

**Table 1: Studies used to estimate summary relative risks for physical inactivity in Canada**

Disease, population	Sample size or no. of studies	Activity level classification	RR (and 95% CI)
<b>CAD</b>			
Meta-analysis <sup>15</sup>	9 studies	Low v. high	1.90 (1.60–2.20)
<b>Stroke</b>			
British men <sup>25</sup>	7 735	None v. moderate	1.67 (0.67–5.00)
NHANES men <sup>20</sup>	2 368	Low v. moderate	1.24 (0.63–2.41)
NHANES women <sup>20</sup>	2 713	Low v. moderate	3.13 (0.95–10.32)
Honolulu Heart Study men <sup>17</sup>	7 530	Low v. high tertile	3.70 (1.20–6.70)
Framingham Study men <sup>21</sup>	1 228	Tertile 1 v. tertile 2	2.44 (1.45–4.17)
Framingham Study women <sup>21</sup>	1 676	Tertile 1 v. tertile 2	1.03 (0.68–1.56)
Finnish men <sup>24</sup>	3 978	None v. some leisure	1.00 (0.65–1.62)*
Finnish women <sup>24</sup>	3 688	None v. some leisure	1.30 (0.73–2.16)*
Reykjavik men <sup>18</sup>	4 484	None v. some after age 40	1.45 (0.99–2.13)
ARIC women and men <sup>19</sup>	14 575	Low v. high quartile	1.12 (0.73–1.75)
Male physicians <sup>22</sup>	21 823	None v. vigorous exercise 2–4 times/wk	1.25 (1.01–1.54)
Harvard University alumni <sup>23</sup>	11 130	< 4184 kJ/wk v. 8368–12 548 kJ/wk	1.85 (1.32–2.63)
<b>Hypertension</b>			
Harvard University alumni <sup>28</sup>	14 998	< 8368 kJ/wk v. ≥ 8368 kJ/wk	1.30 (1.09–1.55)
Iowa women <sup>26</sup>	41 837	Low v. high tertile	1.43 (1.11–1.67)
Finnish men <sup>27</sup>	2 840	Low v. high tertile	1.73 (1.13–2.65)
ARIC men <sup>29</sup>	7 459	Low v. high quartile	1.52 (1.06–2.13)
<b>Colon cancer</b>			
Meta-analysis <sup>16</sup>	35 studies	Sedentary v. active	1.39 (1.27–1.51)
<b>Breast cancer</b>			
Meta-analysis <sup>16</sup>	13 studies	Sedentary v. active	1.22 (1.00–1.50)
<b>Type 2 diabetes mellitus</b>			
Female nurses <sup>31</sup>	87 253	None v. vigorous exercise once/wk	1.45 (1.00–2.08)
Male physicians <sup>32</sup>	21 271	None v. vigorous exercise once/wk	1.41 (1.10–1.79)
Finnish women <sup>27</sup>	2 840	Low v. high tertile	2.64 (1.28–5.44)
Female nurses <sup>30</sup>	27 546	Low v. high quintile	1.35 (1.12–1.61)
<b>Osteoporosis</b>			
Nonblack women <sup>34</sup>	9 704	< 1423 kJ/wk v. > 9209 kJ/wk	1.56 (1.12–2.22)
NHANES white women <sup>33</sup>	2 143	None v. much or moderate exercise	1.90 (1.04–3.30)

Note: RR = relative risk, CI = confidence interval, CAD = coronary artery disease, NHANES = National Health and Nutrition Epidemiologic Follow-up Study, ARIC = Atherosclerosis Risk in Communities Study.

\*Estimated from 90% confidence intervals presented in the study.

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