



## Occupational physical activity and mortality among Danish workers.

<https://arctichealth.org/en/permalink/ahliterature133530>

Author: Andreas Holtermann  
Hermann Burr  
Jørgen V Hansen  
Niklas Krause  
Karen Søgaard  
Ole S Mortensen

Author Affiliation: National Research Centre for the Working Environment, Copenhagen, Denmark. aho@nrcwe.dk

Source: Int Arch Occup Environ Health. 2012 Apr;85(3):305-10

Date: Apr-2012

Language: English

Publication Type: Article

Keywords: Adolescent  
Adult  
Cause of Death  
Denmark - epidemiology  
Female  
Humans  
Male  
Middle Aged  
Motor Activity  
Occupational Exposure - statistics & numerical data  
Proportional Hazards Models  
Sex Factors  
Survival Rate  
Young Adult

Abstract:

The relationship between occupational physical activity (OPA) and mortality has mainly been studied among males and shows conflicting results. This study examines this relationship in a cohort of both male and female workers.

OPA was determined by 4 self-reported questions in a representative sample of 5,839 Danish workers aged 18-59 years at baseline. A 19-year follow-up on mortality was assessed by linkage with the national death registry. Gender-stratified Cox regression models were used to determine the effect of high OPA on all-cause mortality while controlling for age, BMI, smoking, alcohol consumption, doctor-diagnosed disease, influence at work, and social class.

Two hundred and sixty-two males (8.6%) and 174 females (6.2%) died during follow-up. Being in the highest quartile of OPA predicted an increased risk for all-cause mortality among male workers (HR: 1.79, CI: 1.19-2.70), but not among female workers (HR: 0.99, CI: 0.65-1.49) compared with workers in the lowest quartile of OPA. Among females, indications of a u-shaped relationship between occupational physical activity and all-cause mortality were found.

The findings indicate that high occupational physical activity increases the risk for all-cause mortality among male workers. Future studies need to further examine gender differences in the effects of OPA on mortality.

PubMed ID:

21695437 [View in PubMed](#) 