Knowledge and attitude of students in third year Faculty of Economics, University of Khartoum about cardiovascular disease’s

Risk factors 2008

Abstract

Background: Around 80% of cardiovascular diseases deaths took place in low and middle-income countries. At least 20 million people survive heart attacks and strokes every year; heart disease has no geographic, gender or socio-economic boundaries.

AIM: This study was done to assess Knowledge and attitude of Khartoum university faculty of economics, third year students 2008 about cardiovascular disease’s risk factors.

Methods: It was Descriptive cross-section, done in faculty of economics in Khartoum University in August 2008.

Sample size was n = 118.

Results: When students were asked to name CVD risk factors they know from the list of many risk factors, they chose genetic factor (98%), followed by smoking (92%), obesity (74%), high blood pressure (53%), lack of exercise (49%), alcohol (48%), fat in food (34%), diabetes mellitus (28%), high salt intake (28%), rheumatic fever (25%) and use of contraceptive (21%).

26 students (22%); 1 female and 25 male were smokers, about (8%) of the students eat a lot of foods with high fats contents.

Recommendations: *The risk factors of cardiovascular diseases must be investigated in all age groups.

* Dietary practices and lifestyle should be researched in depth to be able to design community-specific interventions.