



Service Priorities and Programmes
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Cardiovascular Disease CVD Risk factors among “soon-to-be-old” in our local community

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Introduction

N/A

Objectives

Cardiovascular Disease (CVD) is the top cause of mortality and morbidity in Hong Kong. Early detection of CVD modifiable risk factors for timely intervention before the onset of CVD is vital to prevention of CVD complications. Detection of CVD modifiable risk factors is simple and readily available, particularly relevant in this “soon-to-be-old” group with undetected or early stage of CVD without complications. This survey on soon-to-be-old population aims to study CVD risk factors and to arouse the awareness on gaps for early detection

Methodology

In partnership with Kowloon Region School Heads Association and part to a school outreach program in 2012, a structured self-administered questionnaire was distributed to parents of 5 local schools at Yau-Tsim-Mong area in between Sep and Oct 2012 targeting the soon-to-be-old population, defined as 40-60 years-of-age. Upon return of questionnaires, data was extracted and tabulated for analysis.

Result

Results: Returns from 575 respondents were received. 39% was of male gender. 65% aged 40-45, 23% aged 46-50, 9% 51-55, 3% aged 56-60. While the great majority reported a lack of CVD event (stroke/heart attack) in one-self (97%) or in the immediate family members (87%), a significant number reported CVD event in one-self (3%), and in the immediate family (13%). Of modifiable CVD risk factors, 9% reported having hypertension ($>140/90$), 3% reported DM (FPG $>7.0\text{mmol/L}$), 9% cigarette smoking or having stopped 2 years or less, and 9% admitted to have high blood cholesterol (total cholesterol $>6.2\text{mmol/L}$). What is more, a large proportion of this soon-to-be-old group DO NOT KNOW if they have hypertension (23%), DM (29%) or cholesterol level (34%), which in addition to cigarette smoking, are major modifiable risk factors of cardiovascular disease CVD. Of minor modifiable CVD risk factors, 52% admitted to inadequate or no exercise (<3 times/week of 30 minutes), 33% with BMI >23 and 45% “do not know” their BMI. Conclusions: The proportion of “Do Not

Know” of this soon-to-be-old group is suggestive of a significant “hidden population” waiting to be unearthed. Working together with community partners takes effort and time but will produce synergy in the long run. This questionnaire survey is effective in arousing the awareness of CVD risk factors among the respondents, the number of parents but did not response would have been higher. All respondents are invited to attend a lecture later on the year, inclusive of selective instant tests and measurement. The authors would like to acknowledge the partnership of Kowloon Region School Heads Association, and the 5 participating schools for their cooperation and contribution.