

ABSTRACT

Objective: To distinguish if there are any differences in life pattern between SDA and the general population and if so to they allow the SDA a better quality of life when compare with the general population.

Design and Participants: A cross sectional study consisting of 120 participants (60 SDA's and 60 from the general population) between the ages of 20-60 years from Trinidad West Indies. Demographic, dietary, physical activity, cigarette smoking and alcohol data were collected via a constructed questionnaire. Data was analyzed via SPSS version 14.0.

Results: 31% of respondents from the SDA group report forms of vegetarianism. Vegetarian status was positively associated to BMI. Significantly more respondents from the general population group consumed alcohol ($P = .002$) and caffeinated beverages ($P = <.001$). There were no significant differences between both groups in relation to quality of life outcome in the physical and psychological domains ($P = .155$ and $P = .903$ respectively).

Main Outcome Measure: Risk factors associated with increased or decreased quality of life outcome.

Conclusion: This study showed no significant difference between the general population and SDA's in Trinidad. However, there were differences in eating patterns between both groups.