

# Relationship between Nutrition knowledge and Physical Activity Level with Risk Factors in Women with Myocardial Infarction

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**Abstract** The purpose of this study was to investigate relationship between nutrition knowledge and physical activity level with risk factors in woman with myocardial infarction. Therefore, 150 women with myocardial infarction disease (mean, age,  $64.47 \pm 9.32$  years) were randomly ed by means of Morgan table. The subjects completed questionnaires. We measured their weight, height and obtain WHR and BMI. We had taken 5mi blood the elbow vein of each patient after 12 hours fasting and measured serum lipid level. We were measured blood pressure too. Also for normal date analysis, we have used of Kolmogorov-Smirnov test and for abnormal data analysis; we have used Pearson correlation coefficients. The result showed that there isn't a significant relationship between nutrition knowledge and physical activity level of patient with their TG, TC, LDL-C, and WHR. However, there was a significant inverse relationship between nutrition knowledge and physical activity with systolic blood pressure (p

**Keywords :** Keywords: Nutrition knowledge, physical activity, Risk factors, myocardial infarction.

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