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TELEVISION VIEWING OVER THE LIFE COURSE AND THE METABOLIC SYNDROME IN MID-ADULTHOOD: A LONGITUDINAL POPULATION-BASED STUDY

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Objectives

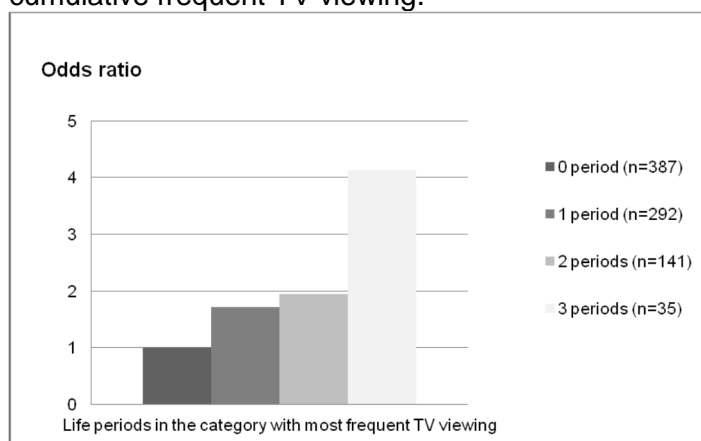
This study employs a life course epidemiological framework by examining the potential cumulative effect of frequent TV viewing during adolescence and young adulthood on the prevalence of metabolic syndrome in mid-adulthood.

Methods

We used data from the Northern Swedish Cohort (1981-2008), a nationally representative cohort comprising 855 participants (80% of baseline). TV viewing was self-reported and categorized in "one show/week or less", "one show/day or every other day", and "several shows/day". Logistic regression analyses examined associations of TV viewing at age 16, 21 and 30 years with the metabolic syndrome at age 43 years adjusting for socio-demographic (gender, socioeconomic disadvantage and educational attainment), behavioural (smoking, snuff use, alcohol, fruit and vegetable intake, and physical inactivity) and medical (family history diabetes) covariates.

Results

Figure 1 shows odds ratio (unadjusted) for presence of the metabolic syndrome at age 43 years on cumulative frequent TV viewing.



In the adjusted model, cumulative frequent TV viewing was associated with the metabolic syndrome at age 43 years (p for trend=0.026). Odds ratio for those reporting "several shows/day" three life periods compared to none was 2.31 (95% CI 1.04-5.12).

Conclusions

The number of life periods of frequent TV viewing during adolescence and early adulthood were associated with an increased risk of the metabolic syndrome in mid-adulthood in a dose dependent manner.