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André Atallah, Philippe Carrère

► **To cite this version:**

André Atallah, Philippe Carrère. High cardiovascular risk in an adult population of the French West Indies: wide social inequalities. 2012. hal-00739783

HAL Id: hal-00739783

<https://hal.univ-antilles.fr/hal-00739783>

Preprint submitted on 9 Oct 2012

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HIGH CARDIOVASCULAR RISK IN AN ADULT POPULATION OF THE FRENCH WEST INDIES: WIDE SOCIAL INEQUALITIES

A. Atallah ^{a b}, P. Carrère ^{a c}

Objective

To assess the relationship between socioeconomic factors and the expression of multiple cardiovascular risk factors in an adult Caribbean population.

Design and method

CONSANT was a cross-sectional study carried out in 2007 on a representative sample of the adult Guadeloupean population. Included were 1,005 subjects aged 25-74 years, drawn through stratified random sampling. The expression of multiple cardiovascular risk factors was defined by the presence of 3 or more risk factors in the same individual, including: hypertension (diagnosis based upon 2 consultations, i.e., 6 blood pressure measurements), diabetes and dyslipidemia (diagnoses based upon declared treatments), abdominal obesity (measured waist circumference ≥ 102 cm for men, or ≥ 88 cm for women), and tobacco consumption.

Results

Relationship between high cardiovascular risk and socioeconomic factors among the 25-54 age group:

| | 3 or more risk factors * | | |
|-------------------|--------------------------|-------|-------|
| | % | OR ** | p |
| Education | | | |
| # of years < 6 | 20.0 | 4.00 | 0.004 |
| Higher education | 2.7 | 1 | |
| Income | | | |
| Welfare recipient | 10.6 | 2.91 | 0.033 |
| Higher income | 3.5 | 1 | |

*: among tobacco consumption, diabetes, dyslipidemia, hypertension, abdominal obesity.

** : OR adjusted for age, sex, income and education levels.

Among subjects younger than 55 years, 20% of those who only had an elementary education level (< 6 years of schooling) presented 3 or more cardiovascular risk factors, compared to 2.7% of those who had secondary education level or higher. For that same age group, 10.6% of those with a very low income level (welfare recipients) presented 3 or more risk factors, compared to 3.5% of those with higher income levels.

Using logistic regression analysis, the ORs of presenting 3 or more risk factors are estimated at 4.00 (p: 0.004) for subjects with elementary education level, and at 2.91 (p: 0.033) for subjects who are welfare recipients.

Conclusion

Low levels of education and income were strongly associated with the expression of multiple cardiovascular risk factors in subjects aged 25-54 years.

^a Réseau HTA-GWAD, Gourbeyre, Guadeloupe, France; ^b CH de la Basse Terre, Guadeloupe, France; ^c Université des Antilles et de la Guyane, Guadeloupe, France