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## Epidemiology of cardiovascular disease and associated risk factors in Gaza - Palestine

Amal Jamee Shahwan<sup>1</sup>, Yehia Abed<sup>2</sup>, Ileana Desormais<sup>3</sup>, Julien Magne<sup>3</sup>, Pierre Marie Preux<sup>1</sup>, Victor Aboyans<sup>1,3</sup> and Philippe Lacroix<sup>1,3</sup><sup>1</sup>INSERM UMR 1094, Tropical Neuroepidemiology, Limoges, France<sup>2</sup>Al Quad University, Palestine<sup>3</sup>Dupuytren University Hospital, Limoges, France

**Aim of study:** To determine the prevalence of cardiovascular disease and associated risk factors in the population of Gaza strip in Palestine.

**Methods:** A cross sectional stratified cluster sample design was applied in this study. A sample of 2240 participant (1121 males and 1119 females) aged  $\geq 25$  years participated in the study. For each individual, trained staff administered a questionnaire, where all variables of interest followed WHO's STEP wise approach to surveillance chronic disease risk factors (STEPS) (WHO, 2001). Sociodemographic data, anthropometric measure (body mass index, blood pressure), and biochemical test (blood sugar and lipids profiles) were measured. Short International Physical Activity (IPAQ) questionnaire form was used. We used SPSS (version 22.0) to analyze the data.

**Results:** The most common condition was coronary artery disease (8.3%), followed by cerebro vascular events (3%). The associated risk factors were obesity (47.8%), hypertension (28.4%), current smoking account for (23.2%), diabetes mellitus (19.1%), high cholesterol level (8.8%), and high triglycerides level (40.2%). Additionally, physical activity was found to be low (48.3%); particularly with increasing age. More than 30% of the population has less than 4 days of consumption of fruit and vegetables per week and 65.9% has less than 2 servings per day.

**Conclusion:** The burden of CVDs and their associated risk factors is considerable in Gaza and represents a major public health concern. Effective strategies in management, education and healthcare centers are required for an accurate management and implementation of preventive measure in this area.

### Recent Publications

1. Mendis S, Puska P, Norrving B, Organization WH, Federation WH, Organization WS. Global atlas on cardiovascular disease prevention and control [Internet] Geneva : World Health Organization; 2011 [cited 2017 Feb 14]. Available from: <http://www.who.int/iris/handle/10665/44701>
2. WHO. WHO | Cardiovascular diseases (CVDs) [Internet] 2017 [cited 2017 Dec 19]. Available from: <http://www.who.int/mediacentre/factsheets/fs317/en/>
3. Benjamin EJ, Blaha MJ, Chiuve SE, Cushman M, Das SR, Deo R, et al. Heart Disease and Stroke Statistics—2017 Update: A Report From the American Heart Association.
4. WHO | Cardiovascular diseases (CVDs) [Internet]. WHO [cited 2017 Feb 3].
5. GBD 2013 Mortality and Causes of Death Collaborators. Global, regional, and national age-sex specific all-cause and cause-specific mortality for 240 causes of death, 1990-2013: a systematic analysis for the Global Burden of Disease Study 2013. *Lancet Lond Engl*. 2015 Jan 10; 385 (9963):117–71.

### Biography

Amal Jamee Shahwan is a cardiologist in Al Shifa hospital in Gaza- Palestine (ministry of health). She is a doctoral student at the University of Limoges (public health, tropical neuro-epidemiology INSERMU 1094) in France. Also, she has numerous publications in clinical cardiology research.

dr\_amal08@yahoo.fr