

Abstract

Coronary heart disease (CHD) is atherosclerosis or hardening of the arteries that provides vital oxygen and nutrients to the heart. There are several risk factors that can be predicted as CHD risk, such as anthropometric, biochemical and dietary risk factors. Physical activity significantly affects to modify many of the major CHD risk factors. Therefore the objectives were to investigate prevalence of anthropometric, biochemical and dietary coronary heart disease risk factors in high and low cholesterolemic group. A cross sectional study was carried out to conduct this survey and this was carried out in Kurukulawa GS division. One hundred and fifty subjects were randomly selected. General questionnaire, three day diet diary and self recording physical activity diary were used for data collection. Results showed that, there was significant difference between the mean values of WHR, WHTR, HDL, LDL, VLDL, TG and TC/HDL level of high and low cholesterol groups. SFA intake and energy supply from total fat were significantly higher in high cholesterol group than low cholesterol group. Energy supplied from SFA in coconut fat was not significantly difference in both groups. However about 66% of the people were having positive energy balance in high cholesterolemic group and about 75% of the people were having negative energy balance in low cholesterolemic group. There was a positive significant correlation between TC and dietary fat ($P=0.001$). Therefore it can be concluded that prevalence of many of the anthropometric, biochemical and dietary risk factors were significantly higher among high cholesterol group compared with low cholesterol group.