

Global Summit on **CARDIOLOGY AND CARDIAC SURGERY**

May 09, 2022 | Webinar

Association of body mass index, dietary behaviour and physical activity on bone health among young adults in Islamabad, Pakistan**Sidra Ali Naqvi***Shifa International Hospital, Pakistan*

Statement of the Problem: The purpose of this study was to find out the association of Body Mass Index, dietary behavior and Physical activity with Bone mineral status in young adults. **Methodology & Theoretical Orientation:** It was a correlational cross-sectional study conducted in Islamabad with a sample size of 157 participants recruited through non-probability convenient sampling technique. Those who were independent in their ADLs were included while those having impaired cognition, obese (having BMI>35Kg/m²) or having any comorbidities were excluded. The physical activity was assessed using International Physical Activity Questionnaire while, EAT-26 was used for dietary behavior and Bone mineral status was calculated using calcaneal quantitative ultrasound. **Findings:** The mean age of the participants was (21.22 ±1.80) in which 27 (17.20%) were males and 130 (82.80%) were females. According to the outcome measures, it was revealed that most of the participants had normal BMI (58.6%), normal eating behavior (77.7%), moderate activity level (53.5%) and were osteopenic (60.5%). The spearman's correlation showed that there is a negative weak but significant relationship between BMI and BMD levels, $r = -0.238$ and $p = 0.003$. It also shows that there is a weak negative relationship between dietary behavior and BMD levels, $r = -0.002$ and $p = 0.978$. The physical activity level and BMD levels have positive weak relationship, $r = +0.002$ and $p = 0.984$. **Conclusion & Significance:** The result of this study suggested that alone physical activity and BMI cannot contribute to better bone health unless it is combined with balanced diet rich in calcium.

Biography

Sidra Ali Naqvi is a gold medalist graduate of Doctor of Physical Therapy program of Shifa Tameer-e-Millat University, Islamabad, Pakistan. She got her clinical training from Aga Khan University Hospital, Karachi, Pakistan. Also, she is a final semester student in Masters of Neuro-muscular Physical Therapy, Riphah International University, Rawalpindi, Pakistan. She also plans to pursue her passion for research further as a PhD candidate in abroad. Currently, she is working as a research assistant at Pain Clinic, Shifa International Hospital, Islamabad, Pakistan.