

عنوان مقاله:

HN-01900234 Association between eating frequency, energy intake and anthropometric indices with noninvasive arterial stiffness parameters in healthy adult participants in Persian Cohort study

محل انتشار:

سومین همایش بین المللی تغذیه بالینی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Sajjad Arefinia - *Department of Nutrition, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

Reza Rezvani Moghadam - *Department of Nutrition, School of Medicine, Mashhad University of Medical Sciences, Mashhad, Iran*

خلاصه مقاله:

Introduction: Eating frequency and obesity correlate with hypertension and related target organ damage. Our study was aimed to evaluate overall and sex-specific associations between different anthropometric indices, including Body Shape Index (ABSI) and Body Roundness Index (BRI) and other general and abdominal adiposity and eating frequency with noninvasive arterial stiffness parameters in a healthy adult population of northeast Iran. **Methods:** This cross-sectional descriptive study was performed on 658, 30–70-year-old PERSIAN Organizational Cohort study participants in Mashhad. Arterial stiffness was assessed using arterial age, augmentation index, augment at pressure, carotid–femoral pulse wave velocity (PWV) and central blood pressure. The association between study parameters was investigated by linear regression analysis adjusting for traditional cardiovascular risk factors. **Results:** EF was positively associated with total energy intake (EI) and favorable adiposity and blood lipids profiles. Subjects with increased EF, had lower Aix, AP, Arterial Age and Central blood pressure ($P < 0.001$) and arterial stiffness compared to Lowest EF and not significant with PWV ($P = 0.3$). Abdominal adiposity was significantly associated with stiffness parameters and central pressure. Aix (Beta=0.307, $P < 0.001$), AP (Beta=0.35, $P < 0.001$), Arterial Age (Beta=0.66, $P < 0.001$) were significantly associated with EF. **Conclusion:** Increased EF was associated with lower prevalence of subclinical atherosclerosis in the carotid arteries in apparently healthy individuals. The highest related parameters to arterial stiffness were Energy intake, WHtR, WHR and Visceral adiposity in men and age, Triglyceride, cholesterol, WHtR and WHR in women. ABSI had the weakest association with Arterial stiffness

کلمات کلیدی:

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/999590>

