Summary

The aim of the study was to assess the prevalence of cardiovascular risk factors and total cardiovascular risk profiles in a random sample of the adult population of Cheboksary (Russia).

Random sample of 749 men and 1,051 women (n=1,800), aged 30 to 69 years from of the city of Cheboksary (Volga Federal District, Russia). The study was completed by 1,570 people (87.2%). All respondents completed a stan-dardized questionnaire and had a number of examinations, including anthropometric measurement and measure-ment ofblood pressure (BP), blood lipids, fasting glucose and glucose after a two-hour glucose load.

A high prevalence of traditional risk factors was detected in this random sample of a working age population. Nutritional disturbances, with different degree of manifestation, were revealed in 76.1% of participants, hypercho-lesterolemia in 62%, sedentary lifestyle in 52.6%, hypertension in 39.2%, and low levels of high-density lipopro-tein (HDL) cholesterol in 25%. Tobacco addiction and excess alcohol consumption, leading to physical disorders, was detected in 43% and 27.4% men, respectively. Most common metabolic factors were hypertriglyceridemia (27%) and 42 abdominal obesity (22.1%). One in four participants scored positively for a high level of psychologi-cal stress. Low or medium total cardiovascular risk was observed in one in 25% of participants, with high total risk detected in 19% of cases. Risk assessment was performed using the Systematic COronary Risk Evaluation (SCORE) scale. A significant correlation was identified between total cardiovascular risk and metabolic risk fac-tors, and a lack of correlation was detected between tachycardia and chronic anxiety.

An urban population in Russia is characterized by a high prevalence of traditional risk factors and metabolic risk factors, most of which have a linear association with age but with differences between sexes.

Keywords

Epidemiology, cardiovascular disease, risk factors.