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Television watching for leisure (van de Vegte, 2020)

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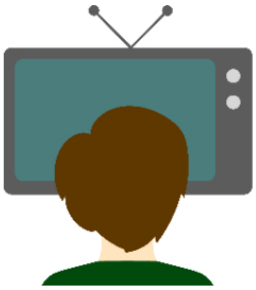
Behavior



Watching television for leisure is an unhealthy sedentary behavior.

STUDY SUMMARY

Identification of 145 genetic variants associated with leisure television watching.

YOUR RESULT

3rd
PERCENTILE
Very low genetic predisposition to **increased television watching for leisure**

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 television watching, the researchers identified 145 associated genomic regions. Further analysis showed that an increase in time spent watching television increased the risk of *coronary artery disease* by over 40%.

DID YOU KNOW?

Being distracted by activities like watching television while eating a meal tends to make people eat more! Try to cut down on multitasking while eating to ensure you're not overeating, which increases the risk of multiple medical conditions.

YOUR DETAILED RESULTS

To calculate your genetic predisposition to increased television watching for leisure we summed up the effects of genetic variants that were linked to increased television watching 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 television watching for leisure. The variants highlighted in blue have **negative effects sizes** and decrease your genetic predisposition to increased television watching for leisure. Variants that are not highlighted are not found in your genome and do not affect your genetic predisposition to increased television watching for leisure. By adding up the effect sizes of the highlighted variants **we calculated your polygenic score for increased television watching for leisure to be -0.47**. 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 television watching for leisure is in the **3rd percentile**. This means that it is higher than the polygenic scores 3% of people. We consider this to be a **very low genetic predisposition to increased television watching 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
rs3796386_G	G / G	-0.03 (↓)	57%	3.20×10^{-33}
rs12554512_T	C / C	0.02 (-)	58%	3.80×10^{-21}
rs10189857_A	A / A	-0.02 (↓)	57%	6.20×10^{-21}
rs9718104_T	T / T	-0.04 (↓)	94%	9.30×10^{-19}
rs6905544_A	A / G	-0.02 (↓)	40%	8.50×10^{-18}
rs11689199_A	A / A	0.02 (↑)	60%	5.50×10^{-17}
rs17379561_A	A / A	-0.03 (↓)	86%	1.10×10^{-16}
rs374722_G	A / A	0.02 (-)	15%	5.50×10^{-16}
rs1243182_C	C / C	-0.02 (↓)	69%	2.00×10^{-15}
rs262890_A	G / G	-0.02 (-)	70%	3.20×10^{-15}
rs10054327_G	G / A	0.02 (↑)	58%	3.40×10^{-15}
rs6825241_C	C / A	-0.02 (↓)	54%	4.90×10^{-15}
rs7991062_C	C / G	-0.02 (↓)	66%	8.80×10^{-15}
rs2616830_G	A / A	0.02 (-)	46%	2.90×10^{-14}
rs9964724_C	C / T	0.02 (↑)	32%	3.30×10^{-14}
rs11917871_T	T / C	-0.02 (↓)	42%	4.50×10^{-14}
rs801733_A	A / C	0.02 (↑)	64%	7.30×10^{-14}
rs17789218_T	T / T	0.02 (↑)	76%	1.40×10^{-13}
rs2916251_G	G / G	-0.02 (↓)	49%	1.50×10^{-13}
rs4577309_A	G / G	0.02 (-)	47%	1.60×10^{-13}
rs6797840_A	A / C	-0.02 (↓)	46%	1.70×10^{-13}
rs72834698_G	G / G	0.02 (↑)	86%	2.70×10^{-13}
rs6131281_C	C / T	0.02 (↑)	60%	3.10×10^{-13}
rs7184800_G	G / G	0.02 (↑)	70%	8.20×10^{-13}
rs17568389_T	T / T	0.02 (↑)	49%	8.60×10^{-13}
rs870151_T	T / A	-0.02 (↓)	53%	8.80×10^{-13}
rs4845364_A	A / A	-0.02 (↓)	50%	1.30×10^{-12}
rs10772643_C	T / T	0.02 (-)	11%	1.30×10^{-12}
rs13107325_C	C / C	-0.03 (↓)	93%	1.50×10^{-12}
rs1031423_T	C / C	-0.02 (-)	22%	1.80×10^{-12}
rs11218575_C	C / C	0.02 (↑)	57%	2.10×10^{-12}
rs71149398_G	G / GTAAAA	-0.02 (↓)	45%	2.20×10^{-12}
rs148544378_C	C / C	0.05 (↑)	98%	2.20×10^{-12}
rs749671_G	A / A	0.02 (-)	63%	2.70×10^{-12}
rs72781699_G	G / G	-0.02 (↓)	80%	3.00×10^{-12}
rs9867121_C	C / C	0.02 (↑)	82%	3.90×10^{-12}

rs3754970_T	T / T	-0.01 (↓)	50%	4.80×10^{-12}
rs11810109_A	A / T	0.02 (↑)	70%	5.40×10^{-12}
rs61331678_G	G / G	0.02 (↑)	57%	6.10×10^{-12}
rs142710267_T	T / T	0.02 (↑)	65%	6.60×10^{-12}
rs17207890_G	G / G	0.02 (↑)	66%	6.70×10^{-12}
rs2447098_C	C / C	-0.01 (↓)	48%	6.80×10^{-12}
rs66852340_C	C / C	-0.02 (↓)	78%	7.90×10^{-12}
rs2034768_A	A / A	0.01 (↑)	49%	8.60×10^{-12}
rs548236486_A	/	-0.02 (–)	87%	1.50×10^{-11}
rs10145592_C	C / C	-0.01 (↓)	41%	1.80×10^{-11}
rs6673341_T	T / T	-0.01 (↓)	47%	2.20×10^{-11}
rs7564130_T	C / C	-0.01 (–)	64%	2.80×10^{-11}
rs263771_C	C / A	-0.02 (↓)	77%	3.10×10^{-11}
rs7189927_T	T / C	0.01 (↑)	36%	3.40×10^{-11}
rs10041724_T	T / C	0.02 (↑)	81%	3.90×10^{-11}
rs984409_G	A / A	-0.01 (–)	36%	4.10×10^{-11}
rs9563168_G	G / G	0.02 (↑)	79%	4.30×10^{-11}
rs9902312_T	T / T	0.02 (↑)	68%	4.50×10^{-11}
rs10786658_A	A / T	-0.01 (↓)	41%	4.60×10^{-11}
rs11714337_G	A / A	0.01 (–)	57%	4.70×10^{-11}
rs7043521_A	A / T	0.01 (↑)	43%	6.50×10^{-11}
rs62332760_G	G / G	-0.01 (↓)	61%	8.00×10^{-11}
rs3135044_C	C / T	-0.01 (↓)	64%	8.70×10^{-11}
rs1451533_G	G / G	-0.02 (↓)	72%	1.10×10^{-10}
rs6850494_A	A / A	-0.01 (↓)	62%	1.10×10^{-10}
rs7834121_G	G / G	-0.01 (↓)	50%	1.10×10^{-10}
rs2073869_C	C / C	0.02 (↑)	83%	1.50×10^{-10}
rs6721975_T	T / T	-0.02 (↓)	23%	1.70×10^{-10}
rs7693082_G	G / C	0.02 (↑)	30%	1.70×10^{-10}
rs182355396_C	C / C	-0.08 (↓)	99%	2.10×10^{-10}
rs303753_G	G / G	-0.01 (↓)	65%	2.70×10^{-10}
rs2584597_T	T / C	0.02 (↑)	66%	2.90×10^{-10}
rs9569734_A	G / G	0.02 (–)	84%	3.40×10^{-10}
rs56858768_G	G / A	-0.01 (↓)	70%	3.40×10^{-10}
rs7248205_C	T / T	0.01 (–)	40%	3.40×10^{-10}
rs56103247_C	C / C	0.03 (↑)	94%	3.80×10^{-10}
rs140681455_C	C / CGGCCG	-0.02 (↓)	87%	3.90×10^{-10}
rs1913808_G	G / G	0.01 (↑)	71%	3.90×10^{-10}
rs540948698_C	C / CA	-0.01 (↓)	53%	4.00×10^{-10}
rs77589760_C	C / C	0.04 (↑)	96%	4.10×10^{-10}
rs2460_G	G / A	-0.02 (↓)	74%	5.00×10^{-10}
rs8756_C	C / C	-0.01 (↓)	48%	5.30×10^{-10}
rs12491503_G	G / G	-0.01 (↓)	67%	5.50×10^{-10}
rs56398417_C	T / T	0.01 (–)	69%	5.90×10^{-10}
rs10947452_T	T / C	0.01 (↑)	35%	6.40×10^{-10}
rs62641636_A	A / A	0.01 (↑)	69%	7.00×10^{-10}
rs62379379_G	G / G	-0.03 (↓)	93%	7.80×10^{-10}
rs114600294_G	G / G	-0.02 (↓)	79%	7.90×10^{-10}
rs4973576_C	C / A	-0.01 (↓)	30%	0.00×10^{0}
rs114720649_C	C / C	-0.01 (↓)	61%	0.00×10^{0}
rs648044_A	G / G	-0.01 (–)	40%	0.00×10^{0}
rs10876864_G	A / A	-0.01 (–)	43%	0.00×10^{0}
rs10932837_C	T / T	-0.01 (–)	49%	1.30×10^{-9}
rs6141814_C	A / A	-0.01 (–)	61%	1.30×10^{-9}
rs34864022_A	A / G	-0.03 (↓)	93%	1.40×10^{-9}
rs139900206_T	/	-0.02 (–)	87%	1.40×10^{-9}
rs9471333_C	C / T	0.01 (↑)	45%	1.50×10^{-9}
rs10739499_C	G / G	0.01 (–)	34%	1.50×10^{-9}

rs4694952_T	T / T	0.02 (↑)	57%	1.70 x 10^{-9}
rs12342024_G	G / G	-0.02 (↓)	89%	1.70 x 10^{-9}
rs6472942_T	T / C	-0.01 (↓)	57%	1.80 x 10^{-9}
rs111901094_G	G / G	-0.02 (↓)	82%	0.00 x 10^{0}
rs34811474_G	G / A	0.02 (↑)	77%	2.30 x 10^{-9}
rs10771746_C	C / T	-0.01 (↓)	72%	2.50 x 10^{-9}
rs10737620_T	A / A	0.01 (-)	27%	2.60 x 10^{-9}
rs11245482_T	T / T	-0.01 (↓)	61%	2.60 x 10^{-9}
rs7693703_G	G / G	0.02 (↑)	91%	2.70 x 10^{-9}
rs779665214_G	TG / TG	-0.02 (-)	73%	2.90 x 10^{-9}
rs2184364_A	A / A	0.02 (↑)	78%	0.00 x 10^{0}
rs17727474_C	C / T	0.02 (↑)	83%	3.10 x 10^{-9}
rs9834970_T	C / C	0.01 (-)	50%	3.30 x 10^{-9}
rs74802478_G	G / A	0.02 (↑)	82%	3.50 x 10^{-9}
rs7716447_A	A / A	-0.01 (↓)	64%	3.60 x 10^{-9}
rs7609_A	T / T	0.02 (-)	23%	3.60 x 10^{-9}
rs72725224_A	A / A	-0.05 (↓)	98%	3.70 x 10^{-9}
rs62471080_G	C / C	-0.01 (-)	54%	3.70 x 10^{-9}
rs74996610_C	C / C	-0.03 (↓)	95%	4.10 x 10^{-9}
rs148648822_G	G / G	-0.02 (↓)	84%	4.20 x 10^{-9}
rs2971640_G	G / G	-0.01 (↓)	51%	4.20 x 10^{-9}
rs57685211_T	G / G	-0.02 (-)	83%	4.30 x 10^{-9}
rs2173650_G	G / T	0.02 (↑)	85%	4.60 x 10^{-9}
rs72828890_C	C / C	0.02 (↑)	87%	4.90 x 10^{-9}
rs631130_T	A / A	-0.01 (-)	37%	0.00 x 10^{0}
rs11130793_C	C / C	0.01 (↑)	60%	0.00 x 10^{0}
rs12105701_C	T / T	-0.01 (-)	40%	5.40 x 10^{-9}
rs34584334_A	A / AT	0.01 (↑)	37%	5.50 x 10^{-9}
rs7788008_G	G / G	0.01 (↑)	57%	5.90 x 10^{-9}
rs2045147_A	A / G	0.01 (↑)	45%	5.90 x 10^{-9}
rs4382592_T	G / G	0.01 (-)	30%	6.70 x 10^{-9}
rs78299451_T	TTGTATC / TTGTATC	-0.01 (-)	51%	0.00 x 10^{0}
rs42210_G	G / G	-0.01 (↓)	29%	7.30 x 10^{-9}
rs2291681_G	G / G	0.01 (↑)	58%	7.90 x 10^{-9}
rs553397860_A	A / A	0.02 (↑)	84%	8.90 x 10^{-9}
rs78394231_T	T / T	-0.02 (↓)	90%	9.70 x 10^{-9}