Different lifestyles in young women from urban and rural areas may explain different cardiovascular risk

Castelo-Branco, Camil
Blümel, Juan Enrique
Cancelo, Maria J.
Pantoja, Loreto
Binfa, Lorena
Aprikian, Daniel
Sarrá, Salvador

Background: Inadequate lifestyles (LS) in young women may be related to the increasing population that migrate to the cities. Objective: To compare the LS in rural and urban women and to assess their relation with educational levels and cardiovascular risk factors. Material and methods: Four hundred and eleven women (233 from rural and 178 from urban areas) aged 20 - 44 years were studied using the McMaster University questionnaire 'Do you have to fantastic lifestyle?'. Results: The mean age was similar in both groups (30.9 ± 7.2 years for rural vs 29.6 ± 7.3 for urban). Of the interviewed subjects, the rural women had a lower education level (47.2% had more than 8 years of study vs 73.6%; p<0.0001) and had a partner more frequently (68.3% vs 53.4%; p<0.04). The LS were better in the rural area (70.4 ± 12.4 vs 66.7 ± 14.0, p<0.01) and this was determined by less consumption of alcohol and drugs, more physical activity and higher family support. A higher level of schooling was related