

Physical inactivity is a behavioral risk factor of CVDs:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2857522/>
 - In a study comparing men riding cars who are physically inactive vs. active, it was found that “for any given amount of time spent riding in a car, men who were physically active [...] maintained lower CVD mortality rates than men who were classified as physically inactive. Research indicates that physical activity is protective against CVD mortality”
- [https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-\(cvds\)#:~:text=What%20are%20the%20risk%20factors,pollution%20is%20an%20important%20factor.](https://www.who.int/news-room/fact-sheets/detail/cardiovascular-diseases-(cvds)#:~:text=What%20are%20the%20risk%20factors,pollution%20is%20an%20important%20factor.)
 - Physical inactivity is a behavioral risk factor of CVDs
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5511058/>
 - “Compared with people who were inactive, men meeting the WHO-recommended physical activity level had 7% lower lifetime risk of CVD from age 45 to age 85 years (46% vs. 53%) and women had 11% lower risk (31% vs. 42%)”
 - Lifetime risk meaning likelihood of getting the disease, so these findings display that people who meet the WHO-recommendation of physical activity are less likely to develop CVDs than those who don’t
- <https://www.health.harvard.edu/heart-health/can-we-reduce-vascular-plaque-buildup>
 - Exercising can help shrink and stabilize plaque; it can “raise HDL, lower blood pressure, burn body fat, and lower blood sugar levels”
 - [https://www.cdc.gov/cholesterol/about/ldl-and-hdl-cholesterol-and-triglycerides.html#:~:text=HDL%20\(high%20density%20lipoprotein\),for%20heart%20disease%20and%20stroke.](https://www.cdc.gov/cholesterol/about/ldl-and-hdl-cholesterol-and-triglycerides.html#:~:text=HDL%20(high%20density%20lipoprotein),for%20heart%20disease%20and%20stroke.)
 - HDL = high-density lipoprotein cholesterol. High levels can lower risk of CVDs and stroke
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8001316/>
 - “sitting ≥ 9 h/day is associated with higher odds for carotid and any territory plaque development independently of physical activity levels and other CVD risk factors”
 - Sitting for extended periods of time is associated with plaque buildup
- <https://www.mayoclinic.org/diseases-conditions/coronary-artery-disease/symptoms-cause/s/syc-20350613#:~:text=Coronary%20artery%20disease%20is%20caused,to%20narrow%20C%20blocking%20blood%20flow.>
 - Plaque is buildup of “fats, cholesterol and other substances in and on the walls of the heart arteries”. It causes arteries to narrow, thus blocking blood flow

Conclusion: physical inactivity and a sedentary lifestyle is a risk factor of CVDs. Physical activity can raise HDL levels (which can lower risk of CVDs) whereas a sedentary lifestyle can raise plaque levels (which can increase risk of CVDs)

Who is at higher risks of physical inactivity?

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5667611/#:~:text=According%20to%20the%20United%20States,families%20being%20the%20most%20sedentary.>
 - “There is a strong relationship between family income and physical activity with low-income families being the most sedentary”

Conclusion: Low-income individuals have higher levels of physical inactivity.

What is the cause of physical inactivity?

- <https://peacefulplaygrounds.com/featured-articles-members/the-physical-activity-divide-is-it-a-public-health-issue-or-a-social-justice-issue/#:~:text=Time%20constraints%3A%20People%20from%20lower,models%20who%20are%20physically%20active.>
 - Limited access to safe and affordable places to exercise, time constraints, lack of role models, negative stereotypes
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5667611/>
 - Low-income children are less likely to exercise because of neighborhood safety, financial difficulty, and busy guardians.