



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES

Nutritional Sciences
& Wellness

SEMINAR ANNOUNCEMENT

The School of Nutritional Sciences and Wellness presents:

“Fruit, Vegetable, and Physical Activity Guidelines Adherence and Metabolic Syndrome in El Banco por Salud”

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Shantz Building, Room 247

<https://arizona.zoom.us/j/82678706371>

Fruit, Vegetable and Physical Activity Guidelines Adherence and Metabolic Syndrome in El Banco por Salud

Background: Latinos/Hispanics are the fastest growing US minority population and have experienced a significant increase in Metabolic Syndrome (MetS) prevalence over the past decade. Prevention and management of MetS traits include long-term adherence to healthful dietary and physical activity (PA) habits in addition to medical therapies. Limited studies have assessed the association between adherence to national fruit and vegetable (F/V) and PA guidelines as well as odds of MetS in Latinos/Hispanics.

Methods: El Banco por Salud (Wellness Biobank) was established by the University of Arizona Center for Disparities in Diabetes, Obesity and Metabolism. Biobank participants are pre-screened from El Rio and Mariposa Community Health Center's electronic health records. Eligibility criteria includes self-reported Latino/Hispanic ethnicity, age 18–75 years, and ≥ 6.5 HbA1c. Once recruited anthropometric, serum biomarker, personal/family medical history, demographic, social determinants of health, and patient-reported measures are collected. Weekly F/V consumption and average weekly estimates of PA time and intensity were collected within patient-reported measures of $n=972$. F/V intake and PA data were then categorized into meeting, partially meeting, or not meeting national guidelines (Health Eating Index-15 and US Department of Health and Human Services). MetS was defined according to Adult Treatment Panel III factors, as having ≥ 3 of the following traits present: elevated fasting blood glucose, dyslipidemia, low HDL-Cholesterol, hypertension, and large waist circumference.

Result: 98% were Latino/Hispanic (self-reported), with an average age of 51.3, 67% female, 53.1% married or in a domestic partnership, and 33.3% prefer speaking Spanish at home. Overall, 64.8% had ≥ 3 MetS traits present. Large waist circumference was the most prevalent trait in this sample at 77.9%. Those fully meeting guidelines for fruit, vegetable, and PA were 14.6%, 24.5%, and 23.5%, respectively. Multivariate logistic regression models demonstrated that those fully meeting PA guidelines had a reduction in odds of MetS (OR 0.67, 95%CI 0.47, 0.96). Overall, no significant association with fruit or vegetable guidelines adherence and MetS in the mutually adjusted model was found.

Conclusion: Increased adherence to national guidelines may improve MetS prevalence in El Banco por Salud.