

**Abstract #: 447****Decoding the effect of neighbourhood on arterial health (DEpICT): Preliminary results on neighbourhood self-evaluation**

Andrie Panayiotou<sup>1</sup>, Galateia Photiou<sup>1</sup>,  
Demosthenis Panagiotakos<sup>2</sup>, Nicos Middleton<sup>3</sup>

<sup>1</sup>International Institute for Environmental and Public Health, Cyprus University Of Technology, Limassol, Cyprus, <sup>2</sup>Department of Nutrition and Dietetics, Harokopeio University, Athens, Greece, <sup>3</sup>Department of Nursing, Cyprus University of Technology, Limassol, Cyprus

**Background:** DEpICT is an ongoing exploratory, observational, cross-sectional study in community-dwelling individuals in Limassol, Cyprus aiming to combine individual-level and community-level risk factors to decode their effect on arterial health (stiffness) as measured with pulse wave velocity (PWV).

**Methods:** Participants are >40 years and living in the same address for ≥5 years. They provide personal information on quality of life and mental health (SF-12 and GHQ-12), physical activity (IPAQ), adherence to Mediterranean diet (MedDiet) and sociodemographic. Arterial stiffness is measured as PWV. Neighborhood is self-assessed using the “Place Standard” Tool, as well as independent neighborhood audit with the newly-developed CyNoTes tool.

**Results:** Mean age of the first 176 participants (53% male) was 55.2 (±8.6). All participants rated their health between excellent/very good (50.5%) and good/modest (49.5%), however participants with

a higher net family income reported significantly better health ( $p$  for trend=0.02), with 61.4% reporting very good/excellent health in those earning  $>2000\text{€}$  Vs 40.2% in those earning  $\leq 2000\text{€}/\text{m}$  ( $p=0.005$ ). Out of 14 constructs in “Place”, “Public transport” and “Participation and sense of control” were rated lowest ( $3.1 \pm 1.9$  and  $3.1 \pm 1.8$ ) and “Identity and sense of belonging” and “Safety” highest ( $4.1 \pm 1.9$  and  $4.5 \pm 1.8$ ). Out of these, family income was associated with “Safety” ( $p=0.005$ ) and self-health with “Participation and sense of control”.

**Conclusions:** Participants rate social and safety aspects of their neighborhood higher than build aspects.

**Key messages:** Participants express the need for more public engagement in community decision-making; sense of lacking control may affect individual health.