

The Importance of Physical Activity to Help Prevent Hospital Admission and Readmission

WVU Medicine
UNITED HOSPITAL CENTER



Top 10 diagnoses requiring hospital admissions

Septicemia, HF, OA, Pneumonia, DM, acute MI, cardiac dysrhythmias, COPD and bronchiectasis, acute and unspecified renal failure, CI¹

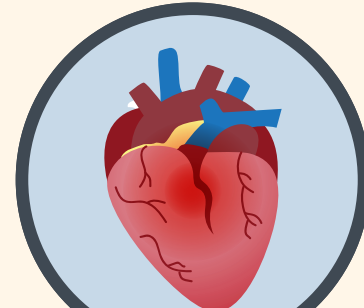
Research shows regular Physical activity can decrease overall rate of hospital admissions by decreasing the chances of or complications of these diseases.²



32%

of WV is physically inactive⁵

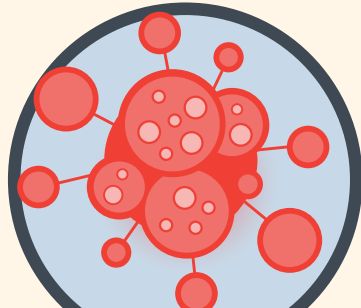
Dangers of being immobile⁶



Heart disease



Metabolic diseases such as T2DM, HTN, dyslipidemia



Cancer

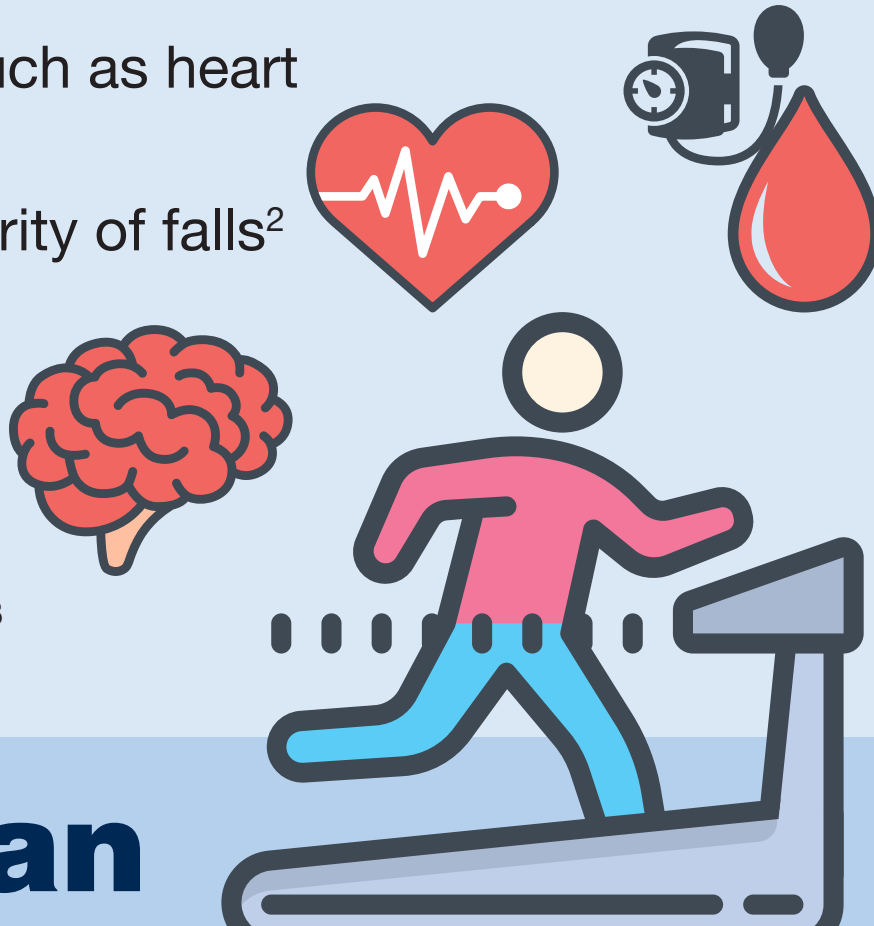


Musculoskeletal diseases such as knee pain and osteoporosis



Why is mobility important?

- ★ Reduces rate of disease such as heart disease, COPD, T2DM²
- ★ Reduces number and severity of falls²
- ★ Improves balance³
- ★ Lowers blood pressure³
- ★ Lower risk of stroke³
- ★ Reduces cognitive decline³



Ways you can be mobile⁴

150 minutes of moderate intensity aerobic activity each week
Ex: 30 minutes/day for 5 days a week



Walking



Climbing stairs



Improve balance by safely walking backwards, sideways walking, heel walking, toe walking, heel to toe walking



Sit to stands (sitting and rising from a chair)



Holding onto counter or chair and standing on one leg

LINKS

- <https://www.hcup-us.ahrq.gov/reports/statbriefs/sb277-Top-Reasons-Hospital-Stays-2018.jsp>
- <https://www.nia.nih.gov/news/maintaining-mobility-and-preventing-disability-are-key-living-independently-we-age>
- <https://www.cdc.gov/physicalactivity/about-physical-activity/why-it-matters.html>
- <https://www.cdc.gov/physicalactivity/basics/adding-pa/activities-olderadults.htm>
- <https://www.arc.gov/wp-content/uploads/2020/07/WVHealthDisparitiesKeyFindings8-17.pdf>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7700832/>