The prevalence of cardiovascular risk factors among population aged over 30 years in Rasht and Qazvin

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Abstract

Background: Previous studies show that the prevalence of cardiovascular risk factors is high in Iran.

Objective: To determine the cardiovascular risk factors in cities of Rasht and Qazvin.

Methods: This cross sectional study was performed on 1100 persons over 30 years in cities of Rasht and Qazvin in 2003. Serum lipids including triglycerides, total cholesterol, LDL cholesterol, HDL cholesterol and fasting blood sugar were determined. Parameters such as height, weight, waist and hip circumferences and blood pressure were also measured.

Findings: The results showed that the prevalence of obesity was significantly (P<0.05) higher in women (20% in Rasht and 18.8% in Qazvin with BMI>30). Hypertriglyceridemia of more than 300 mg/dl was more prevalent in Rasht (14% of women and 16.5% of men). Hypercholesterolemia greater than 240 mg/dl was more prevalent among women in Rasht and also men in Qazvin (23% of women in Rasht and 17.8% of men in Qazvin). Low levels of HDL-C were found in Rasht among both sexes (32.5% of women and 60.2% of men with less than 35 mg/dl). FBS levels were slightly higher in Rasht population (10.9% of women and 8.1% of men with more than 140 mg/dl) compared to people from Qazvin. Systolic and diastolic blood pressure were significantly higher (P<0.05) in Qazvin.

Conclusion: Based on the data found in our present study, the cardiovascular risk factors are more prevalent in both cities particularly in Rasht. It seems that more educational recommendations, propagation of physical activities and also the modification of food consumption habits are necessary.

Keywords: Cardiovascular Diseases, Obesity, Blood Pressure, Exercise