Dietary habits and COVID-19 vaccination status among patients after myocardial infarction: experience from Dubrava University Hospital

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Objective: Limited data exists about health-related risk behavior among myocardial infarction (MI) survivors. Healthy lifestyle through physical activity, balanced diet and stress management remains the key recommendation in secondary prevention of cardiovascular events. However, this is challenging process that requires many lifestyle changes supported by organized professional help in the community, to encourage participants in the attempt to improve their health. In this study the relationship between COVID-19 vaccination status and dietary habits, among patients after myocardial infarction, has been evaluated. Positive correlation between vaccine hesitancy and poor diet could be explained by the lack of trust in science, lower level of education and lower health literacy[1].

Patients and Methods: From January 2017 to January 2020, data from 1441 patients hospitalized for acute coronary syndrome in Dubrava University Hospital were reviewed. The median age of participants was 64 years, among them there were 409 females, and 974 males. The participants were divided into groups according to their COVID-19 vaccination status and dietary habits, based on diet questionnaire survey.

Results: Patients who were not vaccinated less frequently reported daily consumption of fruit, fish, salad, and vegetables, with predominant consumption of pasta, lard, dried meats, white bread and alcohol (p<0.001).

Conclusion: In our research, COVID-19 vaccination status in patients after myocardial infarction was associated with better dietary habits. This might imply that vaccinated patients show higher level of health literacy. Future research is necessary to establish which healthcare interventions are required in order to manage and maintain the full potential of health lifestyle improvement in those patients.

LITERATURE ||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||||

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