

PP 4

**PREVALENCE OF NON COMMUNICABLE DISEASES (NCD) AND THEIR RISK FACTORS AMONG EMPLOYEES IN NATIONAL HOSPITAL OF SRI LANKA (NHSL).**

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**Background:** In Sri Lanka NCDs (Non Communicable Diseases) are recognized as leading causes of morbidity, mortality and disability. Objective of this study was to investigate the prevalence of NCD and their risk factors among employees in National Hospital of Sri Lanka (NHSL).

**Method:** Cross-sectional study was carried out among NHSL permanent employees. Population size was 1076. Interviewer administered questionnaire was used to collect the information. Weight, height and waist circumference was measured. BMI was calculated. Total serum cholesterol level, post prandial blood sugar (PPBS) level and full blood count were carried out. Statistical analysis was carried out using SPSS 21 software.

**Results:** The response rate was 14.34%. Mean age of participants was 39.02 ±10.7. Female participation percentage was 59.6%. Sedentary lifestyle was seen

in 47.5% of participants and moderate level physical activity was seen in 50.9%. Mean BMI was 23.81±4.14kgm<sup>-2</sup>. Prevalence of overweight and obesity was 33.99% and 14.42% respectively. 25(2.4%) subjects were identified as newly diagnosed diabetes patients. Cholesterol level above 200 mg/dL was found in 50.9% of participants. Abdominal obesity prevalence was 57.26% (male and female prevalence 13.79% and 57.1% respectively). It was significantly higher in females than males (p<.0005, OR=5.014). 26.3% were male smokers and 50.6% used alcohol respectively. Prevalence of beetle chewing was 24.1% among male population.

**Discussion/ Conclusion:** Total prevalence of NCD and risk factors were high among hospital employee. Significant percentage of them had previously undiagnosed dyslipidaemia, diabetic mellitus, and anemia. Very high prevalence of obesity was observed among females and smoking, alcohol use among male population which were major risk factors for NCD prevalence at NHSL.

**Keywords:** Obesity, NCD risk factors, Hospital employees, Dyslipidemia, Diabetes mellitus

PP 5

**VITAMIN D STATUS OF NEWLY DIAGNOSED BREAST CANCER PATIENTS**

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**Background:** Vitamin D is believed to be associated with reduced breast cancer (BC) risk due to anti proliferative and pro differentiation activities. Vitamin D level of ≥50ng/ml is reported

to lower the BC risk by 50%. This study compared vitamin D status and animal protein intake of BC women with healthy females.

**Methods:** Newly diagnosed BC patients from National Cancer Institute, Maharagama (n=150) and age matched apparently healthy females (n=75) were enrolled. Data on frequency of consumption of animal protein was recorded using an interviewer administered questionnaire. Serum vitamin D status was measured with mini vidas immuneanalyser using an enzyme immunoassay competition method with final fluorescent detection.

**Results and Discussion:** Consumption of meat, fish, egg and dairy products was not significantly different ( $p>0.05$ ) among BC patients and healthy females. Majority of BC patients and healthy females (> 95%) were not consuming chicken, beef or pork  $\geq 3$  times a week. BC patients (44%) and 40% of healthy women consumed fish  $\geq 3$  times a week. However egg consumption  $\geq 3$  times a week was rare (13%) among both groups. Majority of BC women (90%), and healthy women (63%) consumed full cream milk > 3 times a week. Only 6% among both groups consumed cheese  $\geq 3$  times per week. None of the women were not on any other supplements.

Mean vitamin D concentration of BC women ( $20.5 \pm 5.5$  ng/mL) was not significantly different ( $p>0.05$ ) when compared to healthy women ( $20.2 \pm 4.3$  ng/mL). Half of BC women and healthy females were vitamin D deficient ( $< 20$  ng/mL). Only 3% of BC women and none of healthy women had vitamin D above 30ng/mL.

**Conclusion:** Serum vitamin D status of breast cancer and apparently healthy women was considerably low among the study sample. This could be due to low

consumption of foods rich in vitamin D by both groups. Thus preventive measures are needed to be taken in order to lower the risk associated with low vitamin D status among both BC and healthy women.

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#### PP 6

#### CUSTOMER PREFERENCES REGARDING PURCHASE OF FOODS AND THE IMPACT OF NUTRITIONAL KNOWLEDGE ON THE FOOD SELECTION

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**Background:** Food behaviours play an important role in development of diseases. Thus it is essential to follow the proper food behaviours to lead a healthy life. There are several methods to evaluate the nutritional knowledge of consumers with the aim of determining food selection habits and to promote healthier food behaviours among consumers. The study was designed to determine the customer preferences regarding purchase of foods and impact of nutritional knowledge on food selection.

**Methods:** A descriptive cross-sectional study was carried out among 384 (females 65.1%, males 34.9