

Table 2: Relative risk and population-attributable fraction due to physical inactivity for major chronic diseases

Disease	RR (and 95% CI)	Population-attributable fraction, %*
CAD	1.9 (1.6–2.2)	35.8
Stroke	1.4 (1.2–1.5)	19.9
Hypertension	1.4 (1.2–1.6)	19.9
Colon cancer	1.4 (1.3–1.5)	19.9
Breast cancer	1.2 (1.0–1.5)	11.0
Type 2 diabetes	1.4 (1.2–1.6)	19.9
Osteoporosis	1.6 (1.2–2.2)	27.1

*Assuming a prevalence of physical inactivity of 62%.

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