

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

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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