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

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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.

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