

PP 08: Comparison of BMI, Physical Activity Level, Sugar and Animal Protein Intake in Healthy People and People with Lower Back Pain

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Introduction: Lower back pain (LBP) is a pain below the costal margin and above the gluteal folds and it may or may not be present with leg pain. It is mentioned that it interferes with the quality of life. Several factors such as individual and activity related factors are identified to associated with LBP

Objectives: To compare BMI, physical activity level (PAL), Sugar and Animal protein intake in LBP patients and in healthy people.

Methods: An analytical observational study was conducted at Department of Neurology and Neurosurgery, University Hospital, Kotelawala Defence University. Based on an inclusion criterion 50 LBP patients and 50 healthy people were recruited. BMI was calculated using standard method. PAL was evaluated using IPAQ-SF. Sugar and Animal Protein intake were assessed using a self-made questionnaire. All the information on the questionnaires was gathered using interviewer-administered method.

Results: BMI of LBP patients was significantly greater than that in healthy people ($P < 0.05$). Most of the patients with LBP had high IPAQ scores while healthy people had moderate IPAQ scores ($P < 0.05$). Animal protein intake in LBP patients was significantly lower with compared to that in healthy people ($P < 0.05$). Sugar consumption in LBP patients was significantly high with compared to that in healthy people ($P < 0.05$).

Conclusions: Except Animal Protein intake all the other variables were significantly high in LBP patients. Therefore, it is recommended to consider above factors when assessing and treating LBP patients.

Keywords: BMI, PAL, IPAQ, LBP, Animal protein, Sugar