

The Prevalence of Cardiac Risk Factors in College-Aged Students

BACKGROUND



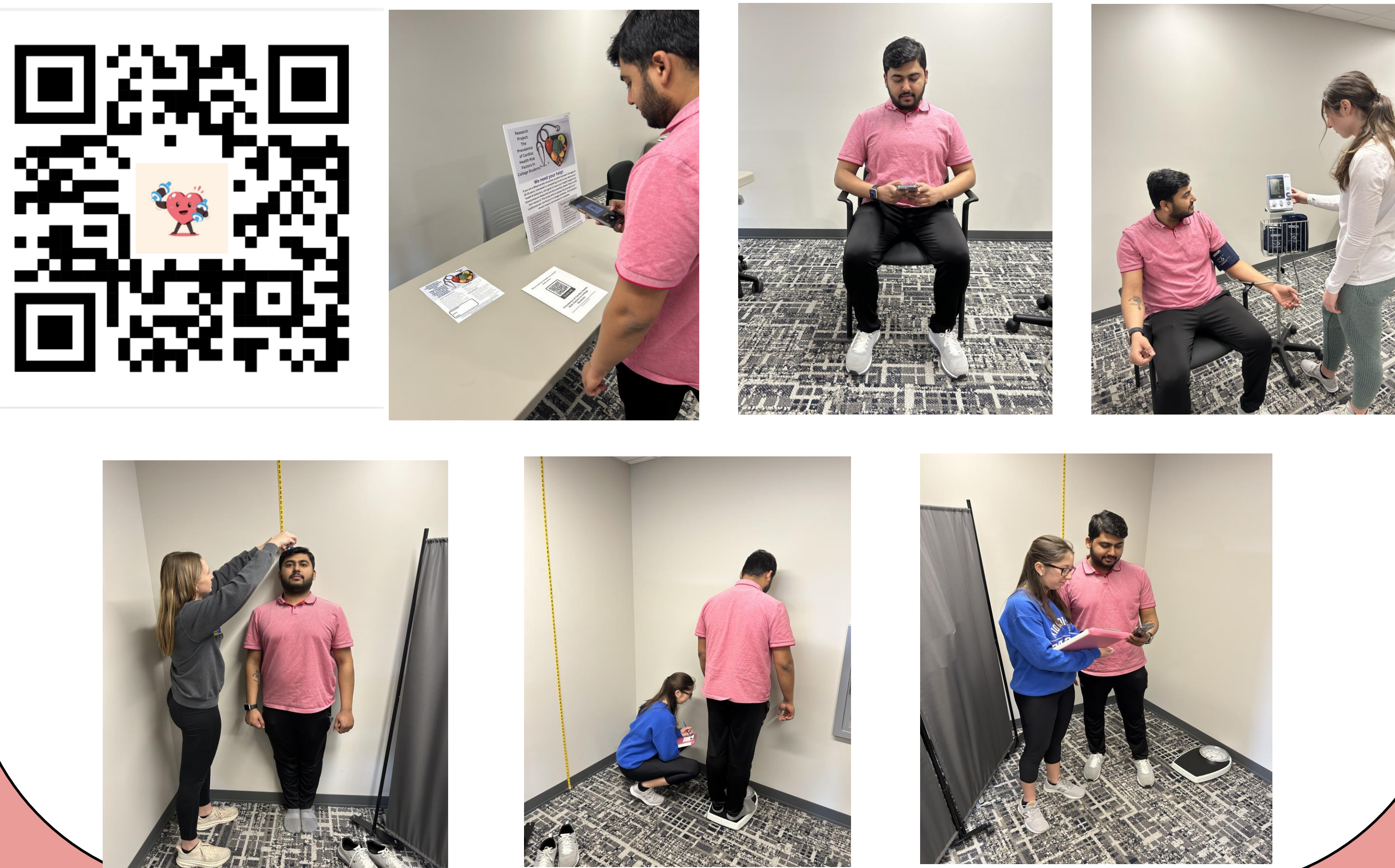
1. Eat Better
2. Be More Active
3. Quit Tobacco
4. Get Healthy Sleep
5. Manage Weight
6. Control Cholesterol
7. Manage Blood Sugar
8. Manage Blood Pressure

American Heart Association.
Life's Essential 8™

METHODS

- 174 participants representing 10% of campus population completed a survey regarding sociodemographic characteristics and health behaviors.
- Biophysical marker measurements were collected.

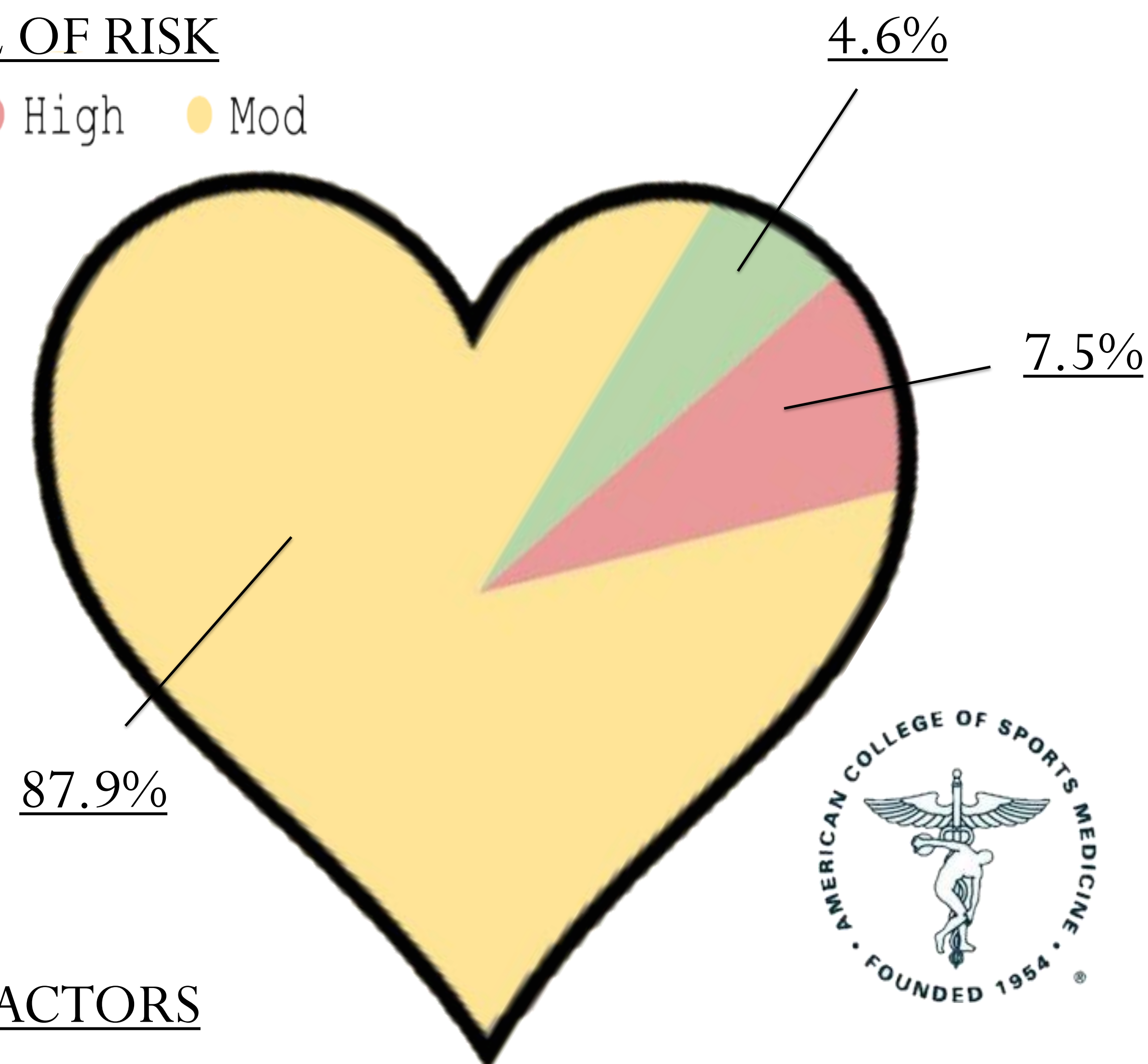
QR to survey questions



RESULTS

LEVEL OF RISK

● Low ● High ● Mod



RISK FACTORS

Variable	Percentage	Variable	Percentage
BMI	(P) 17.2% (In) 41.4% (I) 41.4%	Nutrition	(P) 32.2% (In) 58.0% (I) 9.8%
Physical Activity	(P) 12.6% (In) 60.3% (I) 23.6% (UD) 3.4%	Blood Fasting Glucose	(P) 0.6% (I) 99.4%
Smoking	(P) 2.3% (In) 6.9% (I) 90.8%	Cholesterol	(P) 3.4% (I) 96.6%
Blood Pressure	(P) 8.6% (In) 46.0% (I) 45.4%	Diagnosis of HTN	(P) 4.6% (I) 95.4%
Sleep	(P) 27.6% (I) 72.4%	Diagnosis of CVD	(P) 8.0% (I) 92.0%
		First Degree Relative	(P) 13.2% (I) 80.5% (UD) 6.3%

P= Poor, In=Intermediate, I=Ideal,
UD=Unable to Determine

DISCUSSION

- Healthcare professionals need to provide consistent screening to ensure proper care, management and prevention of disease complications regardless of patient age.
- Colleges should consider providing opportunities for health screenings and provide proper education to college-aged students due to their lifestyle changes during this transitional period.

PT IMPLICATIONS

- ♥ **Low risk:** Those exhibiting only one risk factor should be screened at initial visit with monitoring as needed.
- ♥ **Moderate Risk:** Those who have more than 2 risk factors, should be monitored for signs and symptoms. Education on lifestyle modification and activity should be provided to reduce the prevalence of risk factors to prevent the onset of CVD later in life.
- ♥ **High Risk:** Those with known CVD or presence of symptoms should be monitored at the beginning, during and after each session.

TAKE HOME MESSAGE

- **Risk factors for cardiovascular disease are evident in college-age students. This age group would benefit from screening and education to reduce the prevalence of cardiovascular disease in the future.**

QR to References

QR to Educational Resources

