

NOTEWORTHY

PAPER OF THE YEAR: 2021

31.12.2021

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Original Investigation

July 19, 2021

Association of Cycling With All-Cause and Cardiovascular Disease Mortality Among Persons With Diabetes

The European Prospective Investigation Into Cancer and Nutrition (EPIC) Study

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JAMA Intern Med. 2021;181(9):1196-1205. doi:10.1001/jamainternmed.2021.3836

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Key Points

Question Is cycling associated with risk of all-cause and cardiovascular disease mortality among persons with diabetes?

Findings In this cohort study of 7459 persons with diabetes, cycling was associated with at least a 24% lower all-cause mortality rate when compared with noncyclists, independent of other physical activity and putative confounders. Taking up cycling over a 5-year period was associated with at least a 35% lower risk of all-cause mortality when compared with consistent noncyclists.

