



Frequency of cardiovascular diseases and risk factors for cardiovascular diseases among health professionals

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Introduction: Cardiovascular disease (CVD) remains a major cause of premature mortality and rising health care costs. CVD burden attributable to modifiable risk factors continues to increase globally.¹⁻³ We aimed to investigate the presence of risk factors for the occurrence of CVD among health workers, their frequency and the association of sociodemographic risk factors for the occurrence of CVD.

Methods and Results: The research is organized as a cross-sectional study. Participants and methods: 224 respondents, healthcare workers, participated in the research. The research was conducted during January and February 2023. An anonymous questionnaire consisting of 41 questions was used. Five questions related to socio-demographic data and three questions related to place of work, years of experience and working hours. 7 questions related to the question of whether the respondents suffer from CVD. 12 questions are included in the SLIQ questionnaire, a lifestyle assessment questionnaire. The other 14 questions refer to the PREDIMED questionnaire, which contains questions about the

Mediterranean diet. Results: The overall result of the evaluation of lifestyle habits was shown as a moderate risk for the development of CVD, and there is no significant difference with regard to the sex of the subjects. There is low adherence to the recommendations for consumption of the Mediterranean diet (**Figure 1**). Resident doctors adhere significantly more moderately to the recommendations for the Mediterranean diet compared to all other respondents.

Conclusion: Risk factors for the occurrence of CVD are present in a higher proportion among healthcare workers. Healthcare workers currently have a low prevalence of CVD; however, they have a moderate or medium risk for the development of CVD. There is no significant difference in the risk for the occurrence of CVD with regard to the gender of the subjects, but with regard to the healthy subjects, the older subjects have worse lifestyle habits and a higher risk for the occurrence of CVD.

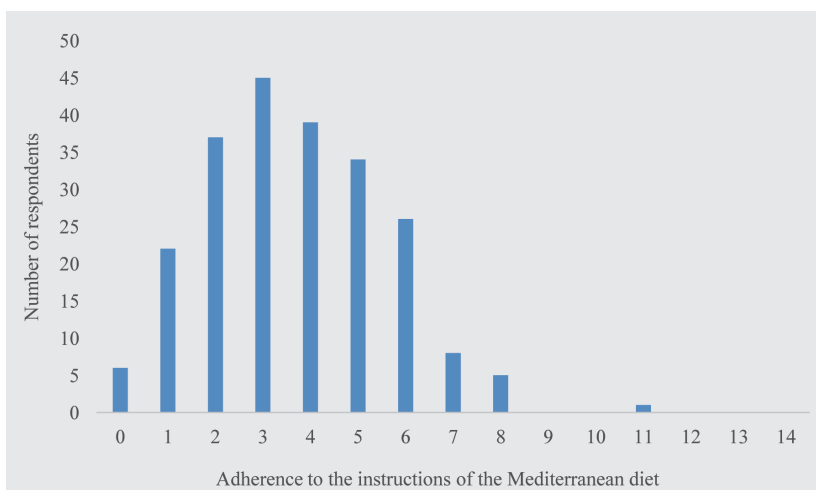


FIGURE 1. Distribution of respondents according to adherence to the Mediterranean diet guidelines.

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