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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


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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


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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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