

## How Much To Sit, Stand, And Be Active For Musculoskeletal Health? A Cross-Sectional Compositional Data Analysis In The Copenhagen City Heart Study

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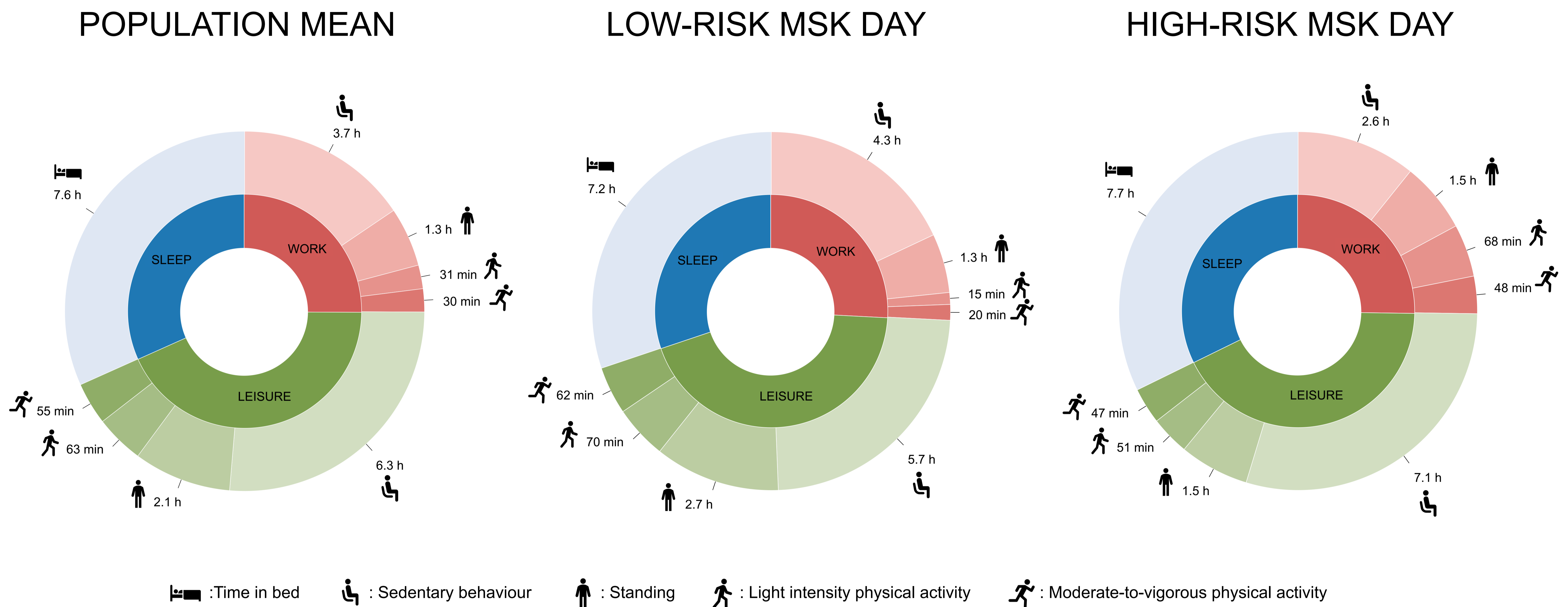
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# What does a good musculoskeletal day look like?

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## RESULTS



## STUDY OBJECTIVES

To investigate low- and high-risk durations of physical behaviours during leisure and work for musculoskeletal pain among adults from the general population.

## CONCLUSIONS

A low-risk day was characterized by an active leisure and mainly sedentary work, while a high-risk day was characterized by a more sedentary leisure time and higher levels of physical activity at work.

## METHODS

- Cross-sectional data from a general population study based in Copenhagen, Denmark (invited: n = 9215; participated: n = 4543).
- Daily durations of physical behaviours was measured using accelerometers - 24 h/day for 7 days (n = 2335).
- Number of pain sites was derived from self-reported data about persistent/recurrent pain across 10 body regions.
- Inclusion criteria:  $\geq 3$  days with accelerometer measurements and  $\geq 1$  workdays, and data on number of pain sites (n = 880).

- Hurdle models with the daily physical behaviour composition, expressed as isometric log-ratios, as predictor and number of pain sites as outcome were used to identify time-use compositions that were associated with the lowest/highest number of pain sites.
- The mean composition of the 15% lowest and highest predicted number of pain sites was considered a low- and high-risk day, respectively.

## AFFILIATIONS

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