

MEDITERRANEAN DIET AND OBESITY: A STRONG INVERSE RELATIONSHIP. BASELINE DATA FROM THE EVIDENT STUDY

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AIM

To evaluate the relationship among compliance of the Mediterranean Diet and parameters associated to atherogenic metabolic profile (obesity, waist circumference and body fat percentage) in patients attended in Primary Care.

Methods

Multicentric cross-sectional study. At the end of January 2012, 974 were included at 6 Primary Care Centers of Spain by simple randomization. Subjects were selected from the PPFAP cohort and those aged 20 to 80 who accepted to participate were included on the study. The study included a structured personal interview, physical examination and blood extraction. Information regarding compliance of Mediterranean diet and physical activity were gathered by validated questionnaires. Non atherogenic factors influencing compliance of Mediterranean diet were analyzed by logistic regression.

Results

We analyzed data from the first 974 patients included in the study. Statistical significant differences were observed at baseline among patients who did compliance Mediterranean diet and those who did not (36.52% and 63.5%, respectively) regarding age, body mass index (BMI), body fat percentage and alcohol consumption. After controlling for confounders, the compliance of Mediterranean diet among obese and type II overweight patients was lower (adjusted ORs: 0.65 [CI 95%: 0.45-0.94], p=0.020 and 0.44 [CI 95%: 0.27-0.69], p<0.001 respectively), as well as those patients with a body fat percentage at limit or obese (adjusted OR: 0,95 [CI 95%: 0.92-0.85], p=0.003) and in subjects with a waist circumference of elevated risk (adjusted OR:0.68 [CI 95%: 0.48-0.94], p=0.021).

Conclusions

Patients who follow a Mediterranean diet have an approximately 35% lower risk to be a type II overweight and almost 60% less to be overweight as well as to have a less percentage of body fat and waist circumference. Therefore, is pertinent to adopt preventive procedures related to nutrition and to emphasize the compliance of Mediterranean diet in Primary Care.