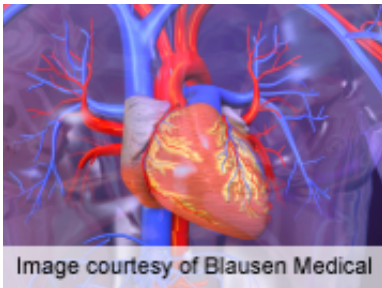


# Food security status linked to cardiovascular risk

December 14 2013

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(HealthDay)—Food security status is associated with cardiovascular risk factors and predicted 10-year cardiovascular disease risk, according to research published Dec. 5 in the U.S. Centers for Disease Control and Prevention's *Preventing Chronic Disease*.

Earl S. Ford, M.D., M.P.H., from the CDC in Atlanta, conducted a cross-sectional analysis using data from 10,455 adults, aged 20 years or older, from the National Health and Nutrition Examination Survey 2003 to 2010 to examine the correlation between food security status and cardiovascular disease risk factors and predicted 10-year risk. Based on 10 questions, four levels of food security status were defined.

The author found that, compared to those with full food security, participants with very low food security had a 0.15 percent higher mean

hemoglobin A1c and 0.8 mg/L greater mean concentration of C-reactive protein, after adjustment. Furthermore, the adjusted mean concentration of cotinine was significantly higher for those with very low versus full food security (112.8 versus 62.0 ng/mL). Food security status was not significantly associated with systolic blood pressure or concentrations of total, high-density lipoprotein, or non-high-density lipoprotein cholesterol. Having a predicted 10-year [cardiovascular disease risk](#) greater than 20 percent was more likely among participants aged 30 to 59 years with very low food security versus full [food security](#) (adjusted prevalence ratio, 2.38).

"Food security status was significantly associated with predicted 10-year risk for cardiovascular disease among adults aged 30 to 59 years," Ford writes. "Food security status was also significantly associated with several individual [risk factors](#)."

**More information:** [Full Text](#)

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