该研究前沿的说明页面（链接有效期为 2 个月）。

WEB OF SCIENCE: 由 标记代表该论文为被 Web of Science 收录。点击链接可直接跳转至该论文被 Web of Science 收录的详细记录页面。



本期数据来自 ESI 基本科学指标数据库 (Essential Science Indicators)。

ESI 基本科学指标数据库 (Essential Science Indicators) 是汤森路透在汇集和分析 Web of Science[®] (SCIE/SSCI) 所收录的学术文献及其所引用的参考文献的基础上建立起来的分析型数据库。ESI 提供十年滚动数据，每两个月更新一次，最近一次更新为 2016 年 11 月 10 日 (本期 ESI 数据时间跨度：2006 年 1 月 1 日至 2016 年 8 月 31 日)。

各位老师如需要本期推荐的论文全文，可通过“图书馆主页-读者服务-文献传递”方式获取。本专题通讯有**电子版**，如有老师需要，可通过邮件联系获取**电子版**：info@zjut.edu.cn。

如果您对内容设置编排等有好的意见和建议，欢迎与我们联系。

图书馆

2016 年 12 月



看电视时间热点论文、高被引论文

看电视时间 (Television Viewing Time) 已引起全球科学家的关注, 2016年11月10日汤森路透(Thomson Reuters)基本科学指标数据库(Essential Science Indicators, 简称ESI)公布2006-2016年的ESI热点论文2743篇、高被引论文136350篇, 其中1篇ESI热点论文、36篇ESI高被引论文、在题目、摘要、关键词涉及看电视时间。

2000-2016年SCI、SSCI收录看电视时间("Television Viewing Time*" or "TV viewing Time*")论文423篇(其中论文392篇、综述31篇), 学科涉及ESI社会科学、临床医学、神经科学与行为科学、心理学等学科, 392篇论文篇均被引29.76次、H指数54(54篇论文每篇论文最少被引用54次以上), 看电视时间年发文数见图1。

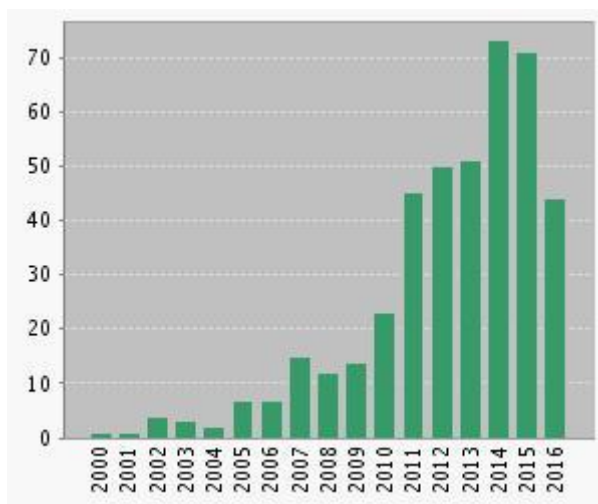


图1 2000-2016年SCI、SSCI收录看电视时间年发文数

看电视时间涉及175种期刊, 主要投稿期刊为: BMC Public Health《BMC公共卫生》26篇、Preventive Medicine《预防医学》22篇、American Journal of Preventive Medicine《美国预防医学杂志》21篇等如表1所示。

表1 2006-2016年SCI、SSCI收录看电视时间前10种期刊

序号	期刊名称	篇数
1	BMC Public Health《BMC公共卫生》	26
2	Preventive Medicine《预防医学》	22
3	American Journal of Preventive Medicine《美国预防医学杂志》	21
4	PLOS One《公共图书馆综合版》	20
5	International Journal of Behavioral Nutrition and Physical Activity《国际行为营养与体育活动杂志》	19
6	Medicine and Science in Sports and Exercise《运动训练医学和科学》	17
7	Journal of Physical Activity Health《体育活动与健康杂志》	14
8	British Journal of Sports Medicine《英国运动医学杂志》	9
9	Obesity Reviews《肥胖评论》	7
10	Public Health Nutrition《公共卫生营养学》	7

看电视时间发文主要国家与地区有美国 146 篇、澳大利亚 138 篇、英国 60 篇、加拿大 33 篇、比利时 28 篇、荷兰 18 篇、中国 16 篇、日本 15 篇、西班牙 15 篇等，发文主要研究机构为昆士兰大学 75 篇、迪肯大学 69 篇、墨尔本贝克 IDI 心脏与糖尿病研究所 68 篇、莫纳什大学 34 篇等。

看电视时间高被引论文 36 篇（论文 26 篇、综述 10 篇），篇均被引 134 次，看电视时间高被引论文年发文数见图 2。

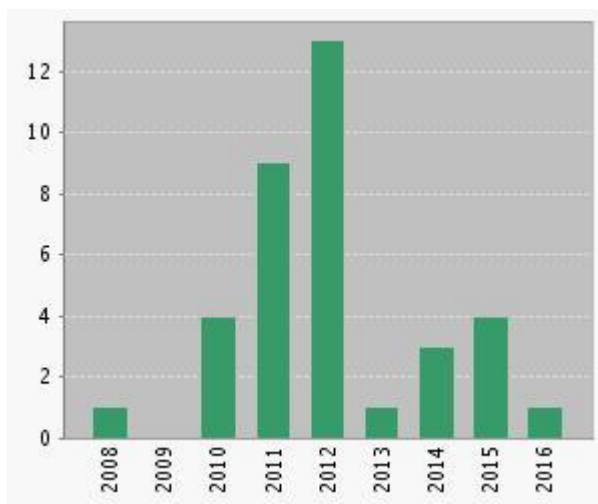


图 2 2008-2016 年 SCI、SSCI 收录看电视时间高被引论年发文数

36 篇看电视时间 ESI 高被引论涉及 22 种期刊如：American Journal of Preventive Medicine 《美国预防医学杂志》9 篇、International Journal of Epidemiology 《国际流行病学杂志》5 篇、PLOS One 《公共图书馆综合版》2 篇、Preventive Medicine 《预防医学》2 篇、Exercise and Sport Sciences Reviews 《锻炼与运动医学评论》1 篇等。看电视时间 36 篇 ESI 高被引论文发文前 10 种期刊如表 2 所示。

表 2 看电视时间 36 篇 ESI 高被引论文发文前 10 种期刊

序号	期刊名称	篇数
1	American Journal of Preventive Medicine 《美国预防医学杂志》	9
2	International Journal of Epidemiology 《国际流行病学杂志》	5
3	PLOS One 《公共图书馆综合版》	2
4	Preventive Medicine 《预防医学》	2
5	Exercise and Sport Sciences Reviews 《锻炼与运动医学评论》	1
6	International Journal of Behavioral Medicine 《国际行为医学杂志》	1
7	International Journal of Behavioral Nutrition and Physical Activity 《国际行为营养与体育活动杂志》	1
8	Journal of Epidemiology 《流行病学杂志》	1
9	Journal of The American Geriatrics Society 《美国老年病学会志》	1
10	Medicine and Science in Sports and Exercise 《运动训练医学和科学》	1



1 看电视时 ESI 热点论文 1 篇 (2014-2016)

第 1 条, 共 1 条

标题: Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults A Systematic Review and Meta-analysis

作者: Biswas, A (Biswas, Aviroop); Oh, PI (Oh, Paul I.); Faulkner, GE (Faulkner, Guy E.); Bajaj, RR (Bajaj, Ravi R.); Silver, MA (Silver, Michael A.); Mitchell, MS (Mitchell, Marc S.); Alter, DA (Alter, David A.)

来源出版物: ANNALS OF INTERNAL MEDICINE 卷: 162 期: 2 页: 123-+ DOI: 10.7326/M14-1651 出版年: JAN 20 2015

Web of Science 核心合集中的 "被引频次": 166

被引频次合计: 167

引用的参考文献数: 61

摘要: Background: The magnitude, consistency, and manner of association between sedentary time and outcomes independent of physical activity remain unclear.

Purpose: To quantify the association between sedentary time and hospitalizations, all-cause mortality, cardiovascular disease, diabetes, and cancer in adults independent of physical activity.

Data Sources: English-language studies in MEDLINE, PubMed, EMBASE, CINAHL, Cochrane Library, Web of Knowledge, and Google Scholar databases were searched through August 2014 with hand-searching of in-text citations and no publication date limitations.

Study Selection: Studies assessing sedentary behavior in adults, adjusted for physical activity and correlated to at least 1 outcome.

Data Extraction: Two independent reviewers performed data abstraction and quality assessment, and a third reviewer resolved inconsistencies.

Data Synthesis: Forty-seven articles met our eligibility criteria. Meta-analyses were performed on outcomes for cardiovascular disease and diabetes (14 studies), cancer (14 studies), and all-cause mortality (13 studies). Prospective cohort designs were used in all but 3 studies; sedentary times were quantified using self-report in all but 1 study. Significant hazard ratio (HR) associations were found with all-cause mortality (HR, 1.240 [95% CI, 1.090 to 1.410]), cardiovascular disease mortality (HR, 1.179 [CI, 1.106 to 1.257]), cardiovascular disease incidence (HR, 1.143 [CI, 1.002 to 1.729]), cancer mortality (HR, 1.173 [CI, 1.108 to 1.242]), cancer incidence (HR, 1.130 [CI, 1.053 to 1.213]), and type 2 diabetes incidence (HR, 1.910 [CI, 1.642 to 2.222]). Hazard ratios associated with sedentary time and outcomes were generally more pronounced at lower levels of physical activity than at higher levels.

Limitation: There was marked heterogeneity in research designs and the assessment of sedentary time and physical activity.

Conclusion: Prolonged sedentary time was independently associated with deleterious health outcomes regardless of physical activity.

文献类型: Review

KeyWords Plus: RECREATIONAL PHYSICAL-ACTIVITY; TYPE-2 DIABETES-MELLITUS; TELEVISION VIEWING TIME; ALL-CAUSE MORTALITY; BREAST-CANCER RISK; CARDIOVASCULAR-DISEASE; SITTING TIME; AUSTRALIAN ADULTS; METABOLIC



SYNDROME; PROSPECTIVE COHORT

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[Faulkner, Guy E.; Mitchell, Marc S.] Univ Toronto, Fac Kinesiol & Phys Educ, Toronto, ON M5S 2W6, Canada.

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来源出版物页码计数: 19

2 看电视时 ESI 高被引论文 36 篇 (2006-2016)

ESI 高被引论文: 由汤森路透 (Thomson Reuters) 根据 ESI 收录期刊 (2016 年 11 月 ESI 收录期刊 6555 种) 每两个月根据引文数量统计的 22 个学科的 10 年内被频繁引用, 总被引次数与同年度, 同学科发表论文相比排名位于全球前 1% 的论文。

第 1 条, 共 36 条

标题: Sitting Time, Fidgeting, and All-Cause Mortality in the UK Women's Cohort Study

作者: Hagger-Johnson, G (Hagger-Johnson, Gareth); Gow, AJ (Gow, Alan J.); Burley, V (Burley, Victoria); Greenwood, D (Greenwood, Darren); Cade, JE (Cade, Janet E.)

来源出版物: AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷: 50 期: 2 页: 154-160 DOI: 10.1016/j.amepre.2015.06.025 出版年: FEB 2016

Web of Science 核心合集中的 "被引频次": 5

被引频次合计: 5

引用的参考文献数: 34

摘要: Introduction: Sedentary behaviors (including sitting) may increase mortality risk independently of physical activity level. Little is known about how fidgeting behaviors might modify the association.

Methods: Data were from the United Kingdom(UK) Women's Cohort Study. In 1999-2002, a total of 12,778 women (aged 37-78 years) provided data on average daily sitting time, overall fidgeting (irrespective of posture), and a range of relevant covariates including physical activity, diet, smoking status, and alcohol consumption. Participants were followed for mortality over a mean of 12 years. Proportional hazards Cox regression models estimated the relative risk of mortality in high (versus low) and medium (versus low) sitting time groups.

Results: Fidgeting modified the risk associated with sitting time ($p = 0.04$ for interaction), leading us to separate groups for analysis. Adjusting for covariates, sitting for ≥ 7 hours/day (versus <5



hours/day) was associated with 30% increased all-cause mortality risk (hazard ratio [HR] = 1.30, 95% CI = 1.02, 1.66) only among women in the low fidgeting group. Among women in the high fidgeting group, sitting for 5-6 hours/day (versus 5 hours/day) was associated with decreased mortality risk (HR = 0.63, 95% CI = 0.43, 0.91), adjusting for a range of covariates. There was no increased mortality risk from longer sitting time in the middle and high fidgeting groups.

Conclusions: Fidgeting may reduce the risk of all-cause mortality associated with excessive sitting time. More detailed and better-validated measures of fidgeting should be identified in other studies to replicate these findings and identify mechanisms, particularly measures that distinguish fidgeting in a seated from standing posture. (C) 2016 American Journal of Preventive Medicine

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; CARDIOVASCULAR-DISEASE; SEDENTARY BEHAVIOR; PHYSICAL-ACTIVITY; WHITEHALL II; US ADULTS; HEALTH; ASSOCIATION; RISK; QUESTIONNAIRE

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[Burley, Victoria; Greenwood, Darren; Cade, Janet E.] Univ Leeds, Sch Food Sci & Nutr, Nutr Epidemiol Grp, Leeds, W Yorkshire, England.

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来源出版物页码计数: 7

第 2 条, 共 36 条

标题: Associations of sitting behaviours with all-cause mortality over a 16-year follow-up: the Whitehall II study

作者: Pulsford, RM (Pulsford, Richard M.); Stamatakis, E (Stamatakis, Emmanuel); Britton, AR (Britton, Annie R.); Brunner, EJ (Brunner, Eric J.); Hillsdon, M (Hillsdon, Melvyn)

来源出版物: INTERNATIONAL JOURNAL OF EPIDEMIOLOGY 卷: 44 期: 6 页: 1909-1916 DOI: 10.1093/ije/dyv191 出版年: DEC 2015

Web of Science 核心合集中的 "被引频次": 13

被引频次合计: 13

引用的参考文献数: 54

摘要: Background: Sitting behaviours have been linked with increased risk of all-cause mortality independent of moderate to vigorous physical activity (MVPA). Previous studies have tended to examine single indicators of sitting or all sitting behaviours combined. This study aims to enhance the evidence base by examining the type-specific prospective associations of four different sitting behaviours as well as total sitting with the risk of all-cause mortality.

Methods: Participants (3720 men and 1412 women) from the Whitehall II cohort study who were



free from cardiovascular disease provided information on weekly sitting time (at work, during leisure time, while watching TV, during leisure time excluding TV, and at work and during leisure time combined) and covariates in 1997-99. Cox proportional hazards models were used to investigate prospective associations between sitting time (h/week) and mortality risk. Follow-up was from date of measurement until (the earliest of) death, date of censor or July 31 2014.

Results: Over 81 373 person-years of follow-up (mean follow-up time 15.7 +/- 2.2 years) a total of 450 deaths were recorded. No associations were observed between any of the five sitting indicators and mortality risk, either in unadjusted models or models adjusted for covariates including MVPA.

Conclusions: Sitting time was not associated with all-cause mortality risk. The results of this study suggest that policy makers and clinicians should be cautious about placing emphasis on sitting behaviour as a risk factor for mortality that is distinct from the effect of physical activity.

文献类型: Article

作者关键词: Sitting; sedentary behaviour; mortality; television

KeyWords Plus: CARDIOVASCULAR-DISEASE MORTALITY; PHYSICAL-ACTIVITY QUESTIONNAIRE; ACTIVITY ENERGY-EXPENDITURE; TYPE-2 DIABETES-MELLITUS; TELEVISION VIEWING TIME; SEDENTARY BEHAVIORS; LEISURE-TIME; PROSPECTIVE COHORT; OLDER-ADULTS; US ADULTS

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[Stamatakis, Emmanuel] Charles Perkins Ctr, Sydney, NSW, Australia.

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通讯作者地址: Pulsford, RM (通讯作者), Univ Exeter, Coll Life & Environm Sci, Sport & Hlth Sci, St Lukes Campus, Exeter EX1 2LU, Devon, England.

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来源出版物页码计数: 8

第 3 条, 共 36 条

标题: Managing Sedentary Behavior to Reduce the Risk of Diabetes and Cardiovascular Disease

作者: Dempsey, PC (Dempsey, Paddy C.); Owen, N (Owen, Neville); Biddle, SJH (Biddle, Stuart J. H.); Dunstan, DW (Dunstan, David W.)

来源出版物: CURRENT DIABETES REPORTS 卷: 15 期: 9 文献号: 522 DOI: 10.1007/s11892-014-0522-0 出版年: SEP 2015

Web of Science 核心合集中的 "被引频次": 24

被引频次合计: 24

引用的参考文献数: 91

摘要: Modern human environments are vastly different from those of our forebears. Rapidly advancing technology in transportation, communications, workplaces, and home entertainment confer a wealth of benefits, but increasingly come with costs to human health. Sedentary behavior-too much sitting as distinct from too little physical activity-contributes adversely to



cardiometabolic health outcomes and premature mortality. Findings from observational epidemiology have been synthesized in meta-analyses, and evidence is now shifting into the realm of experimental trials with the aim of identifying novel mechanisms and potential causal relationships. We discuss recent observational and experimental evidence that makes a compelling case for reducing and breaking up prolonged sitting time in both the primary prevention and disease management contexts. We also highlight future research needs, the opportunities for developing targeted interventions, and the potential of population-wide initiatives designed to address too much sitting as a health risk.

文献类型: Article

作者关键词: Sitting time; Sedentary behavior; Breaks in sedentary time; TV viewing time; Physical activity; Physical inactivity; Type 2 diabetes; Cardiovascular disease; Cardiometabolic risk; Mortality

KeyWords Plus: LIPOPROTEIN-LIPASE ACTIVITY; TELEVISION VIEWING TIME; ALL-CAUSE MORTALITY; PHYSICAL-ACTIVITY; SKELETAL-MUSCLE; POSTPRANDIAL GLYCEMIA; METABOLIC RISK; TRIACYLGLYCEROL CONCENTRATIONS; INTERMITTENT ACTIVITY; ACTIVITY PATTERNS

地址: [Dempsey, Paddy C.; Dunstan, David W.] Baker IDI Heart & Diabet Inst, Phys Activ Lab, Melbourne, Vic 3004, Australia.

[Dempsey, Paddy C.; Owen, Neville] Baker IDI Heart & Diabet Inst, Behav Epidemiol Lab, Melbourne, Vic 3004, Australia.

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电子邮件地址: Paddy.Dempsey@bakeridi.edu.au

来源出版物页码计数: 11

第 4 条, 共 36 条

标题: Sedentary Time and Its Association With Risk for Disease Incidence, Mortality, and Hospitalization in Adults A Systematic Review and Meta-analysis

作者: Biswas, A (Biswas, Aviroop); Oh, PI (Oh, Paul I.); Faulkner, GE (Faulkner, Guy E.); Bajaj, RR (Bajaj, Ravi R.); Silver, MA (Silver, Michael A.); Mitchell, MS (Mitchell, Marc S.); Alter, DA (Alter, David A.)

来源出版物: ANNALS OF INTERNAL MEDICINE 卷: 162 期: 2 页: 123-+ DOI: 10.7326/M14-1651 出版年: JAN 20 2015

Web of Science 核心合集中的 "被引频次": 166

被引频次合计: 167

引用的参考文献数: 61

摘要: Background: The magnitude, consistency, and manner of association between sedentary time and outcomes independent of physical activity remain unclear.



Purpose: To quantify the association between sedentary time and hospitalizations, all-cause mortality, cardiovascular disease, diabetes, and cancer in adults independent of physical activity.

Data Sources: English-language studies in MEDLINE, PubMed, EMBASE, CINAHL, Cochrane Library, Web of Knowledge, and Google Scholar databases were searched through August 2014 with hand-searching of in-text citations and no publication date limitations.

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Data Synthesis: Forty-seven articles met our eligibility criteria. Meta-analyses were performed on outcomes for cardiovascular disease and diabetes (14 studies), cancer (14 studies), and all-cause mortality (13 studies). Prospective cohort designs were used in all but 3 studies; sedentary times were quantified using self-report in all but 1 study. Significant hazard ratio (HR) associations were found with all-cause mortality (HR, 1.240 [95% CI, 1.090 to 1.410]), cardiovascular disease mortality (HR, 1.179 [CI, 1.106 to 1.257]), cardiovascular disease incidence (HR, 1.143 [CI, 1.002 to 1.729]), cancer mortality (HR, 1.173 [CI, 1.108 to 1.242]), cancer incidence (HR, 1.130 [CI, 1.053 to 1.213]), and type 2 diabetes incidence (HR, 1.910 [CI, 1.642 to 2.222]). Hazard ratios associated with sedentary time and outcomes were generally more pronounced at lower levels of physical activity than at higher levels.

Limitation: There was marked heterogeneity in research designs and the assessment of sedentary time and physical activity.

Conclusion: Prolonged sedentary time was independently associated with deleterious health outcomes regardless of physical activity.

文献类型: Review

KeyWords Plus: RECREATIONAL PHYSICAL-ACTIVITY; TYPE-2 DIABETES-MELLITUS; TELEVISION VIEWING TIME; ALL-CAUSE MORTALITY; BREAST-CANCER RISK; CARDIOVASCULAR-DISEASE; SITTING TIME; AUSTRALIAN ADULTS; METABOLIC SYNDROME; PROSPECTIVE COHORT

地址: [Biswas, Aviroop] Univ Toronto, Inst Hlth Policy Management & Evaluat, Toronto, ON M5T 3M6, Canada.

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标题: Sitting-time and 9-year all-cause mortality in older women

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来源出版物: BRITISH JOURNAL OF SPORTS MEDICINE 卷: 49 期: 2 页: 95-99 DOI: 10.1136/bjsports-2012-091676 出版年: JAN 2015

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引用的参考文献数: 28

摘要: Background Studies of mid-aged adults provide evidence of a relationship between sitting-time and all-cause mortality, but evidence in older adults is limited. The aim is to examine the relationship between total sitting-time and all-cause mortality in older women.

Methods The prospective cohort design involved 6656 participants in the Australian Longitudinal Study on Women's Health who were followed for up to 9 years (2002, age 76-81, to 2011, age 85-90). Self-reported total sitting-time was linked to all-cause mortality data from the National Death Index from 2002 to 2011. Cox proportional hazard models were used to examine the relationship between sitting-time and all-cause mortality, with adjustment for potential sociodemographic, behavioural and health confounders.

Results There were 2003 (30.1%) deaths during a median follow-up of 6 years. Compared with participants who sat <4 h/day, those who sat 8-11 h/day had a 1.45 times higher risk of death and those who sat \geq 11 h/day had a 1.65 times higher risk of death. These risks remained after adding sociodemographic and behavioural covariates, but were attenuated after adjustment for health covariates. A significant interaction ($p=0.02$) was found between sitting-time and physical activity (PA), with increased mortality risk for prolonged sitting only among participants not meeting PA guidelines (HR for sitting \geq 8 h/day: 1.31, 95% CI 1.07 to 1.61); HR for sitting \geq 11 h/day: 1.47, CI 1.15 to 1.93).

Conclusions Prolonged sitting-time was positively associated with all-cause mortality. Women who reported sitting for more than 8 h/day and did not meet PA guidelines had an increased risk of dying within the next 9 years.

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; PHYSICAL-ACTIVITY; CARDIOVASCULAR-DISEASE; SEDENTARY BEHAVIORS; COHORT; ADULTS; METAANALYSIS; EXERCISE; BARRIERS; HEALTH

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来源出版物页码计数: 5



标题: The relationship between sedentary behaviour and physical activity in adults: A systematic review

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来源出版物: PREVENTIVE MEDICINE 卷: 69 页: 28-35 DOI: 10.1016/j.ypmed.2014.08.028 出版年: DEC 2014

Web of Science 核心合集中的 "被引频次": 25

被引频次合计: 25

引用的参考文献数: 50

摘要: To ascertain, through a systematic review, the associations between sedentary behaviour (SB) and physical activity (PA) among adults aged 18-60 years. Studies published in English up to and including June 2013 were located from computerized and manual searches. Studies reporting on at least one measure of SB and an association with one measure of PA were included. 26 studies met the inclusion criteria. Six studies examined associations between SB and PA prospectively, and 20 were cross-sectional. The most commonly assessed subtype of sedentary behaviours were television viewing (11 studies), total sedentary time (10), total sitting time (4), general screen time (3) and occupational sedentary time (2). All studied types of SB were associated with lower levels of PA in adults. Findings of this review suggest inverse associations between SB and PA were weak to moderate. Objective monitoring studies reported larger negative associations between SB and light intensity activity. Current evidence, though limited, supports the notion that sedentary behaviour displaces light intensity activity. (C) 2014 Elsevier Inc. All rights reserved.

文献类型: Review

作者关键词: Sedentary behaviour; Physical activity; Adults

KeyWords Plus: TV-VIEWING TIME; LIFE-STYLE; INSULIN-RESISTANCE; US ADULTS; OBESITY; HEALTH; RISK; CANCER; EPIDEMIOLOGY; DETERMINANTS

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来源出版物页码计数: 8

第 7 条, 共 36 条

标题: Sedentary behavior and health outcomes among older adults: a systematic review

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来源出版物 : BMC PUBLIC HEALTH 卷 : 14 文献号: 333 DOI: 10.1186/1471-2458-14-333 出版年: APR 9 2014

Web of Science 核心合集中的 "被引频次": 33

被引频次合计: 33

引用的参考文献数: 61

摘要: Background: In the last decade, sedentary behavior has emerged as a new risk factor for health. The elderly spend most of their awake time in sedentary activities. Despite this high exposure, the impact of this sedentary behavior on the health of this population has not yet been reviewed. We systematically reviewed evidence for associations between sedentary behavior and multiple health outcomes in adults over 60 years of age.

Methods: We searched the Medline, Embase, Web of Science, SPORTDiscus, PsycINFO, CINAHL, LILLACS, and Sedentary Research Database for observational studies published up to May 2013. Additionally, we contacted members of the Sedentary Behaviour Research Network to identify articles that were potentially eligible. After inclusion, the methodological quality of the evidence was assessed in each study.

Results: We included 24 eligible articles in our systematic review, of which only 2 (8%) provided high-quality evidence. Greater sedentary time was related to an increased risk of all-cause mortality in the older adults. Some studies with a moderate quality of evidence indicated a relationship between sedentary behavior and metabolic syndrome, waist circumference, and overweightness/obesity. The findings for other outcomes such as mental health, renal cancer cells, and falls remain insufficient to draw conclusions.

Conclusion: This systematic review supports the relationship between sedentary behavior and mortality in older adults. Additional studies with high methodological quality are still needed to develop informed guidelines for addressing sedentary behavior in older adults.

文献类型: Review

作者关键词: Sedentary lifestyle; Sitting time; Television; Risk factors; Aged; Health status; Mortality

KeyWords Plus: ASSESSED PHYSICAL-ACTIVITY; TELEVISION VIEWING TIME; PROLONGED SITTING TIME; METABOLIC SYNDROME; CARDIOVASCULAR-DISEASE; RISK; ASSOCIATIONS; METAANALYSIS; INDICATORS; MORTALITY

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来源出版物页码计数: 9

第 8 条, 共 36 条

标题: Sedentary Behavior and Mortality in Older Women The Women's Health Initiative



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来源出版物: AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷: 46 期: 2 页: 122-135 DOI: 10.1016/j.amepre.2013.10.021 出版年: FEB 2014

Web of Science 核心合集中的 "被引频次": 28

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引用的参考文献数: 35

摘要: Background: Although epidemiologic studies have shown associations between sedentary behavior and mortality, few have focused on older women with adequate minority representation and few have controlled for both physical activity and functional status.

Purpose: The objective of this study was to determine the relationship between sedentary time and total; cardiovascular disease (CVD); coronary heart disease (CHD); and cancer mortality in a prospective, multiethnic cohort of postmenopausal women.

Methods: The study population included 92,234 women aged 50-79 years at baseline (1993-1998) who participated in the Women's Health Initiative Observational Study through September 2010. Self-reported sedentary time was assessed by questionnaire and examined in 4 categories (≤ 4 , $>4-8$, $\geq 8-11$, >11 hours). Mortality risks were examined using Cox proportional hazard models adjusting for confounders. Models were also stratified by age, race/ethnicity, body mass index, physical activity, physical function, and chronic disease to examine possible effect modification. Analyses were conducted in 2012-2013.

Results: The mean follow-up period was 12 years. Compared with women who reported the least sedentary time, women reporting the highest sedentary time had increased risk of all-cause mortality in the multivariate model (HR 1.12, 95% CI 1.05, 1.21). Results comparing the highest versus lowest categories for CVD, CHD, and cancer mortality were as follows: HR 1.13, 95% CI 0.99, 1.29; HR 1.27, 95% CI 1.04, 1.55; and HR 1.21, 95% CI 1.07, 1.37, respectively. For all mortality outcomes, there were significant linear tests for trend.

Conclusions: There was a linear relationship between greater amounts of sedentary time and mortality risk after controlling for multiple potential confounders.

文献类型: Article

KeyWords Plus: PHYSICAL-ACTIVITY QUESTIONNAIRE; TELEVISION VIEWING TIME; ALL-CAUSE MORTALITY; CARDIOVASCULAR-DISEASE; BENEFICIAL ASSOCIATIONS; AUSTRALIAN ADULTS; SITTING TIME; US ADULTS; SPENT; RISK

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来源出版物页码计数: 14

第 9 条, 共 36 条

标题: Sitting Behavior and Obesity Evidence from the Whitehall II Study

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来源出版物: AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷: 44 期: 2 页: 132-138 DOI: 10.1016/j.amepre.2012.10.009 出版年: FEB 2013

Web of Science 核心合集中的 "被引频次": 30

被引频次合计: 30

引用的参考文献数: 41

摘要: Background: Prospective studies report associations between indicators of time spent sitting and obesity risk. Most studies use a single indicator of sedentary behavior and are unable to clearly identify whether sedentary behavior is a cause or a consequence of obesity.

Purpose: To investigate cross-sectional and prospective associations between multiple sitting time indicators and obesity and examine the possibility of reverse causality.

Methods: Using data from the Whitehall II cohort, multiple logistic models were fitted to examine associations between prevalent obesity (BMI \geq 30) at Phase 5 (1997-1999), and incident obesity between Phases 5 and 7 (2003-2004) across four levels of five sitting exposures (work sitting, TV viewing, non-TV leisure-time sitting, leisure-time sitting, and total sitting). Using obesity data from three prior phases (1985-1988, 1991-1993; and recalled weight at age 25 years), linear regression models were fitted to examine the association between prior obesity and sitting time at Phase 5. Analyses were conducted in 2012.

Results: None of the sitting exposures were associated with obesity either cross-sectionally or prospectively. Obesity at one previous measurement phase was associated with a 2.43-hour/week (95% CI = 0.07, 4.78) increase in TV viewing; obesity at three previous phases was associated with a 7.42-hour/week (95% CI = 2.7, 12.46) increase in TV-viewing hours/week at Phase 5.

Conclusions: Sitting time was not associated with obesity cross-sectionally or prospectively. Prior obesity was prospectively associated with time spent watching TV per week but not other types of sitting. (Am J Prev Med 2013; 44(2): 132-138) (C) 2013 American Journal of Preventive



Medicine

文献类型: Article

KeyWords Plus: TV-VIEWING TIME; HABITUAL ACTIVE-TRANSPORT; TYPE-2 DIABETES-MELLITUS; BODY-MASS INDEX; PHYSICAL-ACTIVITY; CARDIOVASCULAR-DISEASE; CARDIOMETABOLIC RISK; SEDENTARY BEHAVIORS; WEIGHT-GAIN; LIFE-STYLE

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来源出版物页码计数: 7

第 10 条, 共 36 条

标题: Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis

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来源出版物: DIABETOLOGIA 卷: 55 期: 11 页: 2895-2905 DOI: 10.1007/s00125-012-2677-z 出版年: NOV 2012

Web of Science 核心合集中的 "被引频次": 284

被引频次合计: 288

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摘要: Sedentary (sitting) behaviours are ubiquitous in modern society. We conducted a systematic review and meta-analysis to examine the association of sedentary time with diabetes, cardiovascular disease and cardiovascular and all-cause mortality.

Medline, Embase and the Cochrane Library databases were searched for terms related to sedentary time and health outcomes. Cross-sectional and prospective studies were included. RR/HR and 95% CIs were extracted by two independent reviewers. Data were adjusted for baseline event rate and pooled using a random-effects model. Bayesian predictive effects and intervals were calculated to indicate the variance in outcomes that would be expected if new studies were conducted in the future.

Eighteen studies (16 prospective, two cross-sectional) were included, with 794,577 participants. Fifteen of these studies were moderate to high quality. The greatest sedentary time compared with the lowest was associated with a 112% increase in the RR of diabetes (RR 2.12; 95% credible interval [CrI] 1.61, 2.78), a 147% increase in the RR of cardiovascular events (RR 2.47; 95% CI 1.44, 4.24), a 90% increase in the risk of cardiovascular mortality (HR 1.90; 95% CrI 1.36, 2.66)



and a 49% increase in the risk of all-cause mortality (HR 1.49; 95% CrI 1.14, 2.03). The predictive effects and intervals were only significant for diabetes.

Sedentary time is associated with an increased risk of diabetes, cardiovascular disease and cardiovascular and all-cause mortality; the strength of the association is most consistent for diabetes.

文献类型: Review

作者关键词: Cardiovascular; Diabetes; Meta-analysis; Mortality; Sedentary; Systematic review

KeyWords Plus: TELEVISION VIEWING TIME; ALL-CAUSE MORTALITY; PHYSICAL-ACTIVITY; INSULIN-RESISTANCE; US ADULTS; GLUCOSE-METABOLISM; PUBLICATION BIAS; LIFE-STYLE; RISK; BEHAVIORS

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第 11 条, 共 36 条

标题: Prolonged sedentary time and physical activity in workplace and non-work contexts: a cross-sectional study of office, customer service and call centre employees

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来源出版物: INTERNATIONAL JOURNAL OF BEHAVIORAL NUTRITION AND PHYSICAL ACTIVITY 卷: 9 文献号: 128 DOI: 10.1186/1479-5868-9-128 出版年: OCT 26 2012

Web of Science 核心合集中的 "被引频次": 75

被引频次合计: 76

引用的参考文献数: 43

摘要: Background: To examine sedentary time, prolonged sedentary bouts and physical activity in Australian employees from different workplace settings, within work and non-work contexts.

Methods: A convenience sample of 193 employees working in offices (131), call centres (36) and customer service (26) was recruited. Actigraph GT1M accelerometers were used to derive percentages of time spent sedentary (<100 counts per minute; cpm), in prolonged sedentary bouts



(>= 20 minutes or >= 30 minutes), light-intensity activity (100-1951 cpm) and moderate-to-vigorous physical activity (MVPA; >= 1952 cpm). Using mixed models adjusted for confounders, these were compared for: work days versus non-work days; work hours versus non-work hours (work days only); and, across workplace settings.

Results: Working hours were mostly spent sedentary (77.0%, 95% CI: 76.3, 77.6), with approximately half of this time accumulated in prolonged bouts of 20 minutes or more. There were significant ($p < 0.05$) differences in all outcomes between workdays and non-work days, and, on workdays, between work-versus non-work hours. Results consistently showed "work" was more sedentary and had less light-intensity activity, than "non-work". The period immediately after work appeared important for MVPA. There were significant ($p < 0.05$) differences in all sedentary and activity outcomes occurring during work hours across the workplace settings. Call-centre workers were generally the most sedentary and least physically active at work; customer service workers were typically the least sedentary and the most active at work.

Conclusion: The workplace is a key setting for prolonged sedentary time, especially for some occupational groups, and the potential health risk burden attached requires investigation. Future workplace regulations and health promotion initiatives for sedentary occupations to reduce prolonged sitting time should be considered.

文献类型: Article

作者关键词: Occupational sitting; Active time; Workers; Leisure-time

KeyWords Plus: TELEVISION VIEWING TIME; SITTING TIME; METABOLIC RISK; LIFE-STYLE; AUSTRALIAN ADULTS; ACTIVITY MONITOR; PLASMA-GLUCOSE; UNITED-STATES; US ADULTS; ACCELEROMETER

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来源出版物页码计数: 9

第 12 条, 共 36 条

标题: Sedentary time in relation to cardio-metabolic risk factors: differential associations for self-report vs accelerometry in working age adults

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来源出版物 : INTERNATIONAL JOURNAL OF EPIDEMIOLOGY 卷: 41 期: 5 页: 1328-1337 DOI: 10.1093/ije/dys077 出版年: OCT 2012

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被引频次合计: 52

引用的参考文献数: 40

摘要: Background Sedentary behaviour has been proposed to be detrimentally associated with cardio-metabolic risk independently of moderate to vigorous physical activity (MVPA). However, it is unclear how the choice of sedentary time (ST) indicator may influence such associations. The main objectives of this study were to examine the associations between ST and a set of cardio-metabolic risk factors [waist, body mass index (BMI), systolic and diastolic blood pressure, total and high-density lipoprotein cholesterol, glycated haemoglobin] and whether these associations differ depending upon whether ST is assessed by self-report or objectively by accelerometry.

Methods Multiple linear regression was used to examine the above objectives in a cross-sectional study of 5948 adults (2669 men) aged 16-65 years with self-reported measures of television time, other recreational sitting and occupational sitting or standing. In all, 1150 (521 men) participants had objective (accelerometry) data on ST as well.

Results Total self-reported ST showed multivariable-adjusted (including for MVPA) associations with BMI [(unstandardized beta coefficients corresponding to the mean difference per 10 min/day greater ST: 0.035 kg/m²); 95% CI: 0.027-0.044], waist circumference (0.083 cm; 0.062-0.105), systolic (0.024 mmHg; 0.000-0.049) and diastolic blood pressure (0.023 mmHg; 0.006-0.040) and total cholesterol (0.004 mmol/l; 0.001-0.006)]. Similar associations were observed for TV time, whereas non-TV self-reported ST showed consistent associations with the two adiposity proxies (BMI/waist circumference) and total cholesterol. Accelerometry-assessed ST was only associated with total cholesterol (0.010 mmol/l; 0.001-0.018).

Conclusions In this study, ST was associated consistently with cardio-metabolic risk only when it was measured by self-report.

文献类型: Article

作者关键词 : Epidemiology; primary prevention; behavioural; psychosocial treatment; cardiovascular; metabolic; physical activity; sedentary behaviour; exercise

KeyWords Plus: TELEVISION VIEWING TIME; DOMESTIC PHYSICAL-ACTIVITY; ALL-CAUSE MORTALITY; CARDIOVASCULAR-DISEASE; CARDIOMETABOLIC RISK; ONGOING MORTALITY; SITTING TIME; LIFE-STYLE; FOLLOW-UP; OBESITY

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来源出版物页码计数: 10

第 13 条, 共 36 条

标题: Sedentary behaviour and cardiovascular disease: a review of prospective studies

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来源出版物: INTERNATIONAL JOURNAL OF EPIDEMIOLOGY 卷: 41 期: 5 页: 1338-1353 DOI: 10.1093/ije/dys078 出版年: OCT 2012

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摘要: Background Current estimates from objective accelerometer data suggest that American adults are sedentary for similar to 7.7h/day. Historically, sedentary behaviour was conceptualized as one end of the physical activity spectrum but is increasingly being viewed as a behaviour distinct from physical activity.

Methods Prospective studies examining the associations between screen time (watching television, watching videos and using a computer) and sitting time and fatal and non-fatal cardiovascular disease (CVD) were identified. These prospective studies relied on self-reported sedentary behaviour.

Results The majority of prospective studies of screen time and sitting time has shown that greater sedentary time is associated with an increased risk of fatal and non-fatal CVD. Compared with the lowest levels of sedentary time, risk estimates ranged up to 1.68 for the highest level of sitting time and 2.25 for the highest level of screen time after adjustment for a series of covariates, including measures of physical activity. For six studies of screen time and CVD, the summary hazard ratio per 2-h increase was 1.17 (95% CI: 1.13-1.20). For two studies of sitting time, the summary hazard ratio per 2-h increase was 1.05 (95% CI: 1.01-1.09).

Conclusions Future prospective studies using more objective measures of sedentary behaviour might prove helpful in quantifying better the risk between sedentary behaviour and CVD morbidity and mortality. This budding science may better shape future guideline development as well as clinical and public health interventions to reduce the amount of sedentary behaviour in modern societies.

文献类型: Article

作者关键词: Cardiovascular diseases; prospective studies; sedentary lifestyle; television

KeyWords Plus: CORONARY-HEART-DISEASE; TELEVISION VIEWING TIME; RANDOMIZED CONTROLLED-TRIAL; DEEP-VEIN THROMBOSIS; ALL-CAUSE MORTALITY; URBAN BUS-DRIVERS; PHYSICAL-ACTIVITY; LEISURE-TIME; UNITED-STATES; BED REST

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来源出版物页码计数: 16

第 14 条, 共 36 条

标题: Methods of Measurement in epidemiology: Sedentary Behaviour

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Web of Science 核心合集中的 "被引频次": 107

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引用的参考文献数: 106

摘要: Background Research examining sedentary behaviour as a potentially independent risk factor for chronic disease morbidity and mortality has expanded rapidly in recent years.

Methods We present a narrative overview of the sedentary behaviour measurement literature. Subjective and objective methods of measuring sedentary behaviour suitable for use in population-based research with children and adults are examined. The validity and reliability of each method is considered, gaps in the literature specific to each method identified and potential future directions discussed.

Results To date, subjective approaches to sedentary behaviour measurement, e.g. questionnaires, have focused predominantly on TV viewing or other screen-based behaviours. Typically, such measures demonstrate moderate reliability but slight to moderate validity. Accelerometry is increasingly being used for sedentary behaviour assessments; this approach overcomes some of the limitations of subjective methods, but detection of specific postures and postural changes by this method is somewhat limited. Instruments developed specifically for the assessment of body posture have demonstrated good reliability and validity in the limited research conducted to date. Miniaturization of monitoring devices, interoperability between measurement and communication technologies and advanced analytical approaches are potential avenues for future developments in this field.

Conclusions High-quality measurement is essential in all elements of sedentary behaviour epidemiology, from determining associations with health outcomes to the development and evaluation of behaviour change interventions. Sedentary behaviour measurement remains relatively under-developed, although new instruments, both objective and subjective, show considerable promise and warrant further testing.

文献类型: Article

作者关键词: Sedentary behaviour; epidemiology; validity; reliability

KeyWords Plus: ECOLOGICAL MOMENTARY ASSESSMENT; ACTIVITY ENERGY-EXPENDITURE; INTENSITY PHYSICAL-ACTIVITY; TELEVISION VIEWING



TIME; COMBINED HEART-RATE; OLDER-ADULTS; PRESCHOOL-CHILDREN; ACTIVITY-MONITOR; ACTIVITY QUESTIONNAIRE; ACCELEROMETER DATA

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来源出版物页码计数: 12

第 15 条, 共 36 条

标题: Too much sitting - A health hazard

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来源出版物: DIABETES RESEARCH AND CLINICAL PRACTICE 卷: 97 期: 3 页: 368-376 DOI: 10.1016/j.diabres.2012.05.020 出版年: SEP 2012

Web of Science 核心合集中的 "被引频次": 106

被引频次合计: 107

引用的参考文献数: 72

摘要: In contemporary society, prolonged sitting has been engineered into our lives across many settings, including transportation, the workplace, and the home. There is new evidence that too much sitting (also known as sedentary behavior - which involves very low energy expenditure, such as television viewing and desk-bound work) is adversely associated with health outcomes, including cardio-metabolic risk biomarkers, type 2 diabetes and premature mortality. Importantly, these detrimental associations remain even after accounting for time spent in leisure time physical activity. We describe recent evidence from epidemiological and experimental studies that makes a persuasive case that too much sitting should now be considered an important stand-alone component of the physical activity and health equation, particularly in relation to diabetes and cardiovascular risk. We highlight directions for further research and consider some of the practical implications of focusing on too much sitting as a modifiable health risk. (C) 2012 Elsevier Ireland Ltd. All rights reserved.

文献类型: Review

作者关键词: Sitting time; Breaks in sedentary time; TV viewing time; Sedentary behavior; Mortality



KeyWords Plus: TYPE-2 DIABETES-MELLITUS; TELEVISION VIEWING TIME; ALL-CAUSE MORTALITY; PHYSICAL-ACTIVITY; SEDENTARY-TIME; CARDIOVASCULAR-DISEASE; LIFE-STYLE; ENERGY-EXPENDITURE; AUSTRALIAN ADULTS; METABOLIC RISK

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来源出版物页码计数: 9

第 16 条, 共 36 条

标题: Association of Sedentary Time with Mortality Independent of Moderate to Vigorous Physical Activity

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来源出版物: PLOS ONE 卷: 7 期: 6 文献号: e37696 DOI: 10.1371/journal.pone.0037696 出版年: JUN 13 2012

Web of Science 核心合集中的 "被引频次": 87

被引频次合计: 88

引用的参考文献数: 21

摘要: Background: Sedentary behavior has emerged as a novel health risk factor independent of moderate to vigorous physical activity (MVPA). Previous studies have shown self-reported sedentary time to be associated with mortality; however, no studies have investigated the effect of objectively measured sedentary time on mortality independent of MVPA. The objective our study was to examine the association between objectively measured sedentary time and all-cause mortality.

Methods: 7-day accelerometry data of 1906 participants aged 50 and over from the U. S. nationally representative National Health and Nutrition Examination Survey (NHANES) 2003-2004 were analyzed. All-cause mortality was assessed from the date of examination through December 31, 2006.

Results: Over an average follow-up of 2.8 years, there were 145 deaths reported. In a model adjusted for sociodemographic factors, lifestyle factors, multiple morbidities, mobility limitation, and MVPA, participants in third quartile (hazard ratio (HR):4.05; 95% CI:1.55-10.60) and fourth quartile (HR:5.94; 95% CI: 2.49-14.15) of having higher percent sedentary time had a significantly increased risk of death compared to those in the lowest quartile.



Conclusions: Our study suggests that sedentary behavior is a risk factor for mortality independent of MVPA. Further investigation, including studies with longer follow-up, is needed to address the health consequences of sedentary behavior.

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; CARDIOVASCULAR-DISEASE; METABOLIC SYNDROME; UNITED-STATES; LIFE-STYLE; ALL-CAUSE; RISK; OBESITY; BEHAVIORS; AUSDIAB

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来源出版物页码计数: 7

第 17 条, 共 36 条

标题: Association of Sedentary Behaviour with Metabolic Syndrome: A Meta-Analysis

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来源出版物: PLOS ONE 卷: 7 期: 4 文献号: e34916 DOI: 10.1371/journal.pone.0034916 出版年: APR 13 2012

Web of Science 核心合集中的 "被引频次": 106

被引频次合计: 109

引用的参考文献数: 36

摘要: Background: In recent years there has been a growing interest in the relationship between sedentary behaviour (sitting) and health outcomes. Only recently have there been studies assessing the association between time spent in sedentary behaviour and the metabolic syndrome. The aim of this study is to quantify the association between sedentary behaviour and the metabolic syndrome in adults using meta-analysis.

Methodology/Principal Findings: Medline, Embase and the Cochrane Library were searched using medical subject headings and key words related to sedentary behaviours and the metabolic syndrome. Reference lists of relevant articles and personal databases were hand searched.



Inclusion criteria were: (1) cross sectional or prospective design; (2) include adults ≥ 18 years of age; (3) self-reported or objectively measured sedentary time; and (4) an outcome measure of metabolic syndrome. Odds Ratio (OR) and 95% confidence intervals for metabolic syndrome comparing the highest level of sedentary behaviour to the lowest were extracted for each study. Data were pooled using random effects models to take into account heterogeneity between studies. Ten cross-sectional studies ($n = 21393$ participants), one high, four moderate and five poor quality, were identified. Greater time spent sedentary increased the odds of metabolic syndrome by 73% (OR 1.73, 95% CI 1.55-1.94, $p < 0.0001$). There were no differences for subgroups of sex, sedentary behaviour measure, metabolic syndrome definition, study quality or country income. There was no evidence of statistical heterogeneity ($I^2 = 0.0\%$, $p = 0.61$) or publication bias (Eggers test $t = 1.05$, $p = 0.32$).

Conclusions: People who spend higher amounts of time in sedentary behaviours have greater odds of having metabolic syndrome. Reducing sedentary behaviours is potentially important for the prevention of metabolic syndrome.

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; LIPOPROTEIN-LIPASE ACTIVITY; INTENSITY PHYSICAL-ACTIVITY; CARDIOVASCULAR-DISEASE; SKELETAL-MUSCLE; UNITED-STATES; ADULTS; INACTIVITY; MORTALITY; OBESITY

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来源出版物页码计数: 5

第 18 条, 共 36 条

标题: Sitting Time and All-Cause Mortality Risk in 222 497 Australian Adults

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来源出版物: ARCHIVES OF INTERNAL MEDICINE 卷: 172 期: 6 页: 494-500 出版年: MAR 26 2012

Web of Science 核心合集中的 "被引频次": 244

被引频次合计: 247

引用的参考文献数: 32

摘要: Background: Prolonged sitting is considered detrimental to health, but evidence regarding the independent relationship of total sitting time with all-cause mortality is limited. This study aimed to determine the independent relationship of sitting time with all-cause mortality.



Methods: We linked prospective questionnaire data from 222 497 individuals 45 years or older from the 45 and Up Study to mortality data from the New South Wales Registry of Births, Deaths, and Marriages (Australia) from February 1, 2006, through December 31, 2010. Cox proportional hazards models examined all-cause mortality in relation to sitting time, adjusting for potential confounders that included sex, age, education, urban/rural residence, physical activity, body mass index, smoking status, self-rated health, and disability.

Results: During 621 695 person-years of follow-up (mean follow-up, 2.8 years), 5405 deaths were registered. All-cause mortality hazard ratios were 1.02 (95% CI, 0.95-1.09), 1.15 (1.06-1.25), and 1.40 (1.27-1.55) for 4 to less than 8, 8 to less than 11, and 11 or more h/d of sitting, respectively, compared with less than 4 h/d, adjusting for physical activity and other confounders. The population-attributable fraction for sitting was 6.9%. The association between sitting and all-cause mortality appeared consistent across the sexes, age groups, body mass index categories, and physical activity levels and across healthy participants compared with participants with preexisting cardiovascular disease or diabetes mellitus.

Conclusions: Prolonged sitting is a risk factor for all-cause mortality, independent of physical activity. Public health programs should focus on reducing sitting time in addition to increasing physical activity levels.

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; PHYSICAL-ACTIVITY; CARDIOVASCULAR-DISEASE; SEDENTARY BEHAVIORS; COHORT PROFILE; LIFE-STYLE; HEALTH; VALIDITY; RELIABILITY; OBESITY

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来源出版物页码计数: 7

第 19 条, 共 36 条

标题: Adult Sedentary Behavior A Systematic Review

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来源出版物 : AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷 : 42 期 : 3 页 : E3-E28 DOI: 10.1016/j.amepre.2011.10.020 出版年 : MAR 2012

Web of Science 核心合集中的 "被引频次": 123

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引用的参考文献数: 131

摘要: Context: While the health benefits of meeting moderate/vigorous-intensity physical activity



(MVPA) guidelines have been well established, the health risks of sedentary behavior, independent of meeting MVPA guidelines, are becoming evident. Sedentary behavior may require different interventions, based on correlates that differ from MVPA. The current review aimed to collect and appraise the current literature on correlates of sedentary behaviors among adults.

Evidence acquisition: Papers were considered eligible if they were published in English-language peer-reviewed journals and examined correlates of sedentary behaviors. Literature searches were conducted in August 2011 among ten search engines yielding 3691 potentially relevant records; of these, 109 papers (82 independent samples) passed eligibility criteria.

Evidence synthesis: Articles included were published between 1982 and 2011, with sample sizes ranging from 39 to 123,216. Eighty-three were cross-sectional, 24 followed a prospective design, one was experimental baseline data, and one was cohort design. Sedentary behavior was primarily measured as TV viewing or computer use, followed by analysis of a more omnibus assessment of time spent sitting. Evidence was present for sedentary behavior and correlates of education, age, employment status, gender, BMI, income, smoking status, MVPA, attitudes, and depressive symptoms/quality of life. Notable differences by specific sedentary behaviors were present that aided in the explanation of findings.

Conclusions: Results point to the high specificity of various sedentary behaviors (e. g., TV viewing vs sitting and socializing), suggesting that the research domain is complex and cannot be considered the simple absence of MVPA. Several sociodemographic and health factors appear reliably linked to sedentary behavior, yet there is an obvious absence of research focused on cognitive, social, and environmental factors that could be of use in anti-sedentary behavior interventions. (Am J Prev Med 2012;42(3):e3-e28) (C) 2012 Published by Elsevier Inc. on behalf of American Journal of Preventive Medicine

文献类型: Review

KeyWords Plus: TELEVISION VIEWING TIME; BODY-MASS INDEX; INTENSITY PHYSICAL-ACTIVITY; SCREEN-BASED ENTERTAINMENT; TYPE-2 DIABETES-MELLITUS; QUALITY-OF-LIFE; US ADULTS; SITTING TIME; AUSTRALIAN ADULTS; COLLEGE-STUDENTS

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第 20 条, 共 36 条

标题: Amount of time spent in sedentary behaviors and cause-specific mortality in US adults

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来源出版物 : AMERICAN JOURNAL OF CLINICAL



NUTRITION 卷: 95 期: 2 页: 437-445 DOI: 10.3945/ajcn.111.019620 出版年: FEB 2012

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引用的参考文献数: 37

摘要: Background: Sedentary behaviors predominate modern life, yet we do not fully understand the adverse effects of these behaviors on mortality after considering the benefits of moderate-vigorous physical activity (MVPA).

Objective: We tested the hypotheses that higher amounts of overall sitting time and television viewing are positively associated with mortality and described the independent and combined effects of these sedentary behaviors and MVPA on mortality.

Design: In the NIH-AARP Diet and Health Study, we examined 240,819 adults (aged 50-71 y) who did not report any cancer, cardiovascular disease, or respiratory disease at baseline. Mortality was ascertained over 8.5 y.

Results: Sedentary behaviors were positively associated with mortality after adjustment for age, sex, education, smoking, diet, race, and MVPA. Participants who reported the most television viewing (≥ 7 h compared with <1 h/d) were at greater risk of all-cause (HR: 1.61; 95% CI: 1.47, 1.76), cardiovascular (HR: 1.85; 95% CI: 1.56, 2.20), and cancer (HR: 1.22; 95% CI: 1.06, 1.40) mortality after adjustment for MVPA. Overall sitting was associated with all-cause mortality. Even among adults reporting high levels of MVPA (>7 h/wk), high amounts of television viewing (≥ 7 h/d) remained associated with increased risk of all-cause (HR: 1.47; 95% CI: 1.20, 1.79) and cardiovascular (HR: 2.00; 95% CI: 1.33, 3.00) mortality compared with those reporting the least television viewing (<1 h/d).

Conclusions: Time spent in sedentary behaviors was positively associated with mortality, and participation in high levels of MVPA did not fully mitigate health risks associated with prolonged time watching television. Adults should be encouraged to reduce time spent in sedentary behaviors, when possible, and to participate in MVPA at recommended levels. The NIH-AARP Diet and Health Study was registered at clinicaltrials.gov as NCT00340015. *Am J Clin Nutr* 2012;95:437-45.

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; CARDIOVASCULAR-DISEASE MORTALITY; PHYSICAL-ACTIVITY; PLASMA-GLUCOSE; UNITED-STATES; LEISURE-TIME; SITTING-TIME; OLDER-ADULTS; ALL-CAUSE; WOMEN

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第 21 条, 共 36 条

标题: Associations between multiple indicators of objectively-measured and self-reported sedentary behaviour and cardiometabolic risk in older adults

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来源出版物: PREVENTIVE MEDICINE 卷: 54 期: 1 页: 82-87 DOI: 10.1016/j.ypmed.2011.10.009 出版年: JAN 1 2012

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摘要: Objective. To examine the associations between sedentary behaviour (SB) measured objectively and by self-report and cardiometabolic risk factors.

Method. Cross-sectional analyses of adults ≥ 60 years who participated in the 2008 Health Survey for England. Main exposures were self-reported leisure-time SB consisting of TV/DVD viewing, non-TV leisure-time sitting, and accelerometry-measured SB. Outcomes included body mass index (BMI), waist circumference, cholesterol ratio (total/HDL), Hb1Ac and prevalent diabetes.

Results. 2765 participants (1256 men) had valid self-reported SB and outcomes/confounding variables data, of whom 649 (292 men) had accelerometer data. Total self-reported leisure-time SB showed multivariable-adjusted (including for moderate-to-vigorous physical activity) associations with BMI (beta for mean difference in BMI per 30 min/day extra SB: 0.088 kg/m²), 95% CI 0.047 to 0.130); waist circumference (0.234, 0.129 to 0.339 cm); cholesterol ratio (0.018, 0.005 to 0.032) and diabetes (odds ratio per 30 min/day extra SB: 1.059, 1.030 to 1.089). Similar associations were observed for TV time while non-TV self-reported SB showed associations only with diabetes (1.057, 1.017 to 1.099). Accelerometry SB was associated with waist circumference only (0.633, 0.173 to 1.093).

Conclusion. In older adults SB is associated with cardiometabolic risk factors, but the associations are more consistent when is measured by self-report that includes TV viewing. (C) 2011 Elsevier Inc. All rights reserved.

文献类型: Article

作者关键词: Epidemiology; Physical activity; Sedentary behaviour; Elderly; TV viewing; Accelerometer

KeyWords Plus: TELEVISION VIEWING TIME; PHYSICAL-ACTIVITY; METABOLIC SYNDROME; UNITED-STATES; EPIC-NORFOLK; LIFE-STYLE; ALL-CAUSE; OBESITY; MORTALITY; PREVALENCE

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第 22 条, 共 36 条

标题: Television Viewing Time is Associated with Overweight/Obesity Among Older Adults, Independent of Meeting Physical Activity and Health Guidelines

作者: Inoue, S (Inoue, Shigeru); Sugiyama, T (Sugiyama, Takemi); Takamiya, T (Takamiya, Tomoko); Oka, K (Oka, Koichiro); Owen, N (Owen, Neville); Shimomitsu, T (Shimomitsu, Teruichi)

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Web of Science 核心合集中的 "被引频次": 41

被引频次合计: 43

引用的参考文献数: 35

摘要: Background: Previous studies have shown associations of sedentary behavior with cardiovascular risk, independent of moderate-to-vigorous physical activity (MVPA). However, few studies have focused on older adults. This study examined the joint associations of television (TV) viewing time and MVPA with overweight/obesity among Japanese older adults.

Methods: A population-based, cross-sectional mail survey was used to collect self-reported height, weight, time spent in TV viewing, and MVPA from 1806 older adults (age: 65-74 years, men: 51.1%). Participants were classified into 4 categories according to TV viewing time (dichotomized into high and low around the median) and MVPA level (dichotomized into sufficient and insufficient by the physical activity guideline level of ≥ 150 minutes/week). Odds ratios (ORs) for overweight/obesity (body mass index ≥ 25 kg/m²) were calculated according to the 4 TV/MVPA categories, adjusting for potential confounders.

Results: Of all participants, 20.1% were overweight/obese. The median TV viewing time (25th, 75th percentile) was 840 (420, 1400) minutes/week. As compared with the reference category (high TV/insufficient MVPA), the adjusted ORs (95% CI) of overweight/obesity were 0.93 (0.65, 1.34) for high TV/sufficient MVPA, 0.58 (0.37, 0.90) for low TV/insufficient MVPA, and 0.67 (0.47, 0.97) for low TV/sufficient MVPA.

Conclusions: In this sample of older adults, spending less time watching TV, a predominant sedentary behavior, was associated with lower risk of being overweight or obese, independent of meeting physical activity guidelines. Further studies using prospective and/or intervention designs are warranted to confirm the presently observed effects of sedentary behavior, independent of physical activity, on the health of older adults.

文献类型: Article

作者关键词: sedentary behavior; cardiovascular risk factor; obesity

KeyWords Plus: AMERICAN-HEART-ASSOCIATION; SELF-REPORTED HEIGHT;



BODY-MASS INDEX; CARDIOVASCULAR-DISEASE; METABOLIC SYNDROME;
LIFE-STYLE; SEDENTARY BEHAVIORS; SPORTS-MEDICINE; PUBLIC-HEALTH;
SITTING TIME

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来源出版物页码计数: 7

第 23 条, 共 36 条

标题: Sedentary Behavior and Depression Among Adults: A Review

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来源出版物: INTERNATIONAL JOURNAL OF BEHAVIORAL
MEDICINE 卷: 17 期: 4 页: 246-254 DOI: 10.1007/s12529-010-9075-z 出版年: DEC 2011

Web of Science 核心合集中的 "被引频次": 104

被引频次合计: 104

引用的参考文献数: 60

摘要: Background Physically inactive lifestyles and sedentary behaviors (SB) are key contributors to ill health. Although the association between SB (e. g., watching TV/using the computer) and physical health has been well documented, increasing research has focused on the possible link between SB and mental health (e. g., depression).

Purpose This review aims to investigate the effect of SB on the risk of depression in adults.

Method A systematic search for original research articles investigating associations between SB and depression in adults was performed using the several electronic data bases.

Results A total of seven observational and four intervention studies were included in this review. All observational studies found positive associations between SB and risk of depression, while intervention studies showed contradictory results.

Conclusion Evidence for the relationship between SB and risk of depression in adults is limited by methodological weaknesses. However, on balance, this review suggests that SB is associated with an increased risk of depression. Further studies are needed assessing different types of SB and depression; the interrelationship between physical activity, SB, and depression; causal links between SB and depression; and intervention strategies aimed at reducing SB and their effects on risk of depression.

文献类型: Review

作者关键词: Depression; Mental health; Television; Adult; Internet; Computers

KeyWords Plus: CORONARY-HEART-DISEASE; TIME PHYSICAL-ACTIVITY;
DEPENDENT DIABETES-MELLITUS; TELEVISION VIEWING TIME; LEISURE-TIME;



METABOLIC SYNDROME; AUSTRALIAN ADULTS; VIGOROUS EXERCISE; INTERNET PARADOX; YOUNG-ADULTS

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来源出版物页码计数: 9

第 24 条, 共 36 条

标题: Feasibility of Reducing Older Adults' Sedentary Time

作者: Gardiner, PA (Gardiner, Paul A.); Eakin, EG (Eakin, Elizabeth G.); Healy, GN (Healy, Genevieve N.); Owen, N (Owen, Neville)

来源出版物: AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷: 41 期: 2 页: 174-177 DOI: 10.1016/j.amepre.2011.03.020 出版年: AUG 2011

Web of Science 核心合集中的 "被引频次": 87

被引频次合计: 88

引用的参考文献数: 12

摘要: Background: Sedentary time (too much sitting, as distinct from lack of exercise) is a prevalent risk to health among older adults.

Purpose: Examine the feasibility of an intervention to reduce and break up sedentary time in older adults.

Design: A pre-experimental (pre-post) study.

Setting/participants: A total of 59 participants aged ≥ 60 years from Brisbane, Australia. Data were collected between May and December 2009 and analyzed in 2010.

Intervention: One face-to-face goal-setting consultation and one individually tailored mailing providing feedback on accelerometer-derived sedentary time, grounded in social cognitive theory and behavioral choice theory.

Main outcome measures: Program reach and retention; changes in accelerometer-derived sedentary time, light-intensity physical activity (LIPA), and moderate-to-vigorous-intensity physical activity (MVPA) (assessed over 6 days in pre- and post-intervention periods); and participant satisfaction.

Results: Reach was 87.5% of those screened and eligible; retention was 100%. From pre- to post-intervention, participants decreased their sedentary time [-3.2% (95% CI= -4.18, -2.14), $p < 0.001$], increased their breaks in sedentary time per day [4.0 (1.48, 6.52), $p = 0.003$], and increased their LIPA [2.2% (1.40, 2.99), $p < 0.001$] and MVPA [1.0% (0.55, 1.38), $p < 0.001$]. Significantly greater reductions in sedentary time were made after 10:00AM, with significantly greater number of breaks occurring between 7:00PM and 9:00PM. Participants reported high satisfaction with the program (median 9/10).

Conclusions: Sedentary time in older adults can be reduced following a brief intervention based on goal setting and behavioral self-monitoring. (Am J Prev Med 2011;41(2):174-177) (C) 2011



American Journal of Preventive Medicine

文献类型: Article

KeyWords Plus: TELEVISION VIEWING TIME; PHYSICAL-ACTIVITY; BEHAVIOR

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来源出版物页码计数: 4

第 25 条, 共 36 条

标题: Adults' Sedentary Behavior Determinants and Interventions

作者: Owen, N (Owen, Neville); Sugiyama, T (Sugiyama, Takemi); Eakin, EE (Eakin, Elizabeth E.); Gardiner, PA (Gardiner, Paul A.); Tremblay, MS (Tremblay, Mark S.); Sallis, JF (Sallis, James F.)

来源出版物 : AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷 : 41 期 : 2 页 : 189-196 DOI: 10.1016/j.amepre.2011.05.013 出版年 : AUG 2011

Web of Science 核心合集中的 "被引频次": 202

被引频次合计: 203

引用的参考文献数: 45

摘要: Research is now required on factors influencing adults' sedentary behaviors, and effective approaches to behavioral-change intervention must be identified. The strategies for influencing sedentary behavior will need to be informed by evidence on the most important modifiable behavioral determinants. However, much of the available evidence relevant to understanding the determinants of sedentary behaviors is from cross-sectional studies, which are limited in that they identify only behavioral "correlates." As is the case for physical activity, a behavior- and context-specific approach is needed to understand the multiple determinants operating in the different settings within which these behaviors are most prevalent. To this end, an ecologic model of sedentary behaviors is described, highlighting the behavior settings construct. The behaviors and contexts of primary concern are TV viewing and other screen-focused behaviors in domestic environments, prolonged sitting in the workplace, and time spent sitting in automobiles. Research is needed to clarify the multiple levels of determinants of prolonged sitting time, which are likely to operate in distinct ways in these different contexts. Controlled trials on the feasibility and efficacy of interventions to reduce and break up sedentary behaviors among adults in domestic, workplace, and transportation environments are particularly required. It would be informative for the field to have evidence on the outcomes of "natural experiments," such as the introduction of nonseated working options in occupational environments or new transportation infrastructure in communities. (Am J Prev Med 2011;41(2):189-196) (C) 2011 American Journal of Preventive Medicine



文献类型: Article

KeyWords Plus: PHYSICAL-ACTIVITY INTERVENTION;
RANDOMIZED-CONTROLLED-TRIAL; TELEVISION VIEWING TIME; NEIGHBORHOOD
WALKABILITY; BUILT ENVIRONMENTS; WALKING; PROMOTION; OBESITY; RISK;
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来源出版物页码计数: 8

第 26 条, 共 36 条

标题: Health Risks, Correlates, and Interventions to Reduce Sedentary Behavior in Young People

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来源出版物: AMERICAN JOURNAL OF PREVENTIVE
MEDICINE 卷: 41 期: 2 页: 197-206 DOI: 10.1016/j.amepre.2011.05.001 出版年: AUG
2011

Web of Science 核心合集中的 "被引频次": 80

被引频次合计: 81

引用的参考文献数: 81

摘要: Context: Opportunities for young people to be sedentary have increased during leisure time, study time, and transportation time.

Purpose: This review paper focuses on sedentary behaviors among young people aged 2-18 years and includes evidence of the relationship between sedentary behavior and health risk indicators, an overview of public health recommendations, the prevalence of key sedentary behaviors, evidence of correlates of sedentary behavior and the effectiveness of interventions to reduce sedentary behaviors.

Evidence acquisition: Although this is a narrative style review and not systematic, where possible, findings from relevant review papers were summarized and a search of more recent literature was performed using computer-based databases such as PubMed, Google Scholar, ERIC, PsycINFO, Social Science Index, SportDiscus, and Health Reference Center - Academic.

Evidence synthesis: Young people spend 2-4 hours per day in screen-based behaviors and 5-10 hours per day sedentary. Ethnicity, sociodemographic status, having a TV set in the bedroom, and parental behavior appear to be the most consistent correlates of TV viewing time; however, few



recent studies aiming to reduce TV viewing or sedentary time among young people have been successful.

Conclusions: A growing body of evidence supports the development of public health recommendations to limit the time spent in screen-based behaviors. More research is needed to examine the prospective and experimental evidence of associations between overall sedentary time and health, determinants of sedentary behaviors other than screen-based behaviors, and interventions to reduce overall sedentary time or even alternative sedentary behaviors, such as transport- or education-related sitting time. (Am J Prev Med 2011;41(2):197-206) (C) 2011 American Journal of Preventive Medicine

文献类型: Article

KeyWords Plus: MOMENTARY ASSESSMENT APPROACH; FAMILY-BASED INTERVENTION; PHYSICAL-ACTIVITY; PRESCHOOL-CHILDREN; CHILDHOOD OBESITY; MEDIA USE; ADOLESCENT GIRLS; SCREEN TIME; TELEVISION; YOUTH

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来源出版物页码计数: 10

第 27 条, 共 36 条

标题: Sedentary Behaviors and Subsequent Health Outcomes in Adults A Systematic Review of Longitudinal Studies, 1996-2011

作者: Thorp, AA (Thorp, Alicia A.); Owen, N (Owen, Neville); Neuhaus, M (Neuhaus, Maike); Dunstan, DW (Dunstan, David W.)

来源出版物: AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷: 41 期: 2 页: 207-215 DOI: 10.1016/j.amepre.2011.05.004 出版年: AUG 2011

Web of Science 核心合集中的 "被引频次": 401

被引频次合计: 406

引用的参考文献数: 78

摘要: Context: To systematically review and provide an informative synthesis of findings from longitudinal studies published since 1996 reporting on relationships between self-reported sedentary behavior and device-based measures of sedentary time with health-related outcomes in adults.

Evidence acquisition: Studies published between 1996 and January 2011 were identified by examining existing literature reviews and by systematic searches in Web of Science, MEDLINE, PubMed, and PsycINFO. English-written articles were selected according to study design, targeted behavior, and health outcome.



Evidence synthesis: Forty-eight articles met the inclusion criteria; of these, 46 incorporated self-reported measures including total sitting time; TV viewing time only; TV viewing time and other screen-time behaviors; and TV viewing time plus other sedentary behaviors. Findings indicate a consistent relationship of self-reported sedentary behavior with mortality and with weight gain from childhood to the adult years. However, findings were mixed for associations with disease incidence, weight gain during adulthood, and cardiometabolic risk. Of the three studies that used device-based measures of sedentary time, one showed that markers of obesity predicted sedentary time, whereas in

conclusive findings have been observed for markers of insulin resistance. Conclusions: There is a growing body of evidence that sedentary behavior may be a distinct risk factor, independent of physical activity, for multiple adverse health outcomes in adults. Prospective studies using device-based measures are required to provide a clearer understanding of the impact of sedentary time on health outcomes. (Am J Prev Med 2011;41(2):207-215) (C) 2011 American Journal of Preventive Medicine

文献类型: Article

KeyWords Plus: RECREATIONAL PHYSICAL-ACTIVITY; LIPOPROTEIN-LIPASE ACTIVITY; TYPE-2 DIABETES-MELLITUS; TELEVISION VIEWING TIME; POPULATION-BASED COHORT; NIH-AARP DIET; WEIGHT-GAIN; CARDIOVASCULAR-DISEASE; SITTING TIME; ENDOMETRIAL CANCER

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来源出版物页码计数: 9

第 28 条, 共 36 条

标题: Measurement of Adults' Sedentary Time in Population-Based Studies

作者: Healy, GN (Healy, Genevieve N.); Clark, BK (Clark, Bronwyn K.); Winkler, EAH (Winkler, Elisabeth A. H.); Gardiner, PA (Gardiner, Paul A.); Brown, WJ (Brown, Wendy J.); Matthews, CE (Matthews, Charles E.)

来源出版物: AMERICAN JOURNAL OF PREVENTIVE MEDICINE 卷: 41 期: 2 页: 216-227 DOI: 10.1016/j.amepre.2011.05.005 出版年: AUG 2011

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被引频次合计: 167



引用的参考文献数: 75

摘要: Sedentary time (too much sitting) increasingly is being recognized as a distinct health risk behavior. This paper reviews the reliability and validity of self-reported and device-based sedentary time measures and provides recommendations for their use in population-based studies. The focus is on instruments that have been used in free-living, population-based research in adults. Data from the 2003-2006 National Health and Nutrition Examination Survey are utilized to compare the descriptive epidemiology of sedentary time that arises from the use of different sedentary time measures. A key recommendation from this review is that, wherever possible, population-based monitoring of sedentary time should incorporate both self-reported measures (to capture important domain-and behavior-specific sedentary time information) and device-based measures (to measure both total sedentary time and patterns of sedentary time accumulation). (Am J Prev Med 2011;41(2):216-227) (C) 2011 American Journal of Preventive Medicine

文献类型: Article

KeyWords Plus: PHYSICAL-ACTIVITY QUESTIONNAIRE; TELEVISION VIEWING TIME; TEST-RETEST RELIABILITY; ENERGY-EXPENDITURE; ACTIVITY MONITOR; CHINESE VERSION; METABOLIC RISK; UNITED-STATES; SITTING TIME; SELF-REPORT

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来源出版物页码计数: 12

第 29 条, 共 36 条

标题: Objectively Measured Physical Activity and Sedentary Time in European Adolescents The HELENA Study

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来源出版物: AMERICAN JOURNAL OF EPIDEMIOLOGY 卷: 174 期: 2 页: 173-184 DOI: 10.1093/aje/kwr068 出版年: JUL 15 2011

Web of Science 核心合集中的 "被引频次": 99

被引频次合计: 103



引用的参考文献数: 72

摘要: The authors' aim in this cross-sectional study was to characterize levels of objectively measured physical activity and sedentary time in adolescents from 9 European countries. The study comprised 2,200 European adolescents (1,184 girls) participating in the HELENA cross-sectional study (2006-2008). Physical activity was measured by accelerometry and was expressed as average intensity (counts/minute) and amount of time (minutes/day) spent engaging in moderate-to vigorous-intensity physical activity (MVPA). Time spent in sedentary behaviors was also objectively measured. Cardiorespiratory fitness was measured by means of the 20-m shuttle run test. Level of maternal education was reported by the adolescents. A higher proportion of boys (56.8% of boys vs. 27.5% of girls) met the physical activity recommendations of at least 60 minutes/day of MVPA. Adolescents spent most of the registered time in sedentary behaviors (9 hours/day, or 71% of the registered time). Both average intensity and MVPA were higher in adolescents with high cardiorespiratory fitness, and sedentary time was lower in the high-fitness group. There were no physical activity or sedentary time differences between maternal education categories. These data provide an objective measure of physical activity and amount of time spent in sedentary behaviors in a relatively large number of European adolescents.

文献类型: Article

作者关键词: adolescent; Europe; exercise; motor activity; obesity; physical fitness; sedentary lifestyle; social class

KeyWords Plus: TELEVISION VIEWING TIME; HEALTHY LIFE-STYLE; CARDIORESPIRATORY FITNESS; CARDIOVASCULAR-DISEASE; RISK-FACTORS; SOCIOECONOMIC-STATUS; BODY-FAT; RECOMMENDED LEVELS; METABOLIC SYNDROME; PEDIATRIC OBESITY

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来源出版物页码计数: 12

第 30 条, 共 36 条

标题: Associations Between Television Viewing Time and Overall Sitting Time with the Metabolic Syndrome in Older Men and Women: The Australian Diabetes Obesity and Lifestyle Study

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来源出版物: JOURNAL OF THE AMERICAN GERIATRICS SOCIETY 卷: 59 期: 5 页: 788-796 DOI: 10.1111/j.1532-5415.2011.03390.x 出版年: MAY 2011

Web of Science 核心合集中的 "被引频次": 67

被引频次合计: 69

引用的参考文献数: 50

摘要: OBJECTIVES: To examine associations between self-reported television (TV) viewing time and overall sitting time with the metabolic syndrome and its components.

DESIGN: Cross-sectional.

SETTING: Population-based sample of older men and women living in Australia.

PARTICIPANTS: One thousand nine hundred fifty-eight participants from the Australian Diabetes, Obesity and Lifestyle (AusDiab) study (aged ≥ 60 , mean age 69, 54% women).

MEASUREMENTS: Self-reported television viewing time and overall sitting time were collected using an interviewer-administered questionnaire. The metabolic syndrome was defined according to the revised International Diabetes Federation criteria.

RESULTS: Compared with those in the lowest quartile, the odds ratios (ORs) of the metabolic syndrome in the highest quartile of television viewing time were 1.42 (95% confidence interval (CI) = 0.93-2.15) for men and 1.42 (95% CI = 1.01-2.01) for women and in the highest quartile of overall sitting time were 1.57 (95% CI = 1.02-2.41) for men and 1.56 (95% CI = 1.09-2.24) for women. Television viewing time was associated with lower high-density lipoprotein cholesterol (HDL-C) levels and glucose intolerance in women. Overall sitting time was detrimentally associated with greater risk of high triglyceride levels in men and women, abdominal obesity in women, and low HDL-C levels in men. All models were adjusted for age, education, physical activity, self-rated health, employment, diet, smoking, and alcohol intake and for hormone replacement therapy and estrogen use in women.

CONCLUSION: For older adults, high levels of sedentary behavior were associated with greater



prevalence of the metabolic syndrome; reducing prolonged overall sitting time may be a feasible way to improve metabolic health. *J Am Geriatr Soc* 59:788-796, 2011.

文献类型: Article

作者关键词: metabolic syndrome; television viewing; sitting time; older adults

KeyWords Plus: PHYSICAL-ACTIVITY; SEDENTARY BEHAVIOR; CARDIOVASCULAR MORTALITY; CARDIOMETABOLIC RISK; ALL-CAUSE; ADULTS; PREVALENCE; AUSDIAB; POPULATION; QUESTIONNAIRE

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第 31 条, 共 36 条

标题: Television viewing time independently predicts all-cause and cardiovascular mortality: the EPIC Norfolk Study

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摘要: Background Television viewing (TV), a highly prevalent behaviour, is associated with higher cardiovascular risk independently of physical activity. The relationship with mortality, however, is relatively unknown.

Methods We examined the prospective relationship between TV time and all-cause, cardiovascular and cancer mortality in a population-based cohort [The European Prospective Investigation into Cancer and Nutrition (EPIC), Norfolk] of 13 197 men and women {age [SD (standard deviation)]: 61.5 +/- 9.0 years}. Participants were free from stroke, myocardial infarction and cancer at baseline in 1998-2000 and were followed up for death ascertainment until 2009 (9.5 +/- 1.6 years). TV time, total physical activity energy expenditure (PAEE), education level, smoking status, alcohol consumption, anti-hypertensive and lipid-lowering medication use,



participant and family history of disease and total energy intake were self-reported; height and weight were measured by standardized procedures. Hazard ratios (HRs) [95% confidence interval (CI)] for mortality were estimated per 1-h/day increase in TV.

Results Each 1-h/day increase in TV time was associated with increased hazard of all-cause (HR = 1.04, 95% CI = 1.01-1.09; 1270 deaths) and cardiovascular (HR = 1.07, 95% CI = 1.01-1.15; 373 deaths), but not cancer mortality (HR = 1.04, 95% CI = 0.98-1.10; 570 deaths). This was independent of gender, age, education, smoking, alcohol, medication, diabetes history, family history of cardiovascular disease and cancer, body mass index (BMI) and PAEE. They were similar when stratified by gender, age, education, BMI and PAEE. The population-attributable fraction for all-cause mortality comparing the highest TV tertile (> 3.6h/day) with the lowest (< 2.5h/day) was 5.4%.

Conclusions These findings suggest that public health recommendations should consider advising a reduction in TV time, a predominant leisure activity in modern society, in addition to advocating physical activity.

文献类型: Article

作者关键词: Cardiovascular diseases; epidemiology; exercise; mortality; television

KeyWords Plus: TYPE-2 DIABETES-MELLITUS; TOTAL PHYSICAL-ACTIVITY; SEDENTARY BEHAVIORS; METABOLIC SYNDROME; ENERGY-EXPENDITURE; DISEASE RISK; ADULTS; OBESITY; BIOMARKERS; CANCER

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第 32 条, 共 36 条

标题: Physiological and health implications of a sedentary lifestyle

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来源出版物: APPLIED PHYSIOLOGY NUTRITION AND METABOLISM-PHYSIOLOGIE APPLIQUEE NUTRITION ET

METABOLISME 卷: 35 期: 6 页: 725-740 DOI: 10.1139/H10-079 出版年: DEC 2010

Web of Science 核心合集中的 "被引频次": 349

被引频次合计: 356

引用的参考文献数: 130

摘要: Sedentary behaviour is associated with deleterious health outcomes, which differ from those that can be attributed to a lack of moderate to vigorous physical activity. This has led to the field of "sedentary physiology", which may be considered as separate and distinct from exercise physiology. This paper gives an overview of this emerging area of research and highlights the



ways that it differs from traditional exercise physiology. Definitions of key terms associated with the field of sedentary physiology and a review of the self-report and objective methods for assessing sedentary behaviour are provided. Proposed mechanisms of sedentary physiology are examined, and how they differ from those linking physical activity and health are highlighted. Evidence relating to associations of sedentary behaviours with major health outcomes and the population prevalence and correlates of sedentary behaviours are reviewed. Recommendations for future research are proposed.

文献类型: Review

作者关键词: sedentary behaviour; inactivity; sitting; TV viewing; screen time; obesity; metabolic risk

KeyWords Plus: INTENSITY PHYSICAL-ACTIVITY; TELEVISION VIEWING TIME; SPINAL-CORD-INJURY; MUSCLE LIPOPROTEIN-LIPASE; TYPE-2 DIABETES-MELLITUS; INDUCED BONE LOSS; NIH-AARP DIET; BED REST; METABOLIC SYNDROME; CARDIOVASCULAR-DISEASE

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第 33 条, 共 36 条

标题: Sedentary Behavior and Cancer: A Systematic Review of the Literature and Proposed Biological Mechanisms

作者: Lynch, BM (Lynch, Brigid M.)

来源出版物: CANCER EPIDEMIOLOGY BIOMARKERS & PREVENTION 卷: 19 期: 11 页: 2691-2709 DOI: 10.1158/1055-9965.EPI-10-0815 出版年: NOV 2010

Web of Science 核心合集中的 "被引频次": 121

被引频次合计: 121

引用的参考文献数: 156

摘要: Background: Sedentary behavior (prolonged sitting or reclining characterized by low energy expenditure) is associated with adverse cardiometabolic profiles and premature cardiovascular mortality. Less is known for cancer risk. The purpose of this review is to evaluate the research on sedentary behavior and cancer, to summarize possible biological pathways that may underlie these associations, and to propose an agenda for future research.

Methods: Articles pertaining to sedentary behavior and (a) cancer outcomes and (b) mechanisms that may underlie the associations between sedentary behavior and cancer were retrieved using Ovid and Web of Science databases.

Results: The literature review identified 18 articles pertaining to sedentary behavior and cancer



risk, or to sedentary behavior and health outcomes in cancer survivors. Ten of these studies found statistically significant, positive associations between sedentary behavior and cancer outcomes. Sedentary behavior was associated with increased colorectal, endometrial, ovarian, and prostate cancer risk; cancer mortality in women; and weight gain in colorectal cancer survivors. The review of the literature on sedentary behavior and biological pathways supported the hypothesized role of adiposity and metabolic dysfunction as mechanisms operant in the association between sedentary behavior and cancer.

Conclusions: Sedentary behavior is ubiquitous in contemporary society; its role in relation to cancer risk should be a research priority. Improving conceptualization and measurement of sedentary behavior is necessary to enhance validity of future work.

Impact: Reducing sedentary behavior may be a viable new cancer control strategy. *Cancer Epidemiol Biomarkers Prev*; 19(11); 2691-709. (C) 2010 AACR.

文献类型: Review

KeyWords Plus: BODY-MASS INDEX; INTENSITY PHYSICAL-ACTIVITY; TELEVISION VIEWING TIME; LIFE-STYLE FACTORS; GROWTH-FACTOR-I; CARDIOVASCULAR-DISEASE RISK; VITAMIN-D STATUS; NIH-AARP DIET; BREAST-CANCER; SITTING TIME

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第 34 条, 共 36 条

标题: Too Much Sitting: The Population Health Science of Sedentary Behavior

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来源出版物: EXERCISE AND SPORT SCIENCES REVIEWS 卷: 38 期: 3 页: 105-113 DOI: 10.1097/JES.0b013e3181e373a2 出版年: JUL 2010

Web of Science 核心合集中的 "被引频次": 570

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引用的参考文献数: 52

摘要: OWEN, N., G.N. HEALY, C.E. MATTHEWS, and D.W. DUNSTAN. Too much sitting: the population health science sedentary behavior. *Exerc. Sport Sci. Rev.*, Vol. 38, No. 3, pp. 105-113, 2010. Even when adults meet physical activity guidelines, sitting for prolonged periods can compromise metabolic health. Television (TV) time and objective measurement studies show associations, and breaking up sedentary time is beneficial. Sitting time, TV time, and time sitting in automobiles increase premature mortality risk. Further evidence from prospective studies, intervention trials, and population-based behavioral studies is required.

文献类型: Review

作者关键词: environmental and social change; TV time; breaks in sedentary time; accelerometer



measurement; blood glucose; triglycerides; metabolic health

KeyWords Plus: TELEVISION VIEWING TIME; INTENSITY PHYSICAL-ACTIVITY; METABOLIC RISK; CARDIOVASCULAR-DISEASE; ENERGY-EXPENDITURE; LIFE-STYLE; AUSTRALIAN ADULTS; PLASMA-GLUCOSE; UNITED-STATES; OBESITY

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第 35 条, 共 36 条

标题: Television Viewing Time and Mortality The Australian Diabetes, Obesity and Lifestyle Study (AusDiab)

作者: Dunstan, DW (Dunstan, D. W.); Barr, ELM (Barr, E. L. M.); Healy, GN (Healy, G. N.); Salmon, J (Salmon, J.); Shaw, JE (Shaw, J. E.); Balkau, B (Balkau, B.); Magliano, DJ (Magliano, D. J.); Cameron, AJ (Cameron, A. J.); Zimmet, PZ (Zimmet, P. Z.); Owen, N (Owen, N.)

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被引频次合计: 338

引用的参考文献数: 47

摘要: Background-Television viewing time, the predominant leisure-time sedentary behavior, is associated with biomarkers of cardiometabolic risk, but its relationship with mortality has not been studied. We examined the associations of prolonged television viewing time with all-cause, cardiovascular disease (CVD), cancer, and non-CVD/noncancer mortality in Australian adults.

Methods and Results-Television viewing time in relation to subsequent all-cause, CVD, and cancer mortality (median follow-up, 6.6 years) was examined among 8800 adults > 25 years of age in the Australian Diabetes, Obesity and Lifestyle Study (AusDiab). During 58 087 person-years of follow-up, there were 284 deaths (87 CVD deaths, 125 cancer deaths). After adjustment for age, sex, waist circumference, and exercise, the hazard ratios for each 1-hour increment in television viewing time per day were 1.11 (95% confidence interval [CI], 1.03 to 1.20) for all-cause mortality, 1.18 (95% CI, 1.03 to 1.35) for CVD mortality, and 1.09 (95% CI, 0.96 to 1.23) for cancer mortality. Compared with a television viewing time of < 2 h/d, the fully adjusted hazard ratios for all-cause mortality were 1.13 (95% CI, 0.87 to 1.36) for >= 2 to < 4 h/d and 1.46 (95% CI, 1.04 to 2.05) for >= 4 h/d. For CVD mortality, corresponding hazard ratios were 1.19 (95% CI, 0.72 to 1.99) and 1.80 (95% CI, 1.00 to 3.25). The associations with both



cancer mortality and non-CVD/noncancer mortality were not significant.

Conclusions-Television viewing time was associated with increased risk of all-cause and CVD mortality. In addition to the promotion of exercise, chronic disease prevention strategies could focus on reducing sitting time, particularly prolonged television viewing. (Circulation. 2010;121:384-391.)

文献类型: Article

作者关键词: epidemiology; exercise; lifestyle; mortality; obesity; risk factors

KeyWords Plus: ALL-CAUSE MORTALITY; PHYSICAL-ACTIVITY; SEDENTARY BEHAVIOR; METABOLIC SYNDROME; CARDIOVASCULAR-DISEASE; PLASMA-GLUCOSE; ACTIVITY LEVEL; US WOMEN; RISK; ADULTS

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第 36 条, 共 36 条

标题: Television time and continuous metabolic risk in physically active adults

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引用的参考文献数: 40

摘要: Purpose: Among Australian adults who met the public health guideline for the minimum health-enhancing levels of physical activity, we examined the dose-response associations of television-viewing time with continuous metabolic risk variables. Methods: Data were analyzed on 2031 men and 2033 women aged ≥ 25 yr from the 1999-2000 Australian Diabetes, Obesity and Lifestyle study without clinically diagnosed diabetes or heart disease, who reported at least



2.5 h.wk(-1) of moderate- to vigorous-intensity physical activity. Waist circumference, resting blood pressure, and fasting and 2-h plasma glucose, triglycerides, and high-density-lipoprotein cholesterol (HDL-C) were measured. The cross-sectional associations of these metabolic variables with quartiles and hours per day of self-reported television-viewing time were examined separately for men and for women. Analyses were adjusted for age, education, income, smoking, diet quality, alcohol intake, parental history of diabetes, and total physical activity time, as well as menopausal status and current use of postmenopausal hormones for women. Results: Significant, detrimental dose-response associations of television-viewing time were observed with waist circumference, systolic blood pressure, and 2-h plasma glucose in men and women, and with fasting plasma glucose, triglycerides, and HDL-C in women. The associations were stronger in women than in men, with significant gender interactions observed for triglycerides and HDL-C. Though waist circumference attenuated the associations, they remained statistically significant for 2-h plasma glucose in men and women, and for triglycerides and HDL-C in women. Conclusions: In a population of healthy Australian adults who met the public health guideline for physical activity, television-viewing time was positively associated with a number of metabolic risk variables. These findings support the case for a concurrent sedentary behavior and health guideline for adults, which is in addition to the public health guideline on physical activity.

文献类型: Article

作者关键词: sedentary behavior; exercise; waist circumference; lipids; blood pressure; blood glucose

KeyWords Plus: SEDENTARY BEHAVIOR; CARDIOVASCULAR-DISEASE; AUSTRALIAN ADULTS; PLASMA-GLUCOSE; LIFE-STYLE; OBESITY; ASSOCIATION; EXERCISE; COLLEGE; EVENTS

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