

2nd WORLD HEART CONGRESS

May 14-16, 2018 Tokyo, Japan



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An examination of identifiable risk factors and health outcomes associated with cardiovascular health in children and adults

Statement of the Problem: The World Health Organization (2017) recently reported that worldwide, at least 2.8 million people die each year as a result of being overweight or obese, and an estimated 35.8 million (2.3%) of global disability-adjusted life years (DALYs) are caused by both cardiovascular wellness and overweight or obesity. The purpose of this study was to examine identifiable risk factors and disease outcomes which may be associated with cardiovascular health in children and adult populations.

Methodology & Theoretical Orientation: This study examined inpatient pediatric patients using the kids' inpatient database (KID), healthcare cost and utilization project (HCUP) and the agency for healthcare research and quality (AHRQ, 2014; 2016). A large randomly drawn sample (N=524, 581) of boys (n=244, 553) and girls (n=280, 028) ages 5 to 12, was examined in this research study to test for the association between cardiovascular health and disease related outcomes. Additionally, a small adult sample of adults ages 19 to 55 (N=143), enrolled in an undergraduate level city college program, were assessed to determine if there was a relationship between cardiovascular health and associated risk factors and other health. The Pearson Chi Square test was applied to measure for significant variable associations in this research study in addition to the application of the Cramer's V analysis to examine for strength of variable associations. A multiple regression analysis was applied to determine if obesity prevalence and type 2 diabetes risk were significant predictors of cardiovascular health in adult groups.

Findings: The research found that there were significant associations between cardiovascular health and health outcomes in children ($p < 0.001$) and that the factors of obesity and type 2 diabetes risk were significant predictors for cardiovascular health in adults ($p < 0.05$).

Conclusion & Significance: The outcome of this research study provides support for improved efforts to develop more effective strategies to promote positive healthy lifestyles in adults and children's populations.

Biography

Damien Byas is an Epidemiologist and Professor of Public Health at American Public Health Association. He is an International Public Health Delegate and President of North American Scientific Committee on Cardiovascular Health.

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