



# Prevalence of Risk Factors of Cardiovascular Diseases among University of Tabuk Employees and Students



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## INTRODUCTION

Cardiovascular diseases in developed and developing countries are considered one of the main reasons of death (Alloubani et al. 2016; WHO, 2014). The treatment of risk factors and lifestyle changes in the world have led to a decreased prevalence of cardiovascular diseases and cardiovascular diseases mortality. Also, the economic burden of cardiovascular disease is tremendous, as well as affecting a patient's social and private life, because many patients need long-term care and long-standing institutionalization. Cardiovascular diseases risk factors are modifiable risk factors, such as diabetes, hyperlipidemia, stress, obesity, physical inactivity and smoking; and non-modifiable risk factors such as gender, genotype, race. Most cardiovascular diseases can be prevented by reducing the prevalence of behavioral (CVD) risk factors (WHO, 2015).

### Aim

Understanding the prevalence of cardiovascular diseases risk factors amongst employees and students at the university is vital for early prevention and detection. The aim of this research was to assess the prevalence of cardiovascular diseases risk factors amongst employees and students at the University of Tabuk.

### Methods

This cross-sectional quantitative research has been done with a convenience sample of 370 participants at the University of Tabuk.

A structured self-administered questionnaire, developed by the study's authors, with 25 questions employ a 4-point Likert scale to evaluate participants age, sex, the level of education, socioeconomic status, the presence of risk factors for cardiovascular diseases (family history and pre-existing medical conditions like diabetes mellitus, hypertension and hyperlipidemia). Cronbach's alpha score was 0.825.



## RESULTS

The findings of this research demonstrate that employees and students in university were following unhealthy lifestyle (such as poor exercise, unhealthy dietary practices, and smoking) that could expose them to a higher risk for cardiovascular disease. Overall, we need to expand awareness amongst employees and students in the University of Tabuk for the significance of a healthy lifestyle living and early prevention of cardiovascular diseases.

### Gender Differences in Tobacco Smoking

Gender	N	Mean	S.D.	T-test	P-value
Male	240	2.45	.102	5.75	0.001>
Female	130	1.75	.892		

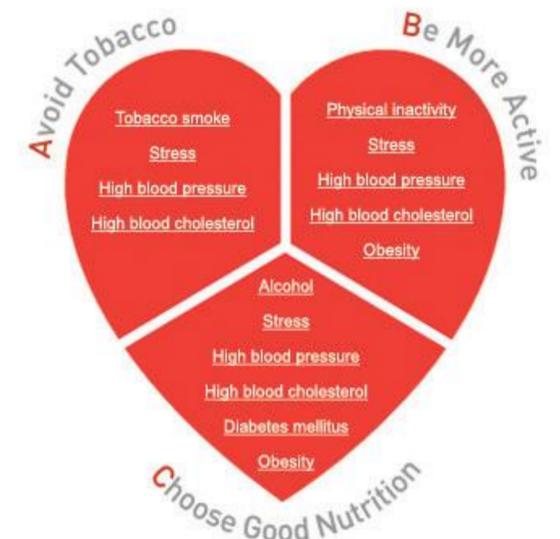
### Gender Differences in Body Mass Index

Gender	N	Mean	S.D.	T-test	P-value
Male	240	1.68	0.734	-7.96	0.001>
Female	130	2.38	0.934		

## CONCLUSIONS

This research concluded that the most of employees and students in the university were exposed to cardiovascular diseases risk factors.

The data recommend that cardiovascular risk factors effect individuals and will be main health disorders in the future. Accordingly, a nationwide campaign encouraging healthy lifestyle should be promoted.



## REFERENCES

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