

★ Driving for leisure (van de Vegte, 2020)

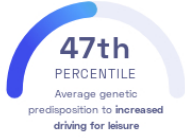
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Behavior

STUDY SUMMARY

Identification of 4 genetic variants associated with driving for leisure.

YOUR RESULT



STUDY DESCRIPTION

Leisure sedentary behaviors, like watching Netflix and playing Animal Crossing, sure can be fun! In fact, the average adult in the United Kingdom spends an average of 5 hours per day on activities like this. However, research suggests that long periods of sedentary behaviors could increase an individual's risk for conditions like *coronary artery disease*. This study aimed to identify genomic regions associated with leisure sedentary behaviors, in particular, television watching, computer use, and driving, and examine whether there are links to *coronary artery disease*. To this end, the researchers examined genomic data from over 420,000 individuals of European ancestry from the UK Biobank. For leisure driving, the researchers identified 4 associated genomic regions. Further analysis showed that an increase in time spent driving increased the risk of *coronary artery disease* significantly.

DID YOU KNOW?

Just 30 minutes of driving time each day increases your risk of obesity, poor sleep quality, and negative effects on your psychology. Whenever possible, try to take public transportation because it involves more walking and standing than driving does.

YOUR DETAILED RESULTS

To calculate your genetic predisposition to increased driving for leisure we summed up the effects of genetic variants that were linked to increased driving for leisure in the [study that this report is based on](#). These variants can be found in the table below. The variants highlighted in green have **positive effect sizes** and increase your genetic predisposition to increased driving for leisure. The variants highlighted in blue have **negative effect sizes** and decrease your genetic predisposition to increased driving for leisure. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to increased driving for leisure. By adding up the effect sizes of the highlighted variants **we calculated your polygenic score for increased driving for leisure to be 0.06**. To determine whether your score is high or low, we compared it to the scores of 5,000 other Nebula Genomics users. We found that your polygenic score for increased driving for leisure is in the **47th percentile**. This means that it is higher than the polygenic scores 47% of people. We consider this to be an **average genetic predisposition to increased driving for leisure**. However, please note that genetic predispositions do not account for important non-genetic factors like lifestyle. Furthermore, the genetics of most traits has not been fully understood yet and many associations between traits and genetic variants remain unknown. For additional explanations, click on the column titles in the table below and visit our [Nebula Library tutorial](#).

VARIANT [Ⓞ]	YOUR GENOTYPE [Ⓞ]	EFFECT SIZE [Ⓞ]	VARIANT FREQUENCY [Ⓞ]	SIGNIFICANCE [Ⓞ]
rs1198575_T	C / C	0.02 (-)	19%	2.00×10^{-11}
rs6012558_G	G / A	0.01 (↑)	58%	1.60×10^{-10}
rs10186876_A	A / G	0.01 (↑)	36%	7.20×10^{-10}
rs4765541_T	T / T	0.01 (↑)	66%	5.10×10^{-9}