How Does Physical Activity Initiation Affect Mortality and Severe Exacerbation in Patients Not Engaged in Activity Prior to COPD Diagnosis?

**STUDY DESIGN**

Sequential trial emulation study using Korean National Health Insurance System database data

Patients with COPD ≥40 years old who were not performing moderate to vigorous physical activity (MVPA) prior to COPD diagnosis

Compared MVPA initiated vs control (MVPA not initiated)

**RESULTS**

Initiation of moderate to vigorous physical activity may reduce mortality and severe exacerbations in patients with COPD, and patients should be encouraged to integrate physical activity into their daily lives.

AdjHR for Mortality With MVPA
0.84 (95% CI, 0.79-0.89)

AdjHR for Severe Exacerbation
0.90 (95% CI, 0.87-0.94)