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CORRELATIONAL STUDY ON THE RISK FACTORS
ASSOCIATED WITH CARDIOVASCULAR DISEASES
AMONG CLIENTS FROM SELECTED BARANGAYS
OF BULIHAN, SILANG, CAVITE

SPECIAL PROBLEM

JERRYLYN B. BIROG
SADIYA C. SULE

College of Nursing
CAVITE STATE UNIVERSITY
Indang, Cavite

April 2006

**A CORRELATIONAL STUDY ON THE RISK FACTORS ASSOCIATED WITH
CARDIOVASCULAR DISEASES AMONG CLIENTS FROM SELECTED
BARANGAYS OF BULIHAN, SILANG, CAVITE**

**An Undergraduate Special Problem
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Indang, Cavite**

**In partial fulfillment
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*A Correlational study on the risk factors
associated with cardiovascular diseases
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**JERRYLYN B. BIROG
SADIYA C. SULE
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ABSTRACT

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This study sought to determine the Correlation of Associated Risk Factors of Cardiovascular Disease among Clients from Selected Barangays namely: Yakal, Ipil and Narra in Bulihan, Silang, Cavite. It arrived to the correlation of the associated risk factors such as; common type of cardiovascular disease, age, gender, family members with cardiovascular disease (hereditary), diet and eating habits, daily activities, sleep and rest pattern, smoking and alcohol drinking habits and exercise were investigated.

The respondents used in the study were the total 45 CVD clients, 15 each came from Barangay of Yakal, Ipil and Narra in Bulihan, Silang Cavite. A questionnaire made by the researchers was used to gather the necessary data: common type of cardiovascular disease, age, gender, family members with heart disease, diet and eating habits, daily activities, sleep and rest pattern, smoking and alcohol drinking habits and exercise.

Some of the associated risk factors of cardiovascular disease such as age, gender, diet and eating habits like eating on time and eating fruits and vegetables, sleep and rest pattern, and exercise of the clients do not have correlation or significance in the incidence of having CVD.

Other associated risks factors such as clients having relatives with CVD, diet and eating habits such as eating fatty foods, eating sweet and sugar-rich foods and eating

salty foods, daily activities (work or job), smoking and alcohol drinking habits of the clients have correlation or significance in the incidence of having CVD.

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A special problem presented to the faculty of the College of Nursing, in partial fulfillment of the requirement for graduation with the degree of Bachelor of Science in Nursing with contribution no. _____. Prepared under the supervision of Mrs. Nenita Panaligan, R. N. and Dr. Josefina R. Rint, Ph. D.

INTRODUCTION

Cardiovascular diseases (CVD's) are conditions that affect the heart and blood vessels and include arteriosclerosis, coronary artery diseases, heart failure, hypertension, disease of the aorta, endocarditis, congenital heart disease and other heart related diseases.

Since 1990, more people have died from coronary heart disease than from any other cause. Heart disease mortality rates were also affected by differences between countries in the major risk factors, especially blood pressure, blood cholesterol, smoking, physical activity and diet. While genetic factors play a part, 80 percent to 90 percent of people dying from coronary heart disease have one or more major risk factors that are influenced by lifestyle. Death rates from coronary heart disease have decreased in North America and many Western European countries. This decline has been due to improved