

Public health concerns: Knowledge and awareness of modifiable CVD risk factors in Kuala Lumpur

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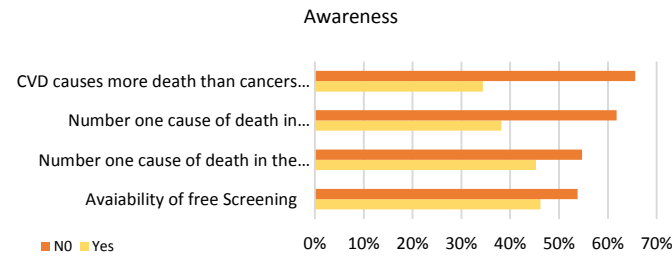
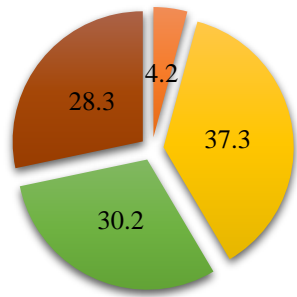


Conclusion

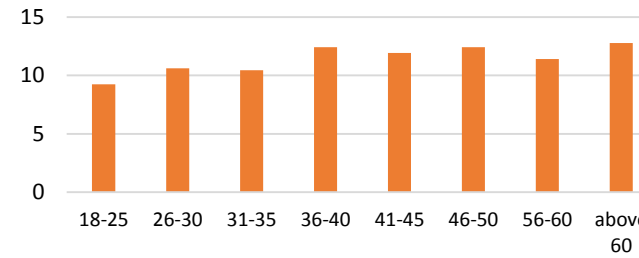
Besides high prevalence of hypertension, diabetes and dyslipidaemia, Malaysia is the most obese country in Asia. Despite efforts to educate public about modifiable risk factors, the rate of CVD is rising. Our results revealed only 37% have good level of knowledge and awareness about modifiable CVD risk factors. The practice of risk reducing behaviors was minimal.

Objective

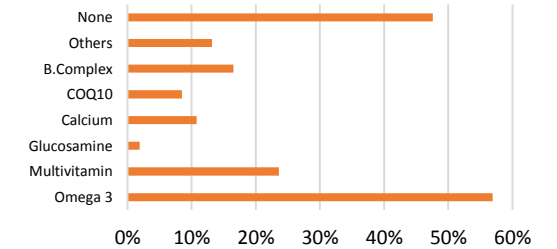
To measure level of knowledge and awareness of public about CVD risk factors in Kuala Lumpur (KL), we employed one on one dialog through a cross-sectional study using a questionnaire.



Mean knowledge score base to the age group



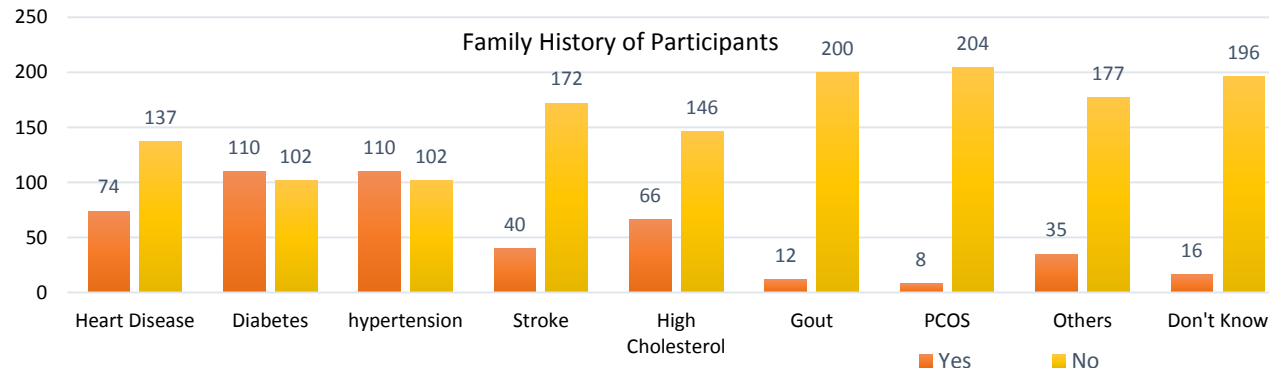
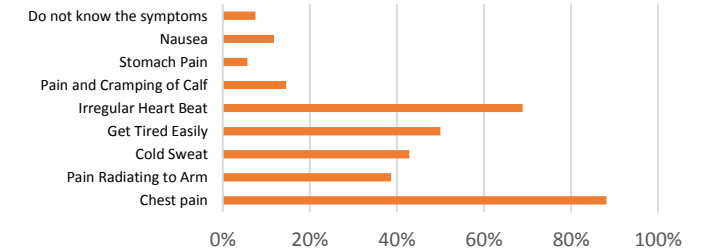
Supplement Consumption



Level of Knowledge



Knowledge of CVD Symptoms



- A total of 212 participants that 23% of them had history of dyslipidemia, 10.8% diabetes and 15.6% hypertension
- 65% have tertiary education which 19% had medical and biological background
- Active and passive smokers were 18% and 48% respectively
- Unhealthy lifestyle of eating non-home cooked food (77%), oily food (70%) and not enough daily servings of vegetable and fruit (80%) were observed
- Mean score of knowledge and awareness were 11.2. ±3.9 and 4.4±2.3 respectively.
- Significant association was found between knowledge and age (p=0.0125), higher education level (p=0.003) and educational background (p<0.001)