GTT LEVELS ARE A COHERENT INDICATOR OF CARDIOVASCULAR RISK IN PRIMARY CARE IN BOTH MEN AND WOMEN: RESULTS FROM THE STOP HF STUDY

P2-50

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Introduction Gamma-glutamyltransferase (GGT) has been re-established as a marker of cardiovascular risk rather than simply an indicator of liver disease. However, there is little data on the associations between GGT and groups with conventional cardiovascular risk factors in the primary care setting. We sought to examine the factors associated with elevated GGT in an Irish primary care population.

Methods We explored the baseline data set of the STOP HF Study, a prospective study of a cohort with depression. Complete data were available in 879 participants. Multivariable associates of elevated GGT were identified using forward multivariable logistic regression in males and females separately. Preliminary analyses were run to establish univariable associates of cardiovascular morbidity and mortality with diastolic dysfunction in a primary care cohort at heightened cardiovascular risk.

Results A high prevalence of diastolic dysfunction (67%) was observed in the cohort. In males, multivariable associates of diabetes dysfunction [Exponential β-coefficient (95% CI); p-value] were younger age [1.152; 1.09 to 1.21; <0.001], the absence of AIIA therapy [2.547; 1.18 to 5.49; <0.02] and higher ALP levels [38.813; 1.96 to 424.39; <0.02]. In females, diastolic dysfunction was associated with younger age [1.085; 1.05 to 1.12; <0.001] and higher GGT levels [4.838; 1.47 to 15.90; <0.001].

Conclusions This analysis demonstrates for the first time that factors of hepatic function may be coherent indicators of early sub-clinical diastolic dysfunction. In this analysis, their association was superior to that more established risk factors and biomarkers such as BNP in this setting.

A SOBER TEXT: DEVELOPING AN INTERVENTION DELIVERED BY MOBILE PHONE TO REDUCE BINGE DRINKING IN DISADVANTAGED YOUNG MEN

P2-52

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Introduction Disadvantaged men suffer substantial harm from heavy drinking. Effective brief interventions to reduce alcohol...
consumption have been developed for middle-aged men. These were mainly delivered in healthcare settings. Disadvantaged young men seldom attend healthcare. A tailored brief intervention delivered by text message provides a low cost method for accessing this hard to reach group.

**Methods** Focus groups were conducted with disadvantaged young men to explore the social context of drinking and opportunities for intervention. Empirical evidence and social cognition theories were used to develop a series of text messages and images to reduce binge drinking. These were tested in three further focus groups, including one with female partners of binge drinkers.

**Results** The focus groups identified cost and personal experience of alcohol harms as opportunities for intervention. Humour was identified as a useful lever for behaviour change. The focus groups also provided useful quotes for text messages. A series of 57 text messages and images were developed within the framework of the Stages of Change model. They incorporated the principles of motivational interviewing and used components of successful behaviour change strategies. To promote iteration, several messages requested a response.

**Conclusion** This study has shown it is possible to encapsulate the theoretical approaches and the major components of brief interventions in a series of text messages. Focus groups highlighted levers for change and aided the selection of acceptable messages. This approach could be used with other social groups and other adverse health behaviours.

**P2-54** **DIET AND RISK OF DIVERTICULAR DISEASE IN THE EUROPEAN PROSPECTIVE INVESTIGATION INTO CANCER AND NUTRITION (EPIC)-OXFORD COHORT, A PROSPECTIVE STUDY OF BRITISH VEGETARIANS AND NON-VEGETARIANS**

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**Introduction** Vegetarians and those consuming a high fibre diet are thought to have a lower risk of diverticular disease but there is little evidence from prospective studies to substantiate these associations. The objective was to examine the associations between vegetarianism and dietary fibre intake with the risk of diverticular disease in the EPIC-Oxford study.

**Methods** This analysis of the EPIC-Oxford cohort included 47 033 men and women living in England or Scotland of whom 15 459 (33%) were vegetarians. Diverticular disease cases were identified through linkage with hospital records. The RR of diverticular disease by vegetarian status and quintiles of dietary fibre intake was estimated using multivariate Cox proportional hazards regression models.

**Results** After an average follow-up of 11.6 years, there were 812 incident cases of diverticular disease. Vegetarians had a 30% lower risk (RR=0.70; 95% CI 0.56 to 0.87; \( P_{\text{heterogeneity}} = 0.001 \)) of developing diverticular disease compared with non-vegetarians. There was also an inverse association with fibre intake: participants in the highest quintile (>25 g/day) of dietary fibre intake had a 41% lower risk (RR=0.59; 95% CI 0.46 to 0.78; \( P_{\text{trend}} < 0.001 \)) compared to those in the lowest quintile (<14 g/day). After mutual adjustment, both a vegetarian diet (\( P_{\text{heterogeneity}} = 0.015 \)) and a higher intake of fibre (\( P_{\text{trend}} = 0.001 \)) were significantly associated with a lower risk of diverticular disease.

**Conclusion** Consuming a vegetarian diet and a high intake of dietary fibre were both associated with a lower risk of diverticular disease.

**P2-55** **INFLUENCE OF SEXUAL MATURATION ON BODY MASS INDEX IN A LONGITUDINAL STUDY WITH ADOLESCENTS FROM BRAZIL**

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**Introduction** Body mass index (BMI) during adolescence is highly influenced by the pubertal maturation, and early maturation has been associated with overweight, but it is still uncertain if these factors are just a cluster of conditions or whether pubertal maturation influence BMI increments. This study aimed to examine the influence of sexual maturation (SM) on fatness and BMI increments during adolescence among Brazilians aged between 9 and 13 years.

**Methods** 398 girls and 518 boys were followed from 1-year school period. Maturational timing was self-assessed using the Tanner stage ratings (breast development for girls and pubic hair for boys). Early maturation was determined as the age bellow the median age within each gender SM group.

**Results** Girls with early maturation showed a statistically significant greater prevalence of overweight (WHO classification) compared to those without early maturation (25.7% vs 15.4; \( P = 0.02 \)) at baseline and similar results were found after 1-year follow-up. On the other hand weight gain during follow-up was not associated to maturation either calculated by stages of sexual maturation, according to Tanner staging or to early maturation, for girls and boys.

**Conclusions** The results suggest that at baseline and follow-up BMI was highly associated with SM for girls, but BMI increments during follow-up was unrelated to SM for both sexes suggesting a non