

# 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

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