Abstract

Objective. To examine whether leisure-time physical activity (PA) is associated with hypertension status in Korean adults (men, 586; women, 1 135) who visited a public health promotion center for a medical checkup in Seoul from 2010 to 2011. Materials and methods. Multivariate logistic regression analysis adjusted for age, body mass index, sleep duration, mental stress, education level, economic status, and drinking and smoking frequencies was performed. Results. Odds ratios and 95% confidence intervals for having hypertension and performing PA compared to having hypertension and not performing PA were not significant for both sexes regardless of the PA frequency and intensity, except for moderate PA 3 times per week in women. Conclusion. We conclude that PA has no or little association with hypertension status in Korean adults.

Keywords

Physical activity, hypertension, Korea.