

Available online at [www.sciencedirect.com](http://www.sciencedirect.com)

## Public Health

journal homepage: [www.elsevier.com/puhe](http://www.elsevier.com/puhe)

## Short Communication

# Awareness levels of prevention of cardiac diseases in general population of rawalpindi and requirement of health education

S. Tanvir <sup>a</sup>, S. Sajjad <sup>b,\*</sup>, R. Roshan <sup>c</sup><sup>a</sup> Armed Forces Postgraduate Medical Institute, Rawalpindi, Pakistan<sup>b</sup> Islamabad Institute of Dental Education & Allied Sciences, Islamabad Medical & Dental College, Islamabad, Pakistan<sup>c</sup> Department of Public Health, Armed Forces Postgraduate Medical Institute, Rawalpindi, Pakistan

## ARTICLE INFO

## Article history:

Received 5 September 2017

Received in revised form

6 January 2018

Accepted 10 January 2018

## ABSTRACT

**Objectives:** To assess the level of awareness in population about cardiac diseases prevention and suggestion of recommendations.

**Study design:** Descriptive cross-sectional survey was carried out in Rawalpindi Cantonment in Oct 2016.

**Methods:** 100 respondents were selected through convenience sampling. Data was collected through questionnaire.

**Results:** Results indicated low levels of awareness as only 30% of the population knew that cardiac diseases can be prevented to certain extent by lifestyle changes. 46% population knew about importance of physical activity and 34% knew that excess of fried and salty food can cause cardiac diseases. Only 22% population knew that red meat use in excess can cause cardiac diseases. 20% population were aware that lack of sleep can cause cardiac disease. 13% (for sodas), 15% (for sweets) 13% (for consuming egg yolk daily) and 28% (for stress) were the statistics for remaining modifiable risk factors. 80% of the population was aware of smoking hazards which shows the success of anti-smoking campaigns.

**Conclusion:** These levels of awareness indicate that there is dire need of policy making for health education to make people aware of lifestyle modifications necessary to prevent cardiac diseases.

© 2018 The Royal Society for Public Health. Published by Elsevier Ltd. All rights reserved.

## Introduction

Cardiac diseases are one of the prevalent non-communicable diseases worldwide. Cardiovascular diseases (CVDs) comprise

of a group of disorders affecting health and the circulatory system; the underlying cause is multifactorial. According to World Health Organization (WHO), 31% of all global death occurs due to cardiac diseases, which make it 17.3 million deaths.<sup>1</sup> The situation is quite alarming in low- and middle-

\* Corresponding author. Islamabad Institute of Dental Education & Allied Sciences, Dental section, Islamabad medical & Dental college, Main Murree Road Bharakahu Islamabad, Pakistan.

E-mail address: [sadia.abubakar@gmail.com](mailto:sadia.abubakar@gmail.com) (S. Sajjad).

<https://doi.org/10.1016/j.puhe.2018.01.006>

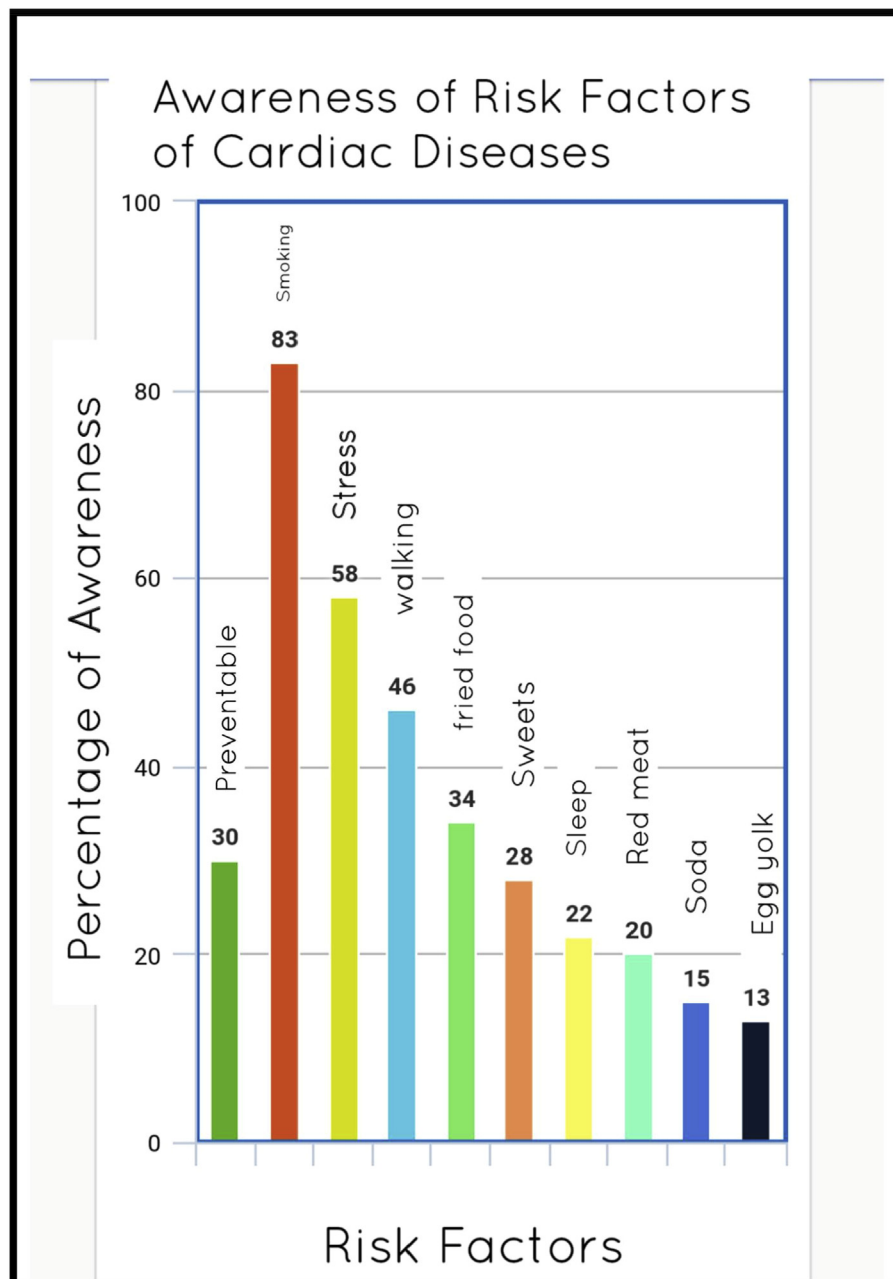
0033-3506/© 2018 The Royal Society for Public Health. Published by Elsevier Ltd. All rights reserved.

**Table 1 – Demographic characteristics.**

Characteristics	%
Mean Age	39 years
Gender	
Male	51
Female	49
Residence	
Urban	100
Education	
Below high school	44
Above high school	56

income countries, and 80% of total death is due to CVDs.<sup>1</sup> Cardiac diseases make up a large part of non-communicable diseases, and efforts are being done to prevent and control the risk factors causing the disease. CVDs are prevalent in the general population, mainly in adults. These are caused by risk factors which include modifiable and non-modifiable risk factors identified by different epidemiological studies.<sup>2</sup> CVDs have no confined boundary, it is seen after 30 years and with no sex difference. They are prevalent in midlife, but studies have shown that the childhood behaviour and lifestyles are one of the main driving forces behind them.<sup>8</sup>

The emerging increase in the prevalence of CVDs is seen during the past decade in the Pakistani population. In 2015,

**Fig. 1 – Percentages of modifiable risk factors leading to cardiac diseases.**

Download English Version:

<https://daneshyari.com/en/article/7525712>

Download Persian Version:

<https://daneshyari.com/article/7525712>

[Daneshyari.com](https://daneshyari.com)