

0158

Correlation between lifestyles assessed with the FANTASTIC questionnaire and cardiovascular risk in workers of a Peruvian hospital

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Abstract

Objective: We aimed to determine the correlation between the lifestyles assessed with the FANTASTIC questionnaire and cardiovascular risk in workers from a public hospital in Peru.

Methods: Cross-sectional study. We analyzed data from the Prevention and Surveillance of Communicable and Non-Communicable Diseases Plan of a public hospital in Lima, Peru performed during 2019. We estimated the 10-year risk for cardiovascular disease (CVD) and atherosclerotic cardiovascular disease (ASCVD) using the 2018 ACSVD 10-year Risk Calculator provided by the American Heart Association and the American College of Cardiology (AHA/ACC), and the 2008 Framingham risk score, respectively. The Chilean version of the FANTASTIC questionnaire was used to measure 10 dimensions of lifestyle. We calculated the Spearman R coefficient to determine the correlation between the score obtained in the FANTASTIC questionnaire and its dimensions with cardiovascular risk scores.

Results: A total of 299 participants were included in the analysis (70% female, mean age 47 years). 11% and 9% had a high cardiovascular risk according to the Framingham and AHA/ACC calculators, respectively. We found a positive correlation between the FANTASTIC score and cardiovascular risk scores (Framingham, $R=0.11$, $p=0.059$; AHA/ACC, $R=0.13$, $p=0.035$). Analyzing the lifestyle dimensions separately, we observed a positive correlation between cardiovascular risk and the score obtained for the dimensions of family/friends (Framingham, $R=0.13$, $p=0.021$; AHA/ACC, $R=0.14$, $p=0.023$), physical activity (Framingham, $R=0.14$, $p=0.017$; AHA/ACC, $R=0.17$, $p=0.005$) and sleep/stress (Framingham, $R=0.18$, $p=0.002$; AHA/ACC, $R=0.14$, $p=0.017$).

Conclusion: We found evidence that in a population of Peruvian hospital workers the score obtained in the FANTASTIC questionnaire or in its family/friends, physical activity and sleep/stress dimensions are associated with an increased cardiovascular risk at 10 years.

Keywords: Cardiovascular risk, FANTASTIC Lifestyle Questionnaire, Peru

Abbreviations: AHA (American Heart Association), ACC (American College of Cardiology)

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The authors declare no conflict of interest