

## **Pattern of diet, eating habits and Body Mass Index among patients with myocardial infarctions at a younger age**

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Life style changes are one of the main determinants of Coronary Artery Disease (CAD) risk of an individual. This study aims to study the pattern of diet, eating habits and body mass index (BMI) in a sample of young patients (age < 45 years) with myocardial infarction.

A retrospective cross-sectional study was conducted on young patients with ST elevation myocardial infarction from January 2015 to March 2016 at Cardiology Unit Kandy. An interviewer administered questionnaire was used for data collection.

A total of 100 patients (84% males) with a mean age of 39.84±6.9 years were reviewed. There were 45% who skipped main meals, 37% took snacks instead of main meals and 56% were regular fast food eaters. There were 60% with high intake of refined starchy food. There were 61%, 68% and 71% who did not intentionally restrict sugar, salt and fat intake respectively and 40% who did not frequently consume fruits and vegetables. Only 16% patients engaged in recreation related physical activity and among them, only 7% had recreation related physical activity level up to World Health Organization (WHO) recommended activity standard. There were 8%, 43%, and 12% who had a Body Mass Index (BMI) of underweight, over weight and obese respectively. Out of the 61% alcohol consumers, 72% consumed alcohol within the WHO recommended units/week but 28% exceeded the recommendation.

A majority exhibited poor dietary habits, irregular dietary patterns and obesity related health issues. Therefore, modification of diet and exercise should be highlighted as major initiatives in primary & secondary prevention of CAD in young.