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Physical Activity, Cardiorespiratory Fitness, And Their Role In Reducing Cardiovascular, Pulmonary, And Cancer Mortality: A Community-Based Study

Dr. B Shyam Prasad Shetty[1*], Dr Sandesh KS[2], Dr Sunil Kumar S[3]

[1*]Associate Professor, Dept of Cardiothoracic and Vascular Surgery, JSS Medical College, Mysuru
[2]Head Department of PG Studies, Nehru Memorial College Sullia
[3]Assistant Professor of Cardiology, JSS Medical College, Mysuru

Abstract
A systematic evaluation examines physical activity associations with cardiorespiratory fitness and its capacity to decrease cardiovascular, pulmonary, and cancer-related deaths, specifically through community outreach programs. The basics of exercise prevention for chronic diseases and better cardiovascular health, along with improved lung function and enhanced survival outcomes, exist for cancer patients. The ability of the body to deliver oxygen efficiently during extended physical activity, known as cardiorespiratory fitness, strengthens. The benefits of exercise produce substantial mortality reductions for different health conditions. This study explores how biological processes relate to health benefits from fitness activities, such as heart enhancement, reduced inflammation, and managed metabolism among patients. Community-based physical activity programs demonstrate successful outcomes in boosting participant numbers, especially among vulnerable groups, whereas the review shows their effectiveness. The acceptance of physical activity remains limited because of socioeconomic obstacles and insufficient facilities, and faces challenges because of cultural variations, especially among risk groups. Public health programs of the future should establish diverse physical activity venues that are accessible to all people because this approach minimizes health risks while delivering sustained advantages. Research evidence shows that public health strategies need to include physical activity strategies to decrease chronic disease cases and reduce associated mortality rates worldwide.

Keywords: Physical Activity, Cardiorespiratory Fitness, Mortality Reduction, Chronic Disease Prevention

Introduction

Cardiovascular Diseases (CVD), alongside pulmonary diseases and cancer, now stand as the primary reasons for worldwide deaths and disability. The World Health Organization reports that cardiovascular diseases cause 32% of global deaths, which makes them the primary reason for mortality worldwide [1]. Chronic Obstructive Pulmonary Disease (COPD) and asthma together form a substantial portion of the worldwide disease burden since they cause millions of annual deaths [2]. The medical field identifies cancer as a significant health issue because different types of cancer, including lung cancer, colorectal cancer, and breast cancer, result in 9.6 million annual deaths [3]. These diseases continue to increase in frequency because of lifestyle factors, including poor diet, tobacco use, physical inactivity, and environmental exposures that exist in both developed and developing nations. These diseases create massive financial stress on healthcare facilities while they try to fulfill treatment, rehabilitation, and long-term care requirements. The economic strain on worldwide economies intensifies because of healthcare expenses, together with societal impacts that result from disability, reduced quality of life, and lost productivity.

The increasing worldwide elderly population will lead to higher disease rates, thus emphasizing the importance of developing preventive measures [4]. Physical activity stands out as an optimal preventive approach to minimize the occurrence and impact of these diseases. The community fully recognizes that physical exercise delivers beneficial results, which support heart wellness, along with

lung health, and minimize cancer occurrence. Research shows that cardiovascular disease risks decrease when people engage in moderate to vigorous physical activity because this exercise improves blood pressure, cholesterol levels, and body weight [5]. The benefits of physical exercise for cardiovascular health extend to the enhancement of pulmonary system performance. Daily physical exercise enhances lung capacity together with decreased COPD symptoms and enhanced respiratory endurance according to published research [6]. Physical activity demonstrates growing importance in cancer prevention because it decreases the chances of developing colorectal cancer, breast cancer, and prostate cancer.

Physical activity affects cancer risk by three main mechanisms which include lowering systemic inflammation, strengthening immune responses, and controlling hormone levels [7]. Cancer patients experience better survival rates when they incorporate physical activity into their lives which simultaneously helps to stop cancer from returning while enhancing their treatment quality [8]. Cardiorespiratory, Anaerobic, Muscle Oxygenation Efficiency, and Regulation (CAMER) fitness represents the system efficiency for muscle oxygen delivery throughout extended exercise duration, which directly controls overall health outcomes. Research demonstrates that people with elevated cardiorespiratory fitness have decreased mortality chances and improved protection against chronic illnesses. A superior cardiopulmonary system found in physically fit people enables better heart function, lung health, and body endurance that enhances their ability to execute activities both physically and daily [9]. The expanded advantages of better exercise patterns and fitness conditions reach broader population health through proven community intervention results [10]. Community-based physical activity programs create environments that promote regular exercise, which leads to decreased chronic disease mortality rates.

Objective

The objective of this review is to analyze research that demonstrates how physical activity and cardiorespiratory fitness decrease mortality rates from cardiovascular diseases, pulmonary diseases, and cancer, specifically through community-based studies.

Conceptual Framework

Physical activity describes movements created by skeletal muscles that require energy to function. Physical activity includes both routine daily movements, such as walking, and organized exercises, including running and swimming, and strength training [11]. Physical activity includes four main categories which include aerobic exercises, resistance training, flexibility exercises, and balance exercises. The delivery of oxygen to muscles during continuous physical activity depends on the efficiency of the cardiovascular and respiratory systems, which make up the core element of physical activity. The measurement of VO_2 max during intense exercise provides a reliable health indicator among other markers [12]. The scientific community has established detailed explanations about how physical activity, together with fitness levels, affects health outcomes. Exercise leads to beneficial medical changes in the cardiovascular system, respiratory and musculoskeletal systems, and other biological systems. Through aerobic exercise, the heart function improves because it raises cardiac output, enhances blood flow, and lowers blood pressure, which reduces cardiovascular event risks [13]. Physical activity helps to decrease triglycerides and Low-Density Lipoprotein (LDL) cholesterol levels in the bloodstream and simultaneously raises High-Density Lipoprotein (HDL) cholesterol levels to enhance lipid profiles and decrease atherosclerosis risk [14]. Physical activity produces direct anti-inflammatory effects that help reduce the core mechanisms behind chronic diseases, including CVD, pulmonary diseases, and cancer [15].

Physical exercise delivers substantial benefits to pulmonary health. Through aerobic exercise, people can improve their lung function while enhancing their respiratory endurance, increasing their lung capacity, and reducing symptoms of chronic respiratory conditions, including COPD and asthma. Physical activity reduces cancer risk by controlling hormones such as estrogen and insulin and growth factors that contribute to tumor development [8]. The immune system gains greater efficiency from

exercise. It helps the immune system detect and eliminate cancerous cells [16]. Physical activity shows distinct mortality effects on cardiovascular diseases, pulmonary diseases, and cancer diseases. The combination of brisk walking, cycling, and swimming activities under aerobic exercise produces optimal results for cardiovascular health through heart function improvement and blood pressure and cholesterol reduction [9]. Resistance training strengthens muscles to boost metabolic functions while reducing body fat, while improving how the body handles insulin, leading to positive long-term health benefits together with reduced cardiovascular and metabolic risk [17]. Research shows that combining aerobic exercise with respiratory muscle training provides effective treatment for pulmonary diseases, especially for patients with COPD. Physical exercise combining aerobic workouts with resistance training empowers cancer survivors to enhance their survival chances and reduce fatigue levels, along with improving their quality of life by aiding weight control, enhancing immunity, and decreasing inflammation, according to research [18]. The results demonstrate how physical exercise provides multiple advantages for health and survival through community-based health plans, which should include diverse workout methods to reduce cardiovascular disease mortality rates and death from pulmonary diseases and cancer. Table 1 illustrates the types of physical activity and their impact on health outcomes.

Table 1: Types of Physical Activity and Their Impact on Health Outcomes

Physical Activity Type	Definition	Cardiovascular Health	Pulmonary Health	Cancer Mortality	Mechanisms of Impact
Aerobic Exercise	Walking, running, and swimming	Improves heart function, reduces blood pressure	Enhances lung capacity and endurance	Reduces the risk of several cancers	Improved cardiovascular efficiency, oxygen delivery
Resistance Training	Weightlifting, muscle strengthening	Increases muscle mass, reduces body fat	Minimal direct impact improves overall fitness	Strengthens the body's ability to tolerate cancer treatment	Increased muscle strength, improved insulin sensitivity
Flexibility Exercises	Stretching, joint mobility	Minimal direct impact	Improves breathing mobility	Enhances well-being in cancer survivors	Improves flexibility, reduces injury risk
Balance Exercises	Stability, coordination exercises	Improves postural control, cardiovascular endurance	Helps with respiratory control in the elderly	Aids post-treatment recovery	Improves stability, neuromuscular coordination
High-Intensity Interval Training (HIIT)	Intense short bursts of activity followed by rest	Significant improvement in cardiovascular fitness	Boosts respiratory efficiency	Reduces cancer risk by improving metabolic health	Enhances metabolic rate, increases fat-burning

Cardiovascular Mortality and Physical Activity

Worldwide, cardiovascular disease stands as the main cause of death because it kills approximately 30% of all people. Scientific studies of disease patterns show that physical exercise effectively decreases death rates from cardiovascular diseases. Research findings demonstrate that people who participate in regular physical exercise experience substantially decreased probabilities of acquiring cardiovascular diseases such as coronary artery disease, heart failure, and stroke [19]. Research shows that people who participate in moderate to vigorous exercise activities lower their CVD mortality risk

by 30% compared to inactive individuals [9]. Exercise interventions demonstrate positive effects on survival rates among people with existing cardiovascular conditions and other populations. Exercise capacity determines cardiovascular health because it measures the system's ability to move oxygen effectively for muscle function during physical activity. Research shows that higher cardiorespiratory fitness levels reduce cardiovascular disease mortality rates even in people who have hypertension, hyperlipidemia, or diabetes [20]. The heart function improves through cardiorespiratory fitness because it raises stroke volume while decreasing resting heart rate and makes blood pumping more efficient. The function of the endothelium improves through exercise because this vascular tissue maintains vital health and protects against atherosclerosis.

Research shows that better cardiorespiratory fitness leads to fewer arrhythmias that commonly result in unfavorable cardiovascular events [21]. Physical activity produces substantial effects on major cardiovascular risk elements. Physical exercise controls blood pressure effectively, which reduces the risk of stroke and heart disease as a primary factor. Research demonstrates that light physical exercise produces substantial blood pressure reductions in both systolic and diastolic readings which decreases hypertensive heart disease risk [22]. An improvement in lipid profile occurs through physical activity because HDL cholesterol levels rise while LDL cholesterol and triglyceride levels decrease, which protects against atherosclerosis [23]. The prevention of cardiovascular disease through regular physical activity helps control obesity which stands as a primary risk factor. The combination of exercise leads to decreased body fat while enhancing body composition, thus lowering the chance of cardiovascular events [24]. Physical activity creates anti-inflammatory effects that decrease C-reactive protein and systemic inflammation markers, which drive CVD development [25].

Multiple analyses based in communities establish that physical activity works as an agent that lowers mortality rates from cardiovascular disease across entire populations. Community active initiatives lead to decreased cardiovascular disease, along with superior cardiovascular results. The Nurses' Health Study, along with the Framingham Heart Study, showed through their research that enduring cardiovascular advantages exist from normal physical activity because active participants demonstrated lower rates of cardiovascular death [26]. Various community-wide health programs that promote walking and cycling have proven their ability to raise physical activity levels and lower cardiovascular death rates among neighborhood populations [10]. The review demonstrates why physical activity promotion should be implemented at personal and neighborhood levels to decrease cardiovascular disease worldwide. Fig.1 depicts the reduction of cardiovascular mortality through physical activity.

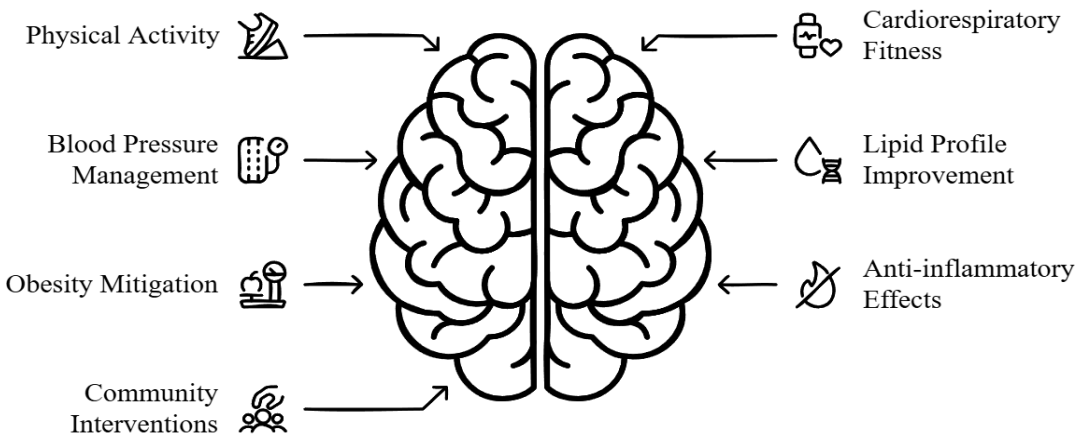

Fig.1 Reducing Cardiovascular Mortality Through Physical Activity

Pulmonary Mortality and Physical Activity

Physical activity is essential for pulmonary health maintenance and improvement because it affects both lung function and respiratory endurance, and chronic pulmonary conditions. Regular exercise strengthens lung capacity, improves oxygen uptake, and enhances the efficiency of respiratory processes to produce improved lung function [27]. Respiratory endurance benefits from aerobic exercises, including walking, cycling, and swimming, because these activities improve breathing muscles and enhance lung compliance. These adaptations minimize the intensity of symptoms that affect patients with pulmonary diseases, including COPD and asthma [28]. People who suffer from chronic pulmonary diseases experience better symptoms and enhanced quality of life when they participate in physical activity. COPD represents a major global health problem because it causes both high rates of disability and death through its impact on breathing function and respiratory distress. Exercise training programs that combine aerobic exercises with resistance exercises show strong evidence of enhancing lung function while decreasing dyspnea symptoms and boosting physical endurance in patients with COPD [29].

Physical activity enhances lung function and simultaneously improves the physical capacity of COPD patients so they can perform daily tasks with less exhaustion [30]. Physical activity helps decrease systemic inflammation levels because this inflammatory response plays an essential role in COPD progression [31]. Regular exercise improves breathing efficiency for asthma patients while simultaneously decreasing their asthma symptom occurrences. Bronchial smooth muscle responsiveness shows improvement from exercise training, and pulmonary function gets enhanced, which enables asthma patients to handle their condition better without needing to depend on as many medications. Physical activity enhances cardiovascular fitness which decreases respiratory system strain so that people with asthma can participate in physical activities without symptom intensification [32]. Community research projects demonstrate the decreasing effects of physical activity on larger-scale pulmonary death rates. The implementation of physical activity promotion interventions across different populations resulted in better lung health conditions and decreased pulmonary disease occurrences. Systematic research on COPD community interventions showed that exercise programs delivered in community settings produced better pulmonary results, together with symptom management improvements and decreased hospitalization and mortality statistics. The benefits discovered for asthma management appear alongside similar improvements from community-based programs that promote physical activity to improve asthma control and reduce asthma attacks [33]. The review demonstrates that physical exercise represents a budget-friendly and reachable intervention to decrease pulmonary mortality rates, especially within areas where respiratory diseases are prevalent. Fig.2 depicts enhancing pulmonary health through physical activity.

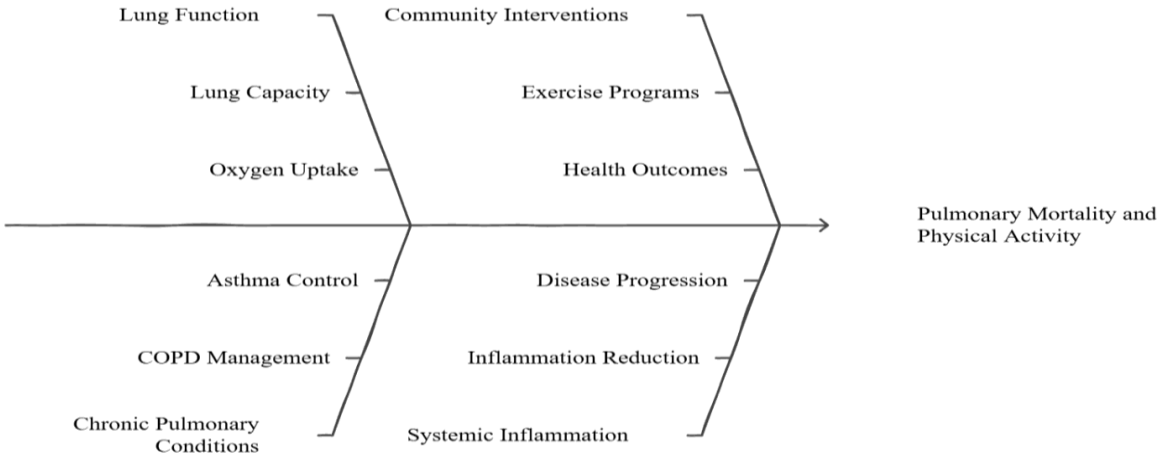

Fig.2 Enhancing Pulmonary Health through Physical Activity

Cancer Mortality and Physical Activity

Medical experts have confirmed that physical activity stands as a fundamental preventive measure against different cancer types and it enhances cancer patient survival outcomes. Physical activity shows its cancer-preventing properties through its influence on biological mechanisms that drive cancer development. Evidence suggests that standard physical exercise reduces body inflammation and manages hormone activity, along with strengthening immunity, which blocks cancer onset and spread [8][34]. Physical activity enhances body composition by decreasing adiposity, thus lowering the risk of various cancers, especially breast and colorectal cancers [35]. Exercise controls the activity of the Insulin Growth Factor (IGF) that contributes to tumor development [36]. Physical activity helps regulate oxidative stress, thus preventing DNA damage that leads to cancer development [37]. Research indicates that elevated cardiorespiratory fitness levels decrease the risk of dying from cancer. The ability of the body to efficiently deliver oxygen to tissues through extensive exercise serves as a strong indicator for evaluating multiple health outcomes.

Review findings demonstrate that people with better cardiorespiratory fitness demonstrate decreased cancer death rates across all adjustments, including smoking habits, dietary choices, and pre-existing health issues [9][38]. Higher levels of cardiorespiratory fitness, together with reduced systemic inflammation and enhanced immune surveillance, function as essential elements in cancer prevention alongside cancer recurrence prevention [39]. Physical activity enhances the physical functioning abilities that cancer survivors need to preserve their quality of life and tolerate treatment better [40]. Research conducted at the community level shows that physical activity directly affects cancer survival statistics. Research shows that community-based physical activity programs lead to better cancer survival rates for individuals who have had breast, colorectal, or prostate cancer. The research on breast cancer survivors revealed that people who exercised regularly faced a 40% lower chance of cancer returning and dying from the disease than inactive participants [7]. Regular exercise participation by colorectal cancer survivors led to better survival results through lower cancer recurrence rates [41]. Community-based exercise programs demonstrate their effectiveness in reducing both physical and psychological cancer treatment burdens, which include fatigue, pain, and depression [42].

Particular cancer types demonstrate the most significant connections to physical exercise. Breast cancer patients who exercise regularly experience decreased recurrence rates because exercise strengthens their immune system, lowers estrogen levels, and reshapes their body structure [43]. Survivors of colorectal cancer benefit from physical activity because it enhances their metabolic and immune responses, which leads to better survival outcomes [44]. Lung cancer survivors gain advantages from physical exercise because it enhances pulmonary function while reducing treatment fatigue and improving their general well-being [45]. The review demonstrates that physical activity stands as a crucial variable that people can change to reduce cancer risks and improve survival outcomes. Fig.3 depicts the role of physical activity in cancer outcomes.

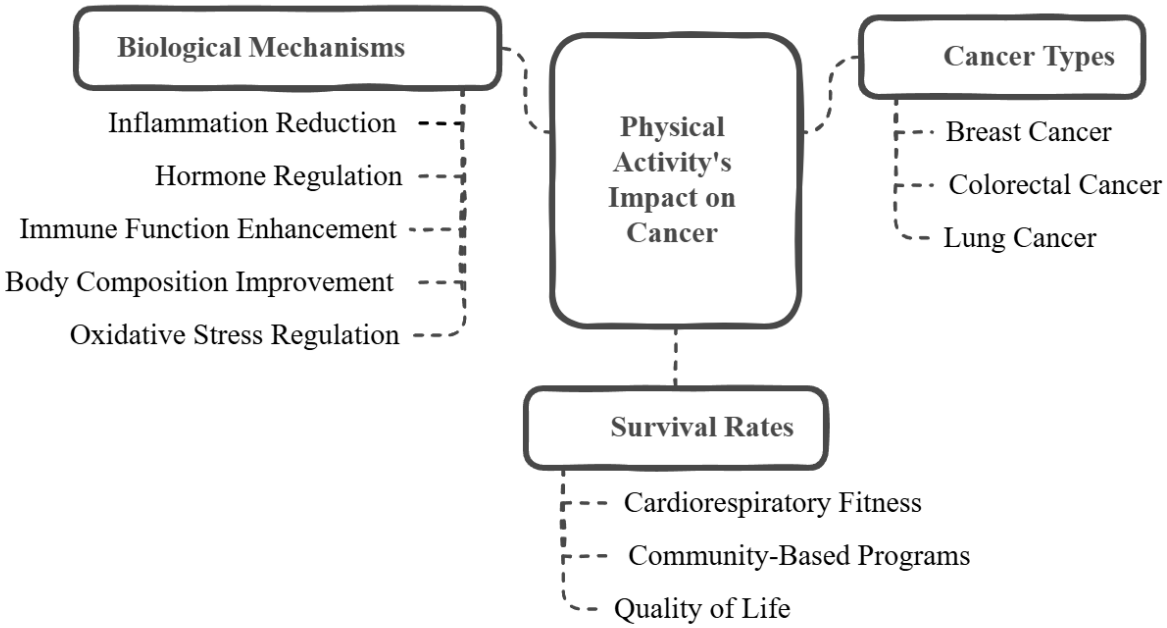

Fig.3 The Role of Physical Activity in Cancer Outcomes

Integrated Effects of Physical Activity and Cardiorespiratory Fitness

The health components of Physical Activity (PA) and Cardiorespiratory Fitness (CRF) share a connection yet remain separate entities that affect mortality rates substantially. Physical activity covers every movement that requires energy expenditure, yet cardiorespiratory fitness describes how well your cardiovascular and respiratory systems operate during extensive movement duration [46]. The ability of the body to carry out prolonged physical activity without experiencing excessive stress serves as a reliable predictor of health outcomes, particularly mortality [9]. Research shows that the joint benefits of physical activity and high cardiorespiratory fitness create a powerful effect that decreases mortality rates from cardiovascular diseases, pulmonary diseases, and cancer [20]. Physical activity creates a feedback system with cardiorespiratory fitness because the two elements influence and affect each other. The cardiovascular system obtains better oxygen delivery to muscles through activity-based exercise, therefore improving CRF levels specifically from performing aerobic exercises like walking, running, and swimming. Higher CRF levels enable people to maintain more physical activity through reduced fatigue and improved endurance, which creates a positive health cycle [47]. Research shows that the relationship between CRF and PA leads to decreased mortality risks from heart disease, stroke, cancer, and other causes as well, and it also illustrates that people with elevated CRF levels demonstrate reduced mortality risks regardless of their lack of vigorous physical activity [48]. The combination of aerobic exercise along strength training leads to additional wellness benefits for people. The combination of cardiovascular exercise with its ability to enhance lung capacity and build cardiovascular endurance works exceptionally well at stopping cardiovascular diseases and managing metabolism [49]. Exercise that concentrates on muscle-building produces stronger bones, larger muscle fibers, and more sensitive insulin, making the body less vulnerable to metabolic disorders, obesity, and Type 2 diabetes [50]. These two types of exercise, implemented together improve body systems as well as mental health by reducing disease risks through an integrated health strategy [51]. Veterans who participate in both aerobic workouts and strength-building exercise routines achieve better cardiovascular health results with better blood sugar management, along with stronger muscles when compared to veterans who participate only in one type of exercise [52]. Research conducted within communities has identified how physical activity strengthens cardiorespiratory fitness among large groups of people. Research findings show that

health outcomes at the community level benefit best when programs support both aerobic exercises together with strength training exercises. A major study involving elderly participants demonstrated that those who combined aerobic exercise with strength training achieved better mobility results, reduced their fall frequency, and improved their life quality more than participants who exercised only one type of activity [53]. Studies demonstrate that combined CRF and PA community intervention programs deliver reduced mortality from cardiovascular disease and cancer, particularly to populations at risk through inactivity, obesity, and pre-existing illnesses [54]. The review demonstrates that public health strategies must combine aerobic and strength training exercises to achieve sustainable health benefits and minimize chronic disease deaths.

Community-Based Approaches to Promoting Physical Activity

At-risk along sedentary groups require community-based interventions as a population-level approach to increase physical activity. These interventions serve as essential tools to decrease the occurrence of chronic diseases, including cardiovascular disease, pulmonary disorders, and specific cancers that become worse because of physical inactivity. Community-level programs enhance accessibility and social interaction and develop sustained behavioral changes through initiatives that modify environmental and social barriers to active living [10]. Different community-based physical activity promotion models exist which include both formal programs and casual group activities. Walking groups and fitness challenges, together with outdoor exercise programs, represent successful community-based interventions. The program's focus is on social support as an essential factor that drives people to maintain their participation. Walking groups serve as basic exercise programs that combine social bonding opportunities with heart health benefits [55]. The introduction of goal-setting as well as incentives in fitness challenges leads to better motivation and adherence to physical activity guidelines [56].

The community model of physical wellness features workplace wellness design and community fitness centers that organize exercise classes, combining resistance training with cardiovascular exercises and stretching elements. Health benefits are revealed through evaluations of these community-based programs. Multiple research studies establish that physical activity initiatives conducted in communities produce enhancements in cardiovascular system efficiency, together with lower blood pressure levels, improved lung capacity and better human life quality [57]. The study explains that community programs that promote physical activity help decrease cancer mortality rates, especially among breast and colorectal cancer survivors [40]. The initiatives decrease population health disparities because they supply culturally suitable physical activity availability to communities with limited access [58]. Evidence shows that physical activity initiatives operating out of the community environment produce successful outcomes for reducing disease risk, together with improving broad population health results. The nationwide implementation of these intervention programs would lead to major reductions in fatalities linked to cardiovascular and pulmonary diseases and cancer.

Limitations and Challenges

Significant research indicates physical exercise helps to decrease deaths from cardiovascular issues, alongside pulmonary diseases and cancers, yet multiple implementation obstacles and research obstacles continue to affect effectiveness. The current studies' main constraint involves using observational research approaches that create associations yet fail to prove causative connections. The use of self-reported physical activity data in research leads to inaccurate physical activity level assessments because these data contain recall bias [59]. The analysis of most studies occurs at one point in time, which hinders researchers from understanding the extended impact of physical activity on mortality [60]. The lack of unified procedures for testing cardiorespiratory fitness across studies hinders examination and broad application of analysis results [61].

Community-based intervention implementation faces major obstacles because of socioeconomic barriers that exist in affected communities. The lack of basic infrastructure for safe physical activity

characterizes low-income communities because they do not have parks, walking paths, or fitness centers. The lack of proper infrastructure prevents residents from these areas from participating in regular physical activity. The lack of motivation and cultural barriers exist in communities that do not prioritize physical activity or fail to understand its benefits [62]. The success of community-based health programs suffers from limited effectiveness in underserved areas because residents do not have access to trained fitness experts and exercise machines [63]. The current research lacks comprehensive data about three distinct groups: elderly adults, rural residents, and patients with chronic diseases. The research on physical activity effects in these populations remains limited while specific intervention programs for these groups are scarce [64]. Research must expand to discover methods that modify physical activity interventions so these groups can utilize practical and sustainable approaches to benefit from physical activity.

Conclusion

Community-based research shows that physical activity, together with cardiorespiratory fitness, significantly decreases death rates from cardiovascular diseases, pulmonary conditions, and cancer. People who engage in regular aerobic exercise experience decreased mortality risks together with better health results. The key health indicator known as cardiorespiratory fitness strengthens these benefits by enabling people to exercise longer without experiencing excessive strain. When exercise becomes combined with fitness improvements, it serves to lower risk elements like hypertension, as well as obesity and inflammation, while actively preventing chronic diseases. Review shows that physical activity promotion programs based in communities deliver successful results specifically for populations who lack access to standard services. Participation in physical activity remains hindered by obstacles that include population economic disparities, as well as cultural obstacles and scarce resource availability. Public health policies must establish inclusive physical activity access for all people, with special attention to high-risk populations, including elderly adults, those with medical conditions, and low-income residents. The implementation of community engagement policy support and environmental changes for physical activity promotion will decrease chronic disease burdens which leads to reduced population mortality rates.

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