Reported Lifestyle Habits in Coronary Patients in the EUROASPIRE III Survey

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On behalf of the EUROASPIRE III study group

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No Conflicts of Interest
EUROASPIRE III Cross sectional survey

Retrospective identification of 13,935 coronary patients in 76 hospital centres 22 European regions with prospective follow-up to measure one year outcomes (2007)
Lifestyle Goal: NOT SMOKING

Prevalence* of smoking by sex in all coronary patients post event

<table>
<thead>
<tr>
<th>Sex</th>
<th>All</th>
<th>UK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>19</td>
<td>23</td>
</tr>
<tr>
<td>Women</td>
<td>11</td>
<td>13</td>
</tr>
</tbody>
</table>

Persistence of smoking* in coronary patients who were smokers in the month prior to their event

<table>
<thead>
<tr>
<th>Sex</th>
<th>All</th>
<th>UK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>52</td>
<td>56</td>
</tr>
</tbody>
</table>

Reported support following an event – All (UK)

- 91% (95%) reported being advised to quit following their event
- Only 8%(27%) used NRT; 1%(0%) bupropion
- Only 3%(14%) accessed a specialist clinic
- Reduction of smoking is adopted in 36% (47%) of these patients despite no evidence of benefit in this approach

*Validated with breath carbon monoxide $\geq 10$ ppm

ESC EUROASPIRE III - EHS
Lifestyle Goal: ADOPTING A CARDIO-PROTECTIVE DIET

<table>
<thead>
<tr>
<th></th>
<th>ALL %</th>
<th>UK %</th>
<th>Range between regions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reducing fat</td>
<td>83</td>
<td>73</td>
<td>59-95</td>
</tr>
<tr>
<td>Changing from saturated</td>
<td>74</td>
<td>70</td>
<td>50-90</td>
</tr>
<tr>
<td>to unsaturated fat</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increasing fruit and</td>
<td>78</td>
<td>74</td>
<td>47-92</td>
</tr>
<tr>
<td>vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eating more oily fish</td>
<td>42</td>
<td>60</td>
<td>14-70</td>
</tr>
</tbody>
</table>
Lifestyle Goal:
BECOMING PHYSICALLY ACTIVE

- **Longstanding illness/infirmity**: 33% (ALL), 42% (UK)
- **Sedentary behaviour**: 70% (ALL), 79% (UK)
- **Taking regular exercise to increase fitness****: 34% (ALL), 43% (UK)
- **Intention to take exercise****: 24% (ALL), 18% (UK)
- **More activity in daily life**: 48% (ALL), 40% (UK)

*out of those not currently exercising to keep fit

**Any PLANNED physical activity (e.g., brisk walking, aerobics, jogging, bicycling, swimming, rowing, etc.) performed to increase physical fitness (performed 3 to 5 times per week for 20-60 minutes per session)*
Overweight*, Obesity** & Central Obesity***

**Obese patients – All (UK)**

- Amongst obese patients, 81% (71%) had ever been told to be overweight
- 52% (49%) had followed dietary recommendations to lose weight
- 38% (36%) had tried regular physical activity to lose weight
- Overall 51% (60%) reported having attempted to lose weight in last month.

* Body mass index ≥ 25 kg/m²
** Body mass index ≥ 30 kg/m²
*** Waist circumference ≥ 94 cm for men or ≥ 80 cm for women
Conclusions

- Less than half of all smokers had stopped smoking
- Two thirds of patients admitted to being sedentary
- Overweight and obesity is very prevalent in these patients with less than one half attempting to lose weight

This patient population requires a professional multidisciplinary programme to help them to achieve lifestyle changes which will reduce their risk of recurrent disease