PREVALENCE OF LIFESTYLE RELATED RISK FACTORS OF CARDIOVASCULAR DISEASES AMONG MALE ADULTS.

Prof. Mr. Trilok Sompura[1]

[1]Dean & Principal at C.U. Shah Institute of Nursing, Wadhwan, Gujarat
Corresponding Author:- Mr. Trilok Sompura, Email Id: triloksompura@gmail.com
Mob. No. 9924586558
Address:- C/O Dinsha Patel College of Nursing, Behind Hyundai Showroom, College Road, Nadiad-387001.

ABSTRACT:

In the 21st century scenario has been changed, previously always we talk about communicable diseases and government of India was more focus on its various aspect but now days Non-communicable diseases are more common due the poor lifestyle and lots of bad habit among the male adults. Now government more emphasize on Non-communicable disease specially cardiovascular diseases because it kill an estimated 17 million people worldwide in each year.

In India the prevalence rate of cardiovascular diseases is more than 4.77 million (2020). The range of prevalence rate if differ in rural and urban area, ranged from 1.6% to 7.4 in rural population and 1.0% to 13.2% in urban population.[7]

Current study was done to estimate the current prevalence rate of cardiovascular diseases among urban area of Gujarat. The researcher has conducted prevalence survey to find prevalence rate and risk of cardiovascular diseases among male adult. There were total 1060 samples has been screened to find out high risk male adult by using of Modified Metagenics Cardiovascular risk assessment questionnaire. The study result show Regarding Prevalence of risk of cardiovascular diseases, the 39.52% (419) of the male adults had low risk of cardiovascular diseases, 30.18% (320) of the male adults had moderate risk and 30.28% (321) had high risk.

KEY WORDS:- Prevalence, Cardiovascular diseases, Male Adult,

INTRODUCTION

Cardiovascular diseases (CVD) are the diseases of the disorder of the cardiovascular system. Cardiovascular diseases kill an estimated 17 million people worldwide in each year. Cardiovascular diseases are the leading cause of death globally.[2] Death caused by cardiovascular diseases are also higher in low and middle income countries as 80% of all global death caused by cardiovascular diseases occurred in those countries. It is also estimated that by 2030, over 23 million people will die from cardiovascular diseases each year.[3] In today's world, most deaths are attributable to non-communicable diseases, 32 million and just over half of these, 16.7 million are as a result of CHD. More than one third

of these deaths occur in middle aged adults. In developed countries heart disease is the first cause of death for adult men and women.[6]

Table No. 1 Non-communicable disease mortality, behavioral and metabolic risk factors prevalence estimates of India.

Behavioral risk factors			
Estimated prevalence (%)	Males	Females	Total
Current daily tobacco smoking (2011)	25.1	4.0	15
Total alcohol per capita consumption, in liters of pure alcohol (2012)	8.0	0.5	5.2
Physical inactivity (2008)	10.8	17.3	14.0
Modifiable risk factors			
2014 estimated prevalence (%)	Males	Females	Total
Raised blood pressure	25.9	24.8	25.4
Raised blood glucose	8.6	8.3	8.5
Overweight	19.0	23.9	21.4
Obesity	3.1	6.5	14.7

PREVALANCE RATE IN INDIA OF CARDIOVASCULAR DISEASE

A cohort study was conduct at New Delhi by Mark D. Huffman (MD). The study result shows India has one of the highest burdens of cardiovascular disease (CVD) worldwide. The annual number of deaths from CVD in India is projected to rise from 2.26 million (1990) to 4.77 million (2020). Coronary heart disease prevalence rates in India have been estimated over the past several decades and have ranged from 1.6% to 7.4% in rural populations and from 1% to 13.2% in urban populations.[7]

OBJECTIVES OF THE STUDY

1. To assess the prevalence of lifestyle related risk factors of cardiovascular diseases among male adults.

METHODOLOGY

The present study aimed to assess the prevalence of lifestyle related risk factors of cardiovascular diseases male in selected urban community, Gujarat. The research approach adopted for this study was descriptive survey research design. The study was conducted in selected urban areas of Gujarat state. After getting permission from authorities. The samples were selected by nonprobability purposive sampling technique. The total samples were 1060. After explaining the purpose of the study, written consent was obtained from the samples and the data were collected. There were total 1060 samples has been screened to find out high risk male adult by using of Modified Metagenics Cardiovascular risk assessment questionnaire.

RESULTS

Table No. 2 : Prevalence of lifestyle related risk factors of cardiovascular diseases. Frequency and percentage distribution of prevalence of risk of cardiovascular diseases

SI. No.	Prevalence of risk of cardiovascular diseases	Frequency	Percentage %
1.	Low risk	419	39.52
2.	Moderate risk	320	30.18
3.	High risk	321	30.28

The above table shows 39.52% (419) of the male adults had low risk of cardiovascular diseases, 30.18% (320) of the male adults had moderate risk and 30.28% (321) had high risk of cardiovascular disease.
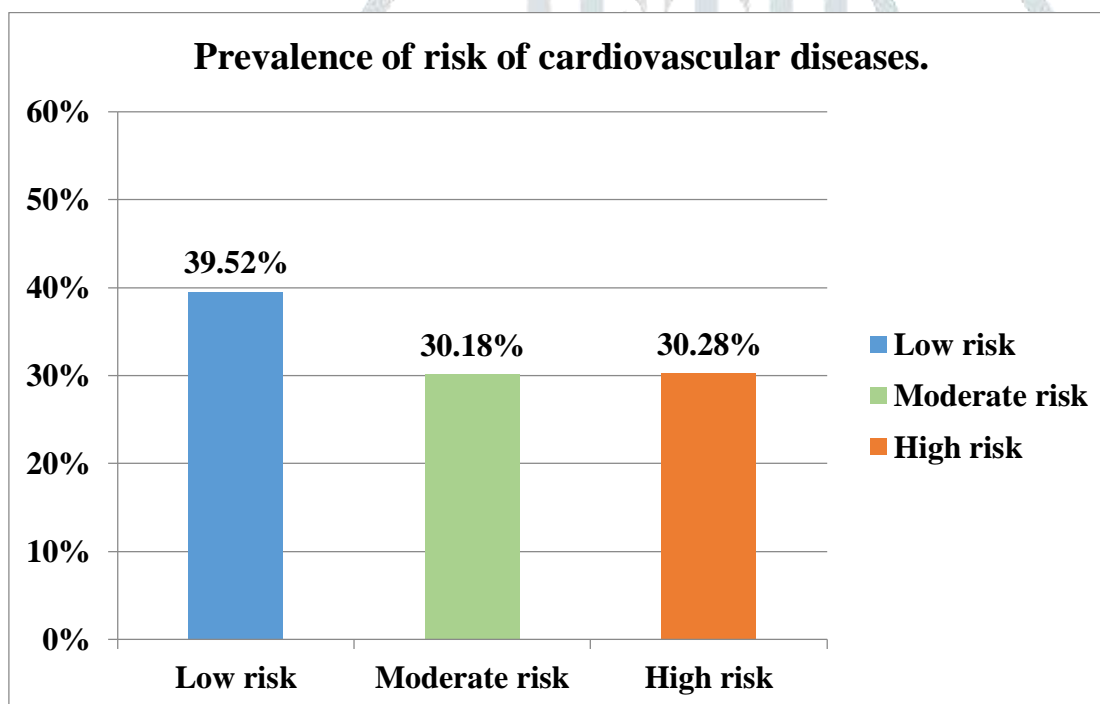
Graph No.1 Prevalence of risk of cardiovascular diseases among Male Adults.

TOOL

Modified Metagenics Cardiovascular Risk Assessment Questionnaire

1. LIFESTYLE

Section (a) Exercise (Circle one score)

Sedentary-moderate exercise less than once a week	20
Moderate exercise (average once a week)	1
Moderate exercise (average 2-3 times per week)	-10
Moderate exercise (average 4-5 times per week)	-20
Moderate exercise (average more than 5 times per week)	-25

Section (b) Smoking (Circle one score)

Never smoked	0
Ex –smoker	10
Current smoker less than 20 cigarettes/day	50
Current smoker more than 20 cigarettes/day	80

Section (c) Passive smoking (Circle one score)

Yes	25
No	0

Section (d) Alcohol (Circle one score)

Average 0 drinks daily	0
Average 1 drink daily	-10
Average 2 drinks daily	-5
Average 3 or more drinks daily	5
Do you consume: 5 or more drinks in one sitting on a Fortnightly or more frequent basis?	7

Section (e) Environment (Circle one score)

Do you live on a main road?	4
Do you live in a city?	3
Do you live in an industrial area with gas emissions?	2
Do you work with any chemicals, cleaners, pesticides, Petrochemicals, paints, exhausts?	4
Add lifestyle total (section a to e)	

2. **DIET**

A.	How often do you usually eat fried foods?	Less than once a week 0	1-2 times a week 1	3-6 times a week 5	Everyday 10
B.	How many serves of bread, rice, potatoes or other starchy foods do you have a day?	0-1 Serves daily 0	2 serves daily 0	3serves daily 2	4 or more serves daily 4
C.	How many servings of sweet foods likes cakes, biscuits or chocolates do you consume a day?	Usually none 0	1-2 serves daily 2	More than 2 serves daily 8	
D.	How many teaspoons of sugar do you consume daily in hot drinks, added to foods, etc?	0-3 0	4-6 1	7-9 4	10 or more 7
E.	How often do you usually eat fish?	Rarely 0	1-2 times a wk -2	3-6 times a wk -5	Everyday -10
F.	How many pieces of fruit do you usually eat a day?	Usually none 0	1-3 pieces daily -2	4 or more pieces daily -3	
G.	How many serves of vegetables (excluding potatoes) do you usually eat a day?	Usually none 0	1-2 serves daily -3	3-4 serves daily -5	5 or more serves daily -10
H.	How many cups of coffee do you usually drink a day?	Usually none 0	1-2 cups daily 0	3-4 cups daily 2	5 or more cups daily 4
I.	How much soft drink do you consume on average?	Less than 500ml per wk 0	1-2 liters per wk 2	3-4 liters per wk 4	5 or more liters per wk 8
J.	How much water do you drink a day?	0-500 ml 7	501ml -1.25 litres 3	More than 1.25litres 0	

Score interpretation:

Low risk: -54 to -4

Moderate risk: -3 to 34

High risk: 35 and above

REFRENCES

1. Chakma JK, Gupta S. Lifestyle and Non-communicable Diseases: A doubleedged sword for future India. Indian Journal of Community Health 2014;26(4):325-332.

2. Dr. Ananya Mandal. The latest development in life sciences and medicine. what is cardiovascular diseases. Available fromhttp://www.who.int/cardiovascular_disease/

3. Cardiovascular diseases. Available from http: //en. m.wikipaedia.org/wiki/ cardovascular/disease

4. Gupta R, Gupta VP, Sarna M, Bhatnagar S, Thanvi J, Sharma V, et al. Prevalence of coronary heart disease and risk factors in an urban Indian population: Jaipur Heart Watch-2. Indian Heart Journal 2003Jan-Feb;54(1):44-53.

5. Reddy SS, Prabhu GR. prevalence and risk factor of hypertension in adults in an urban slum in Tirupati, Andra Pradesh. Ind J Community Medicine 2005 Jul- Sep;30(3):84-5.

6. WHO. The world health report 2003; Shaping the future. Cardiovascular diseases (CVDs). Available from www.http://www.who.int/media/centre

7. Mark D. Huffman (MD), Incidence of cardiovascular risk factors in an Indian urban cohort, New Delhi, 2011 april 26:57(17) 1765-1774. [Online] available from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3408699/#:~:text=The%20annual%20number%20of%20deaths,in%20urban%20populations%20(2).