

## **Social Determinant and Cardiometabolic Risks: Diet as a Mediator**

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Cardiovascular disease (CVD) is one of the leading cause of death worldwide, which affects millions of people in developed and developing countries. CVD is an important public health concern that accounts for the second highest rate of mortality in Korea. Compelling evidence show that low socioeconomic status (SES) such as education, employment, occupational status, income, and area of residence is linked to higher incidence and mortality of CVD. It may suggest that low SES is a residual risk factor for CVD. In fact, several behavioral measures (i.e. cigarette smoking, alcohol behavior, physical activity, and diet etc.) have linked SES to cardiovascular health. For example, unhealthy dietary behavior (i.e. high alcohol consumption and imbalanced dietary intake) could contribute to the association between SES (i.e. education level and income status) and CVD risk/cardiovascular outcome. In our previous reports, the association between lower education level and higher prevalence of metabolic syndrome (MetS) was partially mediated by selected food consumption (i.e. lower intakes of fruits, red meats and milks, and higher intakes of vegetables and soft drinks) after adjusted for covariates. In addition, selected food consumption substantially contributes to the association between education level and MetS in Korean adults, especially among women. However, there have been limited information available on whether food consumption pattern would mediate the relationship between low SES and higher cardiovascular risk. Further studies are needed to elucidate the association.