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Joint associations of dietary pattern and television viewing with CVD risk factors among urban men and women in China: A cross-sectional study

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The purpose of this study was to investigate the joint associations of dietary pattern and television viewing with risk factors of cardiovascular diseases (CVD) among urban adults in China. A community-based cross-sectional study was conducted among urban adults in Nanjing, China. Five dietary patterns were identified, based on the Food Frequency Questionnaire (FFQ). Television time was obtained from a standard questionnaire and further classified into two categories (≤ 7 , >7 h/week). Multiple logistic regression was used to calculate the odds ratio (OR) and 95% CI for the separate and joint associations of dietary patterns and television viewing with CVD risk factors. Compared with other dietary patterns, participants who followed the healthy traditional pattern had a lower likelihood of abdominal obesity (AO) (OR 0.52; 95% CI 0.41, 0.67). Participants watching television no more than 7 h/week presented a 19 and 21% lower likelihood for Hypertension (HT) and Elevated Total Cholesterol (ETC) than those with television time >7 h/week. Individuals who had less television time and a healthy dietary pattern had a lower OR for the presence of AO (OR 0.48; 95% CI 0.36, 0.65), HT (OR 0.71; 95% CI 0.66, 0.77), ETC (OR 0.72; 95% CI 0.57, 0.91) and Elevated Triacylglyceride (TAG) (OR 0.76; 95% CI 0.61, 0.95), compared with those who followed other dietary patterns and television time >7 h/week. In conclusion, both healthy traditional pattern and less television time are jointly associated with reduced levels of CVD risk factors. It has important public health implications regarding the precision prevention of CVD at population level.

Biography

Qing Ye obtained his Bachelor's Degree of Medicine in July 2010 from Anhui Medical University and his MSc in July 2013 from Nanjing Medical University, China. He is a full-time Faculty Member in the Department of Non-communicable Disease Prevention in Nanjing Municipal Center for Disease Control and Prevention (Nanjing CDC) since August 2013.

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