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Prevalence and associated factors of cardiovascular risk among adolescents in Jacobo Z Gonzales Memorial National High School

Christine Eloise B Pascua, Hedda Paula Mae C Pasion, Esviel S Payte, Abigail Lois M Pira, Diana Jean Marie N Pobre, Kristina Marie D Pollack, Amir H Ranjbar, Klarysse G Raymundo, Bianca G Relova, Therese Franz B Reyes and Chevy Lou F Ricio

University of the East-Ramon Magsaysay Memorial Medical Center, Philippines

Cardiovascular disease (CVD) is one of the leading causes of serious illness and death worldwide. Screening for the risk factors of CVD (i.e. hypertension, hyperglycemia, hypercholesterolemia and obesity) allows for early prevention and decreased risk of the development of CVD. We looked at the prevalence of these risk factors among adolescents at Jacobo Z. Memorial National High School Laguna, Philippines. An analytical cross-sectional design was done using a convenience sampling of 303 adolescents aged 12-17 in Jacobo Z. Gonzales Memorial National High School. The information on dependent and independent variables were determined through questionnaires, actual measurements and blood chemistry analysis. Data was analyzed using State SE to determine the Odds Ratio for each group. The groups were divided based on diet, physical activity, familial history of disease and smoking status. The prevalence of hypertension, hyperglycemia, hypercholesterolemia, central obesity, and obesity was 36.33%, 48.51%, 38.94%, 35.31%, and 7.61%, respectively. Attributes related to hypertension included a family history of diabetes. Those related to hyperglycemia were passive smoking and a family history of heart disease. Attributes related to hypercholesterolemia were sodium consumption above the daily allowable limit. There are certain variables that increase the odds of developing different risk factors. Family history of heart disease, being a passive-smoker and low physical activity increases the odds of having hyperglycemia. Sodium consumption above allowable daily intake increases the odds of having hypercholesterolemia. Family history of diabetes mellitus is associated with increased odds of developing hypertension.

Biography

Christine Eloise B Pascua is currently a 3rd year Medical student at the University of the East Ramon Magsaysay Memorial Medical Center, Inc. (JERMMCI). She graduated with a Bachelor of Science in Health Sciences at the Ateneo de Manila University (AdMU) with an award-winning thesis entitled "AsTig (Asensong Tubig): A Quasi-experimental Study of Point Source Chlorination, Cloth Filtration and Adsorption by Activated Carbon to Treat Pump Water". She is currently pursuing her Doctor of Medicine in May 2017.

christineeloise.pascua@gmail.com

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