Prevalence of risk factors of cardiovascular diseases among University of Tabuk employees and students

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Cardiovascular diseases in developed and developing countries are considered as one of the main reasons of death. The treatment of risk factors and lifestyle changes in the world have led to a decreased prevalence of cardiovascular diseases and cardiovascular diseases mortality. Also, the economic burden of cardiovascular disease is tremendous, as well as affecting a patient’s social and private life, because many patients need long-term care and long-standing institutionalization. Cardiovascular disease risk factors are: modifiable risk factors such as diabetes, hyperlipidemia, stress, obesity, physical inactivity and smoking, and non-modifiable risk factors such as gender, genotype and race. Most cardiovascular diseases can be prevented by reducing the prevalence of behavioral (CVD) risk factors. Understanding the prevalence of cardiovascular diseases risk factors amongst employees and students at the university is vital for early prevention and detection. The aim of this research was to assess the prevalence of cardiovascular disease risk factors among employees and students at the University of Tabuk. This cross-sectional quantitative research has been done with a convenience sample of 370 participants at the University of Tabuk. The findings of this research demonstrate that employees and students in the university were following unhealthy lifestyle (such as poor exercise, unhealthy dietary practices, and smoking) that could expose them to a higher risk for cardiovascular disease. Overall, we need to expand awareness amongst employees and students in the University of Tabuk for the significance of a healthy lifestyle living and early prevention of cardiovascular diseases. This research concluded that the most of employees and students in the university were exposed to cardiovascular diseases risk factors.

Biography
Aladeen Alloubani has received his BSc degree in Nursing from the Alzaytoonah University, Amman, Jordan, in 2007, MSc and PhD degrees in Health Services Management from the Royal College of Surgeon/Ireland (RCSI) and Red Sea University, in 2009 and 2015, respectively. In 2010, he joined the Department of Nursing, University of Tabuk, as a Lecturer, and in 2011 became a Department Supervisor. Since 2013, he has become a department academic affairs Manager. His current research interest includes “nursing leadership, nursing management, healthcare policy, infection control and cardiovascular disorders”. He is a Fellow of the Jordanian Nurses & Midwives Council, Jordan.

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