

Methods This cross-sectional study was carried out in the areas of two Rural Health Training Centres of Department of Community Medicine, Mahatma Gandhi Institute of Medical Sciences, Sevagram; through house-to-house visits. Two stage sampling method (30-cluster followed by systematic random) was used to reach the respondents' households. Partial correlation coefficients were used for continuous variables. Linear regression analysis was used to assess the influence of different anthropometric indicators on the systolic and diastolic blood pressure.

Results The mean systolic blood pressure was 120.2 and 118.4 mm Hg in men and women respectively while the mean diastolic blood pressure was 77.7 and 76.3 mm Hg in men and women respectively. Mean values of body mass index (BMI), waist-hip ratio, waist circumference and waist-height ratio was significantly higher among hypertensive than normotensive men and women. There was a significant positive correlation of obesity indicators with both systolic and diastolic blood pressure; except for waist-hip ratio and diastolic blood pressure. BMI was a better predictor of both systolic (β 0.59, SE 0.11, $p < 0.001$) and diastolic blood pressure (β 0.49, SE 0.10, $p < 0.001$) than waist circumference.

Conclusion BMI and waist circumference had strong correlation with systolic and diastolic blood pressure.

SP1-15 KNOWLEDGE, ATTITUDES AND FUNCTION OF WOMEN REFERRED TO HEALTH CENTRES IN FASA: A SURVEY OF BREAST CANCER AND SELF-EXAMINATION IN 1388 [2009/2010]

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S L Dehghani,* F Rostami. *Kerman University of Medical Sciences, Kerman, Iran*

Introduction According to studies in Iran the incidence of breast cancer in women is increasing and it is the most prevalent cancer in women. We considered the role of self-examination and clinical inspection in order to facilitate the early detection of breast cancer and any associated reduction in mortality.

Methods This research was carried out in women referred to health centres in Fasa town. Clustered sampling was used and 300 of women were surveyed. Data collection included: age, level of education, marital status, job, family history of breast cancer, sources of information about signs of breast cancer, and information about the correct way of self-examination of breast and its importance.

Results 300 women were examined. The average age was 30 years (mode 25–30). The majority were married housewives and their education was below diploma. 40% of them knew about breast cancer and self-examination. 10% had a neutral attitude towards breast self-examination. 50% had poor function, however, as knowledge increased function also increased. Degree of knowledge was not associated with attitude.

Conclusion Most women had poor knowledge about breast cancer and poor function in self-examination. Our findings suggest it is important to focus on increasing women's knowledge levels and their ability to undertake breast self-examination.

SP1-16 ASSOCIATION BETWEEN PSYCHOLOGICAL AND NUTRITIONAL PARAMETERS IN PATIENTS UNDERGOING PERITONEAL DIALYSIS

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J C N Marchette,* C R de Goés, V C Paduan, C L Mendes-Chillof, M R P Pinto, A T A Ramos-Cerqueira, J C T Caramori. *Botucatu Medical School (UNESP), Botucatu/Sao Paulo, Brazil*

Introduction The incidence and prevalence of end-stage kidney disease has reached epidemic proportions in Brazil and worldwide,

leading to high mortality. In these patients, nutritional status is associated with poorer quality of life (QoL) and health and few studies have been conducted on the subject in Brazil.

Objective Investigate the association between psychological and nutritional parameters in patients undergoing peritoneal dialysis. This is a retrospective study of 45 patients attended at the Dialysis Unit of the Clinical Hospital of Botucatu Medical School (UNESP): 58% women, mean age of 53.5 years-old, on dialysis for at least 6 months, 69% using Automatic Peritoneal Dialysis and 63% non-diabetic. For cognitive evaluation, the Mini-Mental State Examination (MMSE) was used and for QoL evaluation, the SF-36; for nutritional assessment, anthropometric and biochemical measurements, dietary recall and bioelectrical impedance analysis were performed.

Results Using Pearson's correlation, significant positive correlations were verified between the MMSE score and caloric and protein intake and percentage of intracellular water, and negative correlations for creatinine clearance and age; serum albumin correlated positively with the following QoL domains: physical functioning, general health, vitality, mental health and physical, social and emotional aspects; inflammatory status, measured by PCR, was negatively correlated with physical aspects and general health. In multivariate analysis, the phase angle was positively correlated with functional capacity, pain, emotional aspects and mental health.

Conclusion The association between nutritional and psychological aspects reaffirms the importance of nutritional and psychological care and the need for multidisciplinary care in this population.

SP1-17 INFLUENCE OF PHYSICAL ACTIVITY INTENSITY ON ANTHROPOMETRIC INDEX AND SERUM URIC ACID CONCENTRATION IN PEOPLE WITH OBESITY

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¹Y Nishida,* ²M Iyadomi, ³Y Higaki, ³H Tanaka, ¹M Hara, ¹K Tanaka. ¹Department of Preventive Medicine, Faculty of Medicine, Saga University, Saga, Japan; ²SUMCO Corporation, Saga, Japan; ³Laboratory of Exercise Physiology, Faculty of Health and Sports Science, Fukuoka University, Fukuoka, Japan

Introduction Physical activity (PA) is considered important in the prevention and treatment of obesity and hyperuricemia. However, scarce evidence exists regarding the influence of PA intensity on anthropometric indices and serum uric acid in people with obesity.

Methods We sampled middle-aged men with obesity and/or abdominal obesity who were employees in silicon wafer manufacture and participated in a health check-up. We examined PA using an uniaxial accelerometer, as well as measuring aerobic fitness using an electric bicycle ergometer. PA was defined as light- (<3 metabolic equivalents (METs)), moderate (3–6 METs), and vigorous (>6 METs). Overall METs calculated by adding the time spent at each intensity levels.

Results 71 mean took part, mean age 47.2±4.4 years. Aerobic fitness index of lactate threshold was inversely correlated with uric acid ($r = -0.26$, $p = 0.033$), but this became non-significant after adjustment for potential confounding factors (age, BMI, drinking). Light-intensity PA was inversely associated with BMI and waist circumference, even after adjustment for age and drinking (BMI $\beta = -0.543$, $p = 0.023$; waist circumference $\beta = -1.333$, $p = 0.016$). Both light and vigorous intensity PAs were not related to uric acid level, whereas moderate intensity PA was inversely correlated with the circulating uric acid and this remained significant, even after adjustment for age, BMI, and drinking ($\beta = -0.222$, $p = 0.036$).