



Infographic. Self-rated walking pace and all-cause, cardiovascular disease and cancer mortality: individual participant pooled analysis of 50 225 walkers from 11 population British cohorts

Stamatakis, E., Williamson, C., Kelly, P., Strain, T., Murtagh, E. M., Ding, D., & Murphy, M. H. (2019). Infographic. Self-rated walking pace and all-cause, cardiovascular disease and cancer mortality: individual participant pooled analysis of 50 225 walkers from 11 population British cohorts. *British Journal of Sports Medicine*, 53(21), 1381-1382. <https://doi.org/10.1136/bjsports-2018-100468>

[Link to publication record in Ulster University Research Portal](#)

Published in:
British Journal of Sports Medicine

Publication Status:
Published (in print/issue): 01/11/2019

DOI:
[10.1136/bjsports-2018-100468](https://doi.org/10.1136/bjsports-2018-100468)

Document Version
Publisher's PDF, also known as Version of record

General rights

The copyright and moral rights to the output are retained by the output author(s), unless otherwise stated by the document licence.

Unless otherwise stated, users are permitted to download a copy of the output for personal study or non-commercial research and are permitted to freely distribute the URL of the output. They are not permitted to alter, reproduce, distribute or make any commercial use of the output without obtaining the permission of the author(s).

If the document is licenced under Creative Commons, the rights of users of the documents can be found at <https://creativecommons.org/share-your-work/licenses/>.

Take down policy

The Research Portal is Ulster University's institutional repository that provides access to Ulster's research outputs. Every effort has been made to ensure that content in the Research Portal does not infringe any person's rights, or applicable UK laws. If you discover content in the Research Portal that you believe breaches copyright or violates any law, please contact pure-support@ulster.ac.uk

WALKING PACE AND RISK OF ALL-CAUSE, CARDIOVASCULAR DISEASE AND CANCER MORTALITY



Walking at an average, brisk, or fast pace was found to be associated with a 20%-24% risk reduction for all-cause and cardiovascular disease mortality compared to walking at a slow pace

There were no associations between walking pace and cancer mortality

Clearer and more pronounced dose-response effects with faster walking pace were present among those aged 50 and older

Walking pace should be emphasised in public health messages



This infographic is based on a pooled analysis examining the associations between walking pace and mortality. These results are based on data from 49,731 walkers from 11 cohorts from England and Scotland. This work was published in June 2018 in BJSM.

Stamatakis E, Kelly P, Strain T, Murtagh EM, Ding D, Murphy MH. 2018. Self-rated walking pace and all-cause, cardiovascular disease, and cancer mortality: individual participant pooled analysis of 50,225 walkers from 11 population British cohorts. *British Journal of Sports Medicine*, 52(12), 761-765. doi:10.1136/bjsports-2017-098677

Work led by:



THE UNIVERSITY OF SYDNEY

British Journal of Sports Medicine

Infographic created by Chloë Williamson