Title: Physical Activity and Nutrition Associated with Dyslipidemia in Iranian Middle-aged Women

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Abstract: Introduction: Cardiovascular disease is a major cause of death throughout the world. The aim of this study was to assess the prevalence of overweight/obesity, central obesity, hypertension and dyslipidemia, and dietary factors contributing to the development of dyslipidemia among middle-aged women.

Materials & Methods: The research design of the present study was a population-based cross-sectional study, their anthropometric measures and chemistries were obtained. The physical activities were measured using the original International Physical Activity Questionnaires Long form while, food frequency questionnaire (FFQ) was also used in assessing individual’s habitual intake. A total of 809 individuals, aged 30-50 year old from fourteen active urban Primary Healthcare Centers in Babol (Iran), were selected using a systematic random sampling method and sampling proportionate to size.

Results: The prevalence rates of overweight/obesity, central obesity, hypertension and dyslipidemia were 82.8%, 75.5%, 14.6%, and 63.4%, respectively. Total physical activity did not correlate with cholesterol ratio. Soybean protein was inversely associated with cholesterol ratio (rho=-0.18, p ≤0.0001). The adjusted OR for dyslipidemia in women with moderate protein intake was significantly higher than in women with high and low intake (OR=2.31; 95% CI =1.61, 3.30). No significant associations were found between dyslipidemia and carbohydrate, fat intake or physical activity.

Discussion & Conclusions: This study showed a very high prevalence of cardiovascular disease risk factor among Iranian middle aged women. It would be more fruitful to conduct a study involving a larger population and to make recommendations for the primary and secondary prevention of cardiovascular disease.

Nutrition, Physical activity, Dyslipidemia, Women's health

Presentation: Poster