CVD
Cardio-vascular Disease

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CVD Definition

• Encompasses all diseases and conditions of the heart and blood vessels (including heart, stroke and vascular diseases) caused mainly by blood supply to the heart, brain and legs.
Determinants that lead to this condition

- Determinants that leads to Cardio-vascular Disease are-
  - Biological factors: **Blood pressure (hypertension)** - Hypertension is a major risk factor for cardiovascular disease. Most of the disease burden caused by high blood pressure is linked to cardiovascular disease.
  - **High blood cholesterol** - Having high blood cholesterol is another risk factor for CVD as it contributes to the blood vessels that supply the heart becoming clogged.
  - **Body weight** - Being overweight or obese is another risk factor for CVD as excess weight places increased demand on the heart.
  - **Age** - The risk of CVD increases with age, especially from the age of 60 onwards.
  - **Sex** - Being male is a risk factor for CVD
  - **Genetics** - Having a family member such as a mother or brother with heart disease, increases the risk due to genetic predisposition.
Behavioural Determinants that lead to CVD

• Behavioural factors:
  Tobacco smoking - Smoking tobacco is a major risk factor for CVD due to a temporary increase in blood pressure and constriction of blood vessels.
  Physical inactivity - Being physically inactive is associated with an increased risk of death and disability due to CVD due to decreased cardiovascular fitness.
  Diet - A diet that is high in saturated fat is a significant risk factor for CVD through increasing blood cholesterol levels.
Role of nutrition for this condition

• A high percentage of people with CVD are overweight or obese, we need to encourage Australians to make changes to their lifestyles and encourage people to participate in more physical activity overall and to make changes to their diet to prevent this disease. Nutrition could have a huge impact in decreasing the possibility/risk of developing cardiovascular disease in the near future. It is been proven that people that have developed CVD have had a poor diet and that their food consumption is nutrient deficient.

• Foods that need to be consumed to prevent this disease are foods high in fibre such as fruits and vegetables. Foods such as egg whites, skinless poultry, legumes, and fish. Foods that need to be prevented from being consumed are foods high in fat such as deep fried foods like bacon and chocolate etc.
How improvements in this dietary behaviour will impact Australia's Health Status

• If people changed their diets and got involved in more physical activity the mortality/morbidity and burden of disease rates in Australian adults would decrease. Therefore resulting in less people that develop the condition.