Association between walking time spent and high sensitivity C-reactive protein level among obese women

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Abstract
Objective: This study aims to assess the association between the walking time spent and high sensitivity C-reactive protein (hs-CRP) level to determine the risk for cardiovascular disease (CVD) among obese women.

Methods: Cross-sectional study was conducted in Kuantan, Pahang. The purposive sampling method was chosen. Seventy-six obese women aged 18 years old and above were included in the study. Data were collected using the self-reported questionnaire consisted of socio-demographic and the walking time for the past 7 days. The sample blood test was taken to check for hs-CRP level.

Results: Walking time spent in minutes was found to be significantly inverse associated with the hs-CRP level (p = 0.045) among obese women.

Conclusion: The increase in walking time spent can help reduce the hs-CRP level, therefore reduce the risk for CVD. (C) 2018 Elsevier España, S.L.U. All rights reserved.

Keywords
Author Keywords: Obese; Woman; Walking; hs-CRP; Cardiovascular disease

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