WALKING SPEED AND SUBCLINICAL ATHEROSCLEROSIS IN HEALTHY OLDER ADULTS: THE WHITEHALL II STUDY

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**Short title:** Walking speed and subclinical atherosclerosis

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Abstract

**Objective:** Extended walking speed is a predictor of incident cardiovascular disease (CVD) in older individuals, but the ability of an objective short-distance walking speed test to stratify the severity of preclinical conditions remains unclear. We examined whether performance in an 8-foot walking speed test is associated with metabolic risk factors and sub-clinical atherosclerosis.

**Design:** Cross sectional

**Setting:** Epidemiological cohort

**Participants:** 530 adults (aged 63± 6 yrs, 50.3% male) from the Whitehall II cohort study with no known history or objective signs of CVD.

**Main outcome:** Electron beam computed tomography and ultrasound was used to assess the presence and extent of coronary artery calcification (CAC) and carotid intima-media thickness (IMT), respectively.

**Results:** High levels of CAC (Agatston score>100) were detected in 24% of the sample; the mean IMT was 0.75 (SD 0.15) mm. Participants with no detectable CAC completed the walking course 0.16 seconds (95% CI, 0.04 to 0.28) faster than those with CAC ≥400. Objectively assessed, but not self-reported, faster walking speed was associated with lower risk of high CAC (odds ratio=0.62, 95% CI, 0.40 to 0.96) and lower IMT (β=-0.04, 95% CI, -0.01 to -0.07 mm) in comparison with the slowest walkers (bottom third), after adjusting for conventional risk factors. Faster walking speed was also associated with lower adiposity, C-reactive protein, and LDL cholesterol.

**Conclusions:** Short distance walking speed is associated with metabolic risk and sub-clinical atherosclerosis in older adults without overt CVD. These data
suggest that a non-aerobically challenging walking test reflects the presence of underlying vascular disease.

Keywords: physical function, gait speed, atherosclerosis, imaging, ageing.
Introduction

Performance on extended walking tests predicts total mortality and incident cardiovascular disease (CVD) in older individuals, but the ability of short distance walking speed to stratify the severity of subclinical CVD remains uncertain. Several non-invasive imaging techniques can be employed to examine the extent of sub-clinical atherosclerosis, which proceeds CVD. In a study of 387 healthy, older participants from the Cardiovascular Health Study, coronary artery calcification (CAC) was inversely related to objectively measured walking speed in women but such an association was not seen in men. In the Three-City study, carotid intima-media thickness (IMT), another proxy measure of sub-clinical atherosclerosis, was inversely associated with objectively measured maximum walking speed. In the Multi-Ethnic Study of Atherosclerosis self reported brisk walking pace was associated with lower CAC and IMT in men but only IMT in women.

Short-distance tests of walking speed compared to those of long-distance and maximum walking speed have several advantages. They can be performed using relatively little clinic space, they are particularly safe and easy to administer, and are not aerobically demanding for the participant. We are not aware of any large-scale studies that have examined the ability of a short distance walking speed test to capture variation in multiple markers of pre-clinical atherosclerosis. The aim of the present study was therefore to examine whether the performance in an 8-foot walking speed test is associated with metabolic risk factors and sub-clinical atherosclerosis, assessed from both CAC and carotid IMT among older men and women with no overt CVD. A second aim
was to compare the predictive utility of the objective walking test with that of self reported walking pace.

**Methods**

**Participants**

A sub-sample of participants from phase 7 (2003-2004) of the Whitehall II epidemiological cohort were recruited for the assessment of CAC in 2006 to 2008. The inclusion criteria for the study were no history or objective signs of coronary heart disease, verified by clinical examination including ECG, and no previous diagnosis or treatment for hypertension or diabetes, inflammatory diseases (including arthritis), or allergies. Thirteen participants (2.4%) were prescribed lipid lowering medication (statins). Volunteers were of white European origin, aged 53 – 76 years, and 56.5% were in full-time employment. Selection was stratified by grade of employment (current or most recent) to include higher and lower socioeconomic status participants. From the initially invited 1169 participants, 323 (27.6%) were not eligible (mainly because of prescribed anti-hypertensive medications) and 303 (25.9%) declined to take part. A higher proportion of participants from lower work grades declined to take part compared with higher grades, (38.6% vs 20.3%, respectively). Participants were prohibited from using any anti-histamine or anti-inflammatory medication 7 days before testing and were rescheduled if they reported colds or other infections on the day of testing. Participants gave full informed consent to participate in the study and ethical approval was obtained from the UCLH committee on the Ethics of Human Research.

**Clinical assessment**
Details of the Whitehall II phase 7 clinical assessment are published elsewhere. Walking speed was measured by a trained nurse over a clearly marked 8-ft walking course using a standardized protocol. Participants wore either low-heeled close-fitting footwear or walked barefoot. Prior to the test, participants were shown the walking course and asked to "walk to the other end of the course at your usual walking pace, just as if you were walking down the street to go the shops. Walk all the way past the other end of the tape before you stop." The starting position was standing with both feet together at the start of the course. Participants were asked to begin walking when properly positioned. The stopwatch was started as the participant's foot hit the floor across the starting line. Nurses walked behind and to the side of the participant and stopped timing when the participant's foot hit the floor after the end of the walking course. The test was repeated three times and performance time on the last walk was used for the present analyses. We also calculated coefficient of variation of the three walks for each participant. Participants reported habitual physical activity from a 20-item questionnaire, a question about usual walking pace (slow/average/brisk/fast), current smoking levels, weekly alcohol intake (units per week), and self-rated health (excellent/very good/good/fair/poor). The physical function scale from the Medical Outcomes Study short form 36 health survey (SF36) was used to assess activities of daily living. Respondents were asked about limitations to everyday activities such as lifting, climbing stairs and walking. Scores can range from 0 to 100, with lower scores indicating greater impairment. Anthropometric measures were recorded in light clothing for the calculation of body mass index (BMI) and body fat percentage was measured using a bio-impedance device (BodyStat 1500 Medical, UK). Fasting venous
blood samples were taken for the analysis of: C-reactive protein (CRP), which was performed using high-sensitivity ELISA (R & D Systems, Oxford, UK); and total and high-density-lipoprotein (HDL) cholesterol, and triglycerides which were measured within 72 h in serum stored at 4°C using enzymatic colorimetric methods. Low-density-lipoprotein (LDL) cholesterol was derived using the Friedewald equation. Glucose homeostasis was assessed from fasting glucose.

**Markers of sub-clinical atherosclerosis**

The assessment of CAC was performed using electron beam computed tomography (GE Imatron C-150, San Francisco, CA) as previously described. In brief, 40 contiguous 3-mm slices were obtained during a single breath-hold starting at the carina and proceeding to the level of the diaphragm. Scan time was 100 ms/slice, synchronized to 40% of the R-R interval. Agatston and volumetric calcium scores were calculated to quantify the extent of CAC by a single experienced investigator blinded to the clinical data on an Aquarius workstation (TeraRecon Inc., San Mateo, CA). Carotid IMT was measured using ultrasound scanning. The right and left common carotid arteries were scanned with a 5- to 10-MHz probe (Aloka Prosound 2000). The carotid bulb was identified, and longitudinal 2-dimensional ultrasonographic images of the common carotid artery 1 to 2 cm proximal to the carotid bulb were obtained. The optimal longitudinal image was acquired on the R-wave of the ECG, and continuously recorded on video tape for 5 seconds. Measurements of the posterior wall of the artery were made from stored images with electronic calipers. Carotid IMT was calculated as the distance between the first bright light (lumen-intima interface) and the leading edge of the second bright light (media-adventitia interface). The 3 maximum measures from the right carotid artery in 3
different frames, and the 3 maximum measures from the left common carotid artery in 3 different frames, were averaged.

**Statistical analysis**

Thirteen participants with missing data (n=6 walking test, n=7 bloods) were excluded from all analyses. Walking speed was stratified into three equal sex specific groups, denoting fast (<1.73 sec), medium (women, 1.73 – 2.10 sec; men, 1.73 -1.94 sec), and slow (women >2.10 sec, men >1.94 sec). Walking speed variability was also stratified into three equal groups, denoting low (<5%), medium (5 – 8%), high (>8%). Because of the skewed distribution, CAC was dichotomized and multivariate logistic regression analyses were employed to examine the association of walking speed and variability with the presence of high CAC (Agatston score ≥100). This threshold was based on previous data that demonstrated maximum sensitivity and specificity for detecting cardiovascular events at a threshold calcium score of ≥ 100.12 We calculated odds ratios (OR) and 95% confidence intervals (CI) for the risk of high CAC according to objectively measured and self reported walking speed categories, adjusting for age, sex, employment grade (as a marker of social position), smoking, SF-36, statins, and conventional risk factors including BMI, systolic blood pressure, LDL and HDL cholesterol, fasting glucose and CRP. Since the majority of participants reported ‘average’ or ‘brisk’ walking pace we constructed two categories consisting of ‘slow/average’ and ‘brisk/fast’ pace. For consistency the objectively measured walking speed was also split into two categories for these analyses, representing the bottom third (slowest) and upper two thirds (medium/fast pace). We employed general linear models to examine associations of walking speed with carotid IMT, making the same adjustments
as stated above. General linear models were also employed to examine associations of walking speed with metabolic risk markers, including BMI and body fat, systolic blood pressure, total, HDL, and LDL cholesterol, log transformed CRP, and fasting glucose. All analyses were conducted using SPSS version 15.

**Results**

The sample consisted of 530 participants (284 men, 246 women, mean±SD age 63±6 yrs). Participants had moderately raised cholesterol, but generally demonstrated low risk factors with low rates of smoking and obesity, normal blood pressure (Table 1). None of the participants rated their health as ‘poor’, with 68% of the sample giving ratings of excellent or very good. The time taken to complete the walking test ranged from 1.0 to 3.5 sec and the average coefficient of variation between tests was 6.7%. Faster walkers were slightly younger, more likely to come from higher work grades, record higher scores on the SF-36 (better physical function), and report better health (Table 1). In addition, faster walking speed was associated with lower adiposity, CRP, and LDL cholesterol after adjusting for age (see Table 1). Blood pressure levels and fasting glucose were unrelated to walking speed. Participants that reported a usual walking pace of ‘brisk/fast’ demonstrated faster walking times (age and sex adjusted mean difference = -0.15, 95% CI, -0.21, -0.08 secs) compared with those reporting ‘slow/average’ walking pace. In addition, participants with higher self reported physical health (top third of SF-36 scores) had marginally faster walking times (age and sex adjusted mean difference= -0.07, 95% CI, -0.15, 0.01 secs) than those in the lowest third.
High levels of CAC (Agatston score ≥100) were detected in 24% of the sample. The association between self reported and objectively assessed walking pace is shown in Table 2. Objectively assessed (but not self reported) faster walking speed was associated with lower risk of high CAC after adjustment for potential confounders, odds ratio 0.62 (95% CI, 0.40 – 0.96) for the fastest (upper two thirds) vs slowest (bottom third) walkers. Using linear analyses there was a marginal association between log transformed Agatston score and continuous walking time (age and sex adjusted β = 0.49, 95% CI, -0.04 to 1.02), indicating a greater extent of CAC in slower walkers. On average, there was a difference of 0.16 seconds (95% CI, 0.04 to 0.28) in the time to complete the walking course in participants with no detectable CAC compared to those with CAC ≥400 (see Figure 1). Objectively assessed faster walking speed was also associated with lower IMT (β = -0.034, 95% CI, -0.002 to -0.067 mm) in comparison with the slowest walkers (bottom third), after adjusting for age, sex, social status, smoking, SF-36 and conventional risk factors (Figure 2). No sex differences were observed in these associations (e.g., p=0.64 for sex interaction with walking speed and CAC). High walking variability (top third) was not a significant predictor of CAC (age and sex adjusted odds ratio = 1.28, 95% CI, 0.76 to 2.18) or IMT (β = -0.008, 95% CI, -0.041 to 0.025 mm) in comparison to low walking variability (bottom third).

**Discussion**

The present study examined the association of walking speed with markers of sub-clinical atherosclerosis, assessed from both CAC and carotid IMT, in a sample of older adults without overt CVD. Faster pace walking speed assessed
with a short-distance test was associated with lower prevalence and extent of CAC and lower IMT values, independently from age and other CVD risk factors. These associations were not observed when using the self reported measure of walking pace. In a recent analysis of the full Whitehall II cohort that employed the short distance test, age adjusted walking speed was approximately 13% higher in the highest employment grade compared with the lowest, although our findings suggest that associations with sub-clinical atherosclerosis are independent of social status. We also observed an association between walking speed and several markers of metabolic health. Replicable findings across two independent measures of pre-clinical atherosclerosis and consistent associations with atherosclerosis risk factors suggest that the association between walking speed and pre-clinical atherosclerosis was robust.

CAC has been shown to be independently predictive of CHD risk over and above traditional cardiac risk factors, and thus may be important in the early detection of atherosclerosis. Our findings extend those reported in the few previous smaller-scale studies of objective walking speed and CAC. In community based samples of healthy elderly participants, walking speed over a 15 foot course was inversely related to CAC in women but not men, and maximum walking pace was inversely associated with carotid plaques and IMT. Our findings are consistent with the evidence that demonstrated associations of objective walking speed with incident CVD and total mortality. Other data have shown an association between impaired physical performance and inflammatory markers in the elderly.

Studies examining the association between self reported measures of physical activity and CAC have generally produced inconsistent findings,
which may be explained by differences in physical activity assessment techniques between studies and limitations of self-reported instruments. In a recent study self reported brisk walking pace was associated with lower CAC and IMT in men but only IMT in women,\textsuperscript{6} which contrasts with our results that showed no associations.

**Mechanisms**

As the study was cross-sectional, we cannot determine the directionality of the association between walking speed and preclinical atherosclerosis. Slow walking speed is related to lack of physical exercise which is a well-established CVD risk factor\textsuperscript{18} and studies have demonstrated that physical inactivity in mid-life can predict functional decline in older age.\textsuperscript{19} Therefore the inverse association of walking speed and sub-clinical atherosclerosis in older age may reflect cardio-protective effects of physical fitness and suggest that slow walking speed is an antecedent to CVD rather than a consequence. Recent data has confirmed strong inverse associations of exercise capacity, chronotropic response and abnormal heart recovery during exercise stress testing with CAC burden.\textsuperscript{20} Given that our objective measure of walking speed was closely associated with self reported usual walking pace, this might reflect a simple objective measure of habitual physical activity and fitness. Nevertheless, self reported walking pace in itself was not a robust predictor of sub-clinical atherosclerosis. Controlled training studies in elderly participants have demonstrated improvements in various metabolic risk factors including inflammatory markers and insulin sensitivity.\textsuperscript{21,22} However, experimental studies that examine the effects of improved physical function on markers of sub-clinical atherosclerosis are required.
Alternatively, subclinical vascular factors may play a role in motor function with slow walking speed reflecting functional consequences of underlying long-term conditions not yet apparent clinically. One hypothesis is that individuals with pre-clinical atherosclerosis have increased cerebral white matter hyperintensities (WHSs), a condition that is associated with impaired physical function, including slower gait speed.\textsuperscript{23,24} This hypothesis would imply an association between walking speed and blood pressure, because hypertension, in addition to age, is the main risk factor for WHSs. However, walking speed was not associated with systolic blood pressure and was only marginally associated with self reported physical function in the present study. In addition, high walking variability has been associated with cognitive and functional status, and sub-clinical brain vascular abnormalities,\textsuperscript{25,26} although walking variability was not a predictor of sub-clinical atherosclerosis in the present study. Nevertheless, other important mechanisms may also be involved. For example, cardiac abnormalities such as impaired left ventricular function that has been associated with subclinical atherosclerosis,\textsuperscript{27} may partly explain reduced physical capacity.\textsuperscript{28} Subclinical disease of blood vessels in the legs might lead to discomfort when walking, even though claudication is not present, resulting in a slower pace. Since the walking test is conducted from a standing start this may be another important aspect that is not captured in walking speed per se. This might partly explain the weak associations with self reported walking pace since it does not take into account factors such as initiation of movement.
Conclusion

The present findings have demonstrated the value of a simple short-distance walking test in capturing the severity of sub-clinical conditions in older adults not apparent in measures of clinical CVD. We measured walking speed with an 8-foot test in contrast to other studies that have generally employed longer walking distances\(^1\) or assessed maximal walking pace.\(^5\) The main difference in using a short-distance walking test is that it probably does not reflect aerobic capacity and the advantage is that it requires little space and is safe and easy to administer. Thus, the short-distance test is able to detect differences in sub-clinical atherosclerosis and is also highly practical, making it a potentially attractive measure for office-based use in clinical practice.

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Competing interests: None.
References


12. Arad Y, Goodman KJ, Roth M, Newstein D, Guerci AD. Coronary calcification, coronary disease risk factors, C-reactive protein, and


Table 1 Characteristics of the sample in relation to sex specific walking speed groups (Mean ± SD).

<table>
<thead>
<tr>
<th>Variable</th>
<th>All (n=530)</th>
<th>Slowest (n=188)</th>
<th>Medium (n=180)</th>
<th>Fastest (n=162)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (yrs)</td>
<td>62.8±5.7</td>
<td>63.7±5.8</td>
<td>62.7±5.7</td>
<td>62.4±5.3a</td>
</tr>
<tr>
<td>Work grade (% lower grades)</td>
<td>24.2</td>
<td>26.1</td>
<td>24.4</td>
<td>15.4a</td>
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<td>Marital status (% married)</td>
<td>63.5</td>
<td>62.6</td>
<td>68.0</td>
<td>62.7</td>
</tr>
<tr>
<td>Current smokers (%)</td>
<td>6.2</td>
<td>6.4</td>
<td>4.4</td>
<td>5.6</td>
</tr>
<tr>
<td>Alcohol (units/wk)</td>
<td>9.0±8.6</td>
<td>9.8±9.9</td>
<td>9.2±9.2</td>
<td>8.3±7.5</td>
</tr>
<tr>
<td>Prescribed lipid lowering medication (%)</td>
<td>2.4</td>
<td>3.2</td>
<td>3.3</td>
<td>0.6</td>
</tr>
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<td>SF-36 physical function score</td>
<td>82.8±14.0</td>
<td>80.3±15.0</td>
<td>84.0±13.5b</td>
<td>84.3±12.8b</td>
</tr>
<tr>
<td>Self rated health (%fair)</td>
<td>4.7</td>
<td>6.4</td>
<td>5.0</td>
<td>2.5a</td>
</tr>
<tr>
<td>Moderate-vigorous activity (MET hrs/wk)*</td>
<td>34.5±29.6</td>
<td>32.6±27.4</td>
<td>35.6±26.4</td>
<td>35.6±34.6</td>
</tr>
<tr>
<td>Systolic blood pressure (mmHg)</td>
<td>123.2±16.6</td>
<td>125.6±17.1</td>
<td>122.8±16.9</td>
<td>123.5±14.9</td>
</tr>
<tr>
<td>Body mass index (kg/m²)</td>
<td>25.6±4.1</td>
<td>26.2±4.1</td>
<td>25.7±3.6</td>
<td>25.6±3.9</td>
</tr>
<tr>
<td>Body fat %</td>
<td>30.8±8.3</td>
<td>31.4±0.4</td>
<td>30.7±0.4</td>
<td>30.1±0.4b</td>
</tr>
<tr>
<td>Total cholesterol (mmol/L)</td>
<td>5.89±0.94</td>
<td>5.88±0.97</td>
<td>5.97±1.00</td>
<td>5.72±1.01</td>
</tr>
<tr>
<td>HDL cholesterol (mmol/L)</td>
<td>1.72±0.48</td>
<td>1.68±0.47</td>
<td>1.71±0.44</td>
<td>1.71±0.50</td>
</tr>
<tr>
<td>LDL cholesterol (mmol/L)</td>
<td>3.91±0.95</td>
<td>3.95±0.93</td>
<td>4.00±0.97</td>
<td>3.76±0.94a</td>
</tr>
<tr>
<td>Log C-reactive protein</td>
<td>2.44±0.14</td>
<td>2.46±0.16</td>
<td>2.43±0.13</td>
<td>2.43±0.14b</td>
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<tr>
<td>Fasting glucose (mmol/L)</td>
<td>5.18±0.51</td>
<td>5.16±0.56</td>
<td>5.18±0.49</td>
<td>5.21±0.45</td>
</tr>
</tbody>
</table>

*Metabolic equivalents (METS) defined from moderate (3-6 METS) to vigorous (>6 METS) physical activity.

a significant difference compared with slowest walkers

b significant difference compared with slowest walkers in age adjusted analyses
Table 2 Logistic regression of objective and self reported walking pace on risk of coronary artery calcification (CAC≥100)

<table>
<thead>
<tr>
<th>Walking pace</th>
<th>N</th>
<th>Model 1 OR (95% CI)</th>
<th>Model 2 OR (95% CI)</th>
<th>Model 3 OR (95% CI)</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Objective</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slowest*</td>
<td>188</td>
<td>1.00</td>
<td>1.00</td>
<td>1.00</td>
<td>0.01</td>
</tr>
<tr>
<td>Brisk/fast</td>
<td>342</td>
<td>0.61 (0.40 – 0.92)</td>
<td>0.61 (0.40 – 0.94)</td>
<td>0.62 (0.40 – 0.96)</td>
<td>0.03</td>
</tr>
<tr>
<td><strong>Self reported</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slow/average</td>
<td>315</td>
<td>1.00</td>
<td>1.00</td>
<td>1.00</td>
<td>0.444</td>
</tr>
<tr>
<td>Brisk/average</td>
<td>213</td>
<td>0.84 (0.54 – 1.31)</td>
<td>0.88 (0.56 – 1.39)</td>
<td>0.93 (0.58 – 1.50)</td>
<td>0.589</td>
</tr>
<tr>
<td><strong>P-value</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>0.773</td>
</tr>
</tbody>
</table>

* slowest third consists of women with walking time >2.10 sec and men >1.94 sec.
Model 1 adjusted for age and sex
Model 2 with further adjustment for employment grade and smoking
Model 3 with further adjustment for systolic blood pressure, LDL and HDL cholesterol, C-reactive protein, fasting glucose, body mass index, SF-36 score, lipid lowering medication.
Figure 1 Time to complete walking test in relation to coronary artery calcium scores. Values are mean ± SEM, adjusted for age. White bars represent men, filled bars represent women.
Figure 2 Association between carotid IMT and objectively measured walking speed categorised into equal sex specific tertiles. Values are mean ± SEM, adjusted for age, sex, smoking, social status, systolic blood pressure, total and HDL cholesterol, C-reactive protein, fasting glucose, body mass index, SF-36 score, statins.