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**Trends in pedometer-measured steps per day in Danish adults: 2007 to 2012**

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**Methods**

- The study population comprised a random sample of Danish citizens aged 18-75 years who participated in the Danish National Survey of Diet and Physical Activity (DANSDA) in 2007-2008 (n=224) and 2011-2012 (n=1515).
- Sealed pedometer data (Yamax SW-200) were obtained for seven consecutive days.
- A total of 1624 participants (48.2% men) met the inclusion criteria, i.e. at least four valid days of data (≥ 10 h/d).
- Regression models adjusted for sex, age, education and season were used to analyse data.

**Table 1.** Steps/day and percentages of active and sedentary adults (mean (95% CI)), DANSDA 2007-2008 (n=202) and 2011-2012 (n=1408)

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<tbody>
<tr>
<td>Steps/day</td>
<td>8788 (8321-9254)</td>
<td>8341 (8160-8633)</td>
<td>8648 (8015-9280)</td>
<td>8521 (8262-8780)</td>
<td>8648 (8015-9280)</td>
<td>8521 (8262-8780)</td>
</tr>
<tr>
<td>≥ 10,000 steps/day (%)</td>
<td>34.8 (28.3, 41.3)</td>
<td>29.3 (26.9, 31.7)</td>
<td>37.0 (31.9, 41.7)</td>
<td>31.7 (28.1, 35.2)</td>
<td>39.8 (30.2, 49.5)</td>
<td>30.5 (22.0, 39.1)</td>
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<tr>
<td>&lt; 5,000 steps/day (%)</td>
<td>14.2 (9.2, 19.1)</td>
<td>16.4 (14.4, 18.4)</td>
<td>15.6 (13.8, 17.6)</td>
<td>15.3 (12.5, 18.0)</td>
<td>13.1 (11.0, 15.1)</td>
<td>14.9 (12.0, 17.7)</td>
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<tr>
<td>Steps/day incl. cycling</td>
<td>9892 (9307, 10479)</td>
<td>9583 (9055, 10110)</td>
<td>9327 (8653, 10211)</td>
<td>9705 (8981, 10300)</td>
<td>10546 (9467, 11595)</td>
<td>9468 (8792, 10143)</td>
</tr>
</tbody>
</table>

*P<0.05, **P<0.01: Differences between survey periods using regression models +160 step equivalents were added for each minute of cycling*

**Results**

- In 2011-2012, Danish adults took on average 8341 (95% CI 8160; 8523) steps/day.
- A significant difference was observed between men and women in 2011-2012 (p=0.046). However, when cycling was taken into account no difference between sexes was found (p=0.288).
- Mean steps/day decreased by 446 from 2007-2008 to 2011-2012 (Table 1).
- The proportion taking ≥10,000 steps/day decreased and proportion taking <5,000 steps/day increased (Figure 1). These changes was primarily due to a reduced level of activity among women as men maintained their activity level (Table 1).

**Conclusion**

This nationally representative survey showed a tendency to a decline in daily steps due to a lower level of activity among women. The increased proportion with a sedentary and low active lifestyle is worrying from a public health perspective. Targeted actions should encourage these individuals, especially women, to increase their level of physical activity.

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