Introduction

Studies regarding obesity, metabolic syndrome and multimorbidities exposed that income and educational level are associated with worse health, mainly amongst middle age women. However, there are few studies relating education and income with multi-morbidities. Even though it was observed that higher the age, lower the income and the level of education, worse is the state of health and increased the number of morbidities. One interesting study mentioned that the way to manage income was more important that the educational level and the income itself. Other showed that in women major life events such as economic difficulties, work environment problems were associated with metabolic syndrome. The main goal of the present research was to analyze repercussions of educational level and income considering risk factors for cardiovascular diseases, metabolic syndrome and type 2 diabetes mellitus. The high school patients with lower salaries presented more controlled health state, probably due to better choices of healthy items than patients with high school and 2-4 minimal salaries which allowed amplified items to choose. Possibly worse selection and income management, resulting in hypertension or more risk factors among them.

Conclusions

The high school patients with lower salaries presented more controlled health state, probably due to better choices of healthy items than patients with high school and 2-4 minimal salaries which allowed amplified items to choose. Possibly worse selection and income management, resulting in hypertension or more risk factors among them.

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