**ABSTRACT**

Background and aims: Food intake and increased weight are main determinants of cardio-metabolic disturbances. The aim of the study was to assess the relations between food intake, weight status and cardio-metabolic disturbances. **Methods:** The study group (311 adults) selected from Galati county, Romania, general population. Anthropometric parameters were representative for age, gender and residence. We assessed cardiovascular disease (CVD), cardiovascular risk factors (CVRF) and metabolic disorders (MetD). The association between cardio-metabolic disturbances (CVD, CVRF, MetD) and weight status (BMI, waist circumference) was analyzed. 

**RESULTS:** Body mass index (BMI) and abdominal circumference were significantly higher in persons with hypertension, dyslipidemia, angina pectoris, and chronic coronary heart disease. Abdominal circumference was also significantly higher in persons with cerebrovascular disease (p<0.05). Diabetes was directly associated with daily number of meals, butter and lard intake, and inversely related to intake/preferences of juices, cookies, sweets and bread. Arterial hypertension was inversely related to intake of cream, jucies, cookies, sauces, potatoes, fruits. Hypercholesterolemia was inversely related to intake of sausage, angina pectoris, ischaemic heart disease. Cerebrovascular disease was directly associated with consumers of chicken/turkey. **Conclusion:** Weight status and abdominal obesity were directly related with cardio-metabolic disturbances (CVD, CVRF, MetD) in this specific area group. We noticed a direct relation between healthy eating pattern and the degree of population knowledge regarding presence of the cardio-metabolic disturbances, even if these conditions had high prevalence and awareness of their presence was poor.

**BACKGROUND AND AIMS**

Cardiometabolic pathology is frequently associated with and caused by obesity, as stated by many clinical studies. The identification of factors leading to obesity would result in better prevention and treatment of cardiovascular diseases and risk factors. **Aim** - the relation between cardiovascular disease (CVD), cardiovascular risk factors (CVRF) and metabolic diseases (MetD) with weight status (body mass index - BMI), abdominal obesity (abdominal circumference), and eating pattern in general population.

**RESULTS**

An increased percent of subjects did not know if they have CMD.

**PREVALENCE CVD, CVRF, MetD in study group**

Diabetes – directly related with no. of meals/day

**PREVALENCE CVD, CVRF, MetD in overweight persons**

Arterial hypertension – inversely related with intake of cream, margarine, lard, vegetable oil, cheese, pork/beef, cold cuts, whipped cream

**PREVALENCE CVD, CVRF, MetD in abdominal obesity**

Diabetes – directly related with intake of cream

**CONCLUSIONS**

Direct relation between CHANGE IN EATING PATTERN and the DEGREE OF POPULATION KNOWLEDGE regarding PRESENCE OF THE DISEASES, METABOLIC DISTURBANCES and the LEVEL OF HEALTH EDUCATION. Persons adopted a healthy eating style after the diagnosis of the disease.

**REFERENCES:** Blundell, 1996; Simu, 1999; Hanco, 2005; Hild'Koglan, 1998; Prentice, 2001; Willeoey, 2001; Arenwe, 2002; Kopelman, Catureu, 2010; Bray, 1989; Astrup, 2001; Fujkka, 2012; Dresowka, 1998. Acknowledgement: No conflicts of interest or funding disclosure.