

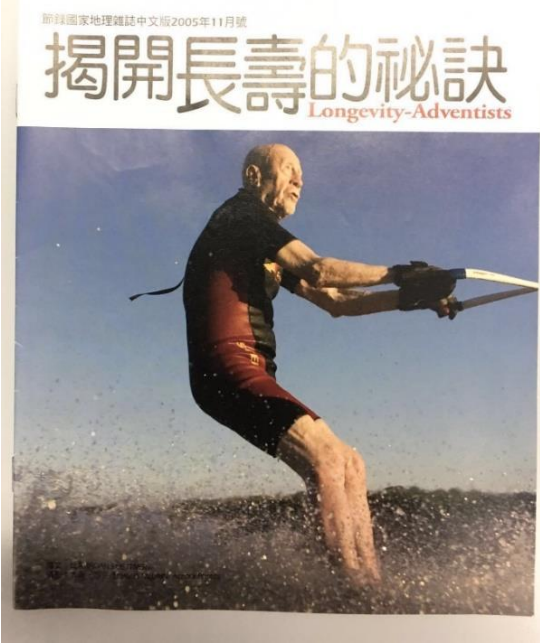
# Comparing community clients of different dietary pattern on their health indicators at a vegetarian festival in Hong Kong

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**Key Words:** Vegetarians, Non-Vegetarians, Health, Chronic Diseases, BMI, Cholesterol

## Background/ Problem/ Objective

Dietary pattern should not be overlooked to prevent and control chronic diseases. Among the different physical health indicators for measurement, obesity or overweight is mostly related to improper eating habits. Excessive fatty diets may lead to a cluster of common signs and symptoms of Central Obesity and Three Highs. Body Mass Index and Total Cholesterol are key indicators to alert early precaution for health eating. This study was to compare focusing indicators of health seekers’ with different dietary pattern attending a vegetarian festival in Hong Kong.



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## Methods

A cross-sectional design was used for this study taking place at the 1st Vegetarian Festival of Hong Kong in October 2013. Survey method and physical measurement was used to collect data. A response rate of 94.8% (237/250) from participants attending three health booths was obtained.

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Chronic Diseases & Dietary Pattern		
	<b>Vegetarians</b> <b>(n=79)</b>	<b>Non-vegetarians</b> <b>(n=158)</b>
<b>without Disease</b>	<b>96.2%(76/79)</b>	<b>88.6%(140/158)</b>
<b>with Disease</b>	<b>3.8%(3/79)</b>	<b>11.4%(18/158)</b>
Likelihood Ratio $\chi^2=4.294$ , df=1, P=.038, OR=0.33 (95% CI 0.10-1.10)		

## Discussion

The results support that eating vegetarian diets tend to reduce bio-medical risks from nutritional intervention. The collected data can also be measured conveniently to detect increasing trend of health risks, and at an early stage, for health seekers to review proper dietary pattern to early improve health and prevent relevant chronic diseases.

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## Results

The results showed that the Vegetarian group (N=79) has significantly less number of chronic diseases than the Non-vegetarian groups’ (N=158) (likelihood Ratio  $\chi^2=4.294$ , df=1, P<0.05, OR 0.33 (95% CI 0.10-1.10)). A t-test indicated that Body Mass Index (t=-2.706, P<0.001) and Total Cholesterol (t=0.076, P<0.01) of the two groups differed significantly.



## Conclusions

Vegetarian diets may be beneficial as supplementary intervention and prescription for health seekers or patients. Simple health screening on focused indicators and education of dietary pattern play a pivotal role to promote health and to manage common chronic diseases in the community as well as the hospital setting.