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Title: The relationship of physical activity to high-density lipoprotein cholesterol level in a sample of community-dwelling older adults from Amazonas, Brazil

Authors: Élvio R. Gouveia, Andreas Ihle, Matthias Kliegel, Duarte L. Freitas, Jefferson Jurema, Maria A. Tinôco, Angeany Odim, Floramara T. Machado, Bárbara R. Muniz, António A. Antunes, Rui T. Ornelas, Bruna R. Gouveia



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The relationship of physical activity to high-density lipoprotein cholesterol level in a sample of community-dwelling older adults from Amazonas, Brazil

Running Title: Physical activity and HDL-C in older adults

Élvio R. Gouveia^{1,2,3}, Andreas Ihle^{2,4}, Matthias Kliegel^{2,4}, Duarte L. Freitas^{1,5}, Jefferson Jurema⁶, Maria A. Tinôco⁷, Angeany Odim⁶, Floramara T. Machado⁶, Bárbara R. Muniz⁸, António A. Antunes¹, Rui T. Ornelas¹, Bruna R. Gouveia^{2,3,9}

¹ Department of Physical Education and Sport, University of Madeira, Funchal, Portugal;

² Center for the Interdisciplinary Study of Gerontology and Vulnerability, University of Geneva, Geneva, Switzerland;

³ Madeira Interactive Technologies Institute (MITI);

⁴ Department of Psychology, University of Geneva, Geneva, Switzerland;

⁵ Department of Mathematical Sciences, University of Essex, Colchester, UK;

⁶ Amazonas State University, Manaus, Brazil

⁷ Federal Institute of Science and Technology Education of Amazonas, Manaus, Brazil

⁸ City Hall of Manaus, Amazonas - Municipal Secretary of Youth Sports and Leisure, Manaus, Brazil

⁹ Saint Joseph of Cluny Higher School of Nursing, Funchal, Portugal

Correspondence: Élvio Rúbio Quintal Gouveia

Universidade da Madeira, Departamento de Educação Física e Desporto; Campus Universitário da Penteada; 9000-390 Funchal - Portugal

Tel: +351-291-705313; Fax: +351-291-705249; Email: erubiog@uma.pt

Highlights

- High-density lipoprotein cholesterol (HDL-C) seems to be protective in the development of cardiovascular diseases (CVD). This is of particular importance in older adults, taking into account the high prevalence CVD in this vulnerable population;
- In this study HDL-C was positively related to physical activity (PA) at sport, PA leisure, and socioeconomic status and negatively related to smoking and body fat distribution;
- This study suggests that PA should be considered a major factor in recommendations to prevent low HDL-C, independently of age and sex.

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