

14th GLOBAL OBESITY MEETING

October 23-24, 2017 Dubai, UAE

Personal history, practices and perceived risk of cardiovascular diseases among the population of United Arab Emirates

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The aim of the study is to assess the prevalence and perception of risk factors of cardiovascular diseases (CVD) among the adults of United Arab Emirates (UAE). It is a cross-sectional questionnaire based survey. Healthcare related population excluded. Data analyzed using SPSS version 21. 1367 Arab and expatriate population with 700 being young adults (18-25 years) participated. Personal history reveals 47% overweight/obese, 25% current/ex-users of tobacco, 60% perceive their life moderately or highly stressful and 74% do not follow the recommended physical-activity. 8.1% reported to have diabetes mellitus (DM), 11.8% hypercholesterolemia and 14.4% hypertension. Family history of DM (42.6%), hypertension (30%) and heart attack (23.6%) was also reported. 55% of the population perceive that obese people and those with hypercholesterolemia are at high risk of 49% perceive hypertension and 30% think diabetes to be a risk factor. 59% recognized “more risk factors you have, greater is your chance of developing CVD”. “No smoking, regular exercise, healthy diet, control of diabetes and blood pressure may prevent the development of CVD?” 68% of younger age group and 80% of older acknowledged this fact. Few thought they are at risk of developing heart attack (21%) or stroke (16%) in next 10 years. 60% of younger and significantly higher number (73%) of older were planning to make changes in their lifestyle in near future. 80% feel people need more knowledge regarding CVD. There is a need for public health education to increase the level of correct perceptions regarding risk factors of CVD in this high-risk population.

Biography

Nelofar Sami Khan has completed her PhD in Biochemistry from Aligarh Muslim University in India in 1998. Currently she is working as an Associate Professor in Gulf Medical University in UAE and has published 20 papers in reputed journals.

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