

Lifestyle and cardiovascular diseases appearance risk: Piraeus University Health Economic and Management Laboratory research results

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ABSTRACT

Cardiovascular diseases could be characterized as a modern-day epidemic; one indication is that cardiovascular diseases rank first on the list of diseases which lead to fatality percentages in both developed and developing countries. Greece holds one of the highest positions on the list of the most affected countries.

On an international level, the medical research community carries out a vigorous action concerning those diseases as well as concerning the ways of limiting their incidence. It has been identified that the risk factors increasing the cardiovascular disease appearances relate to people's lifestyle and daily habits such as smoking, alcohol consumption, diet, and exercise, and can lead to increased possibilities of cardiovascular disease appearance, most commonly cerebrovascular episodes, and coronary artery disease.

Given that lifestyle plays a determining role on cardiovascular diseases' prevention and combat, World Health Organization (WHO) suggests mainly behavioral changes that can, in turn, lead to a decrease in those diseases' incidence.

This research study aims at examining and analyzing young people's dietary and other habits related to the risk factors of the diseases in question. The research consists of a print questionnaire that was completed by a random sample of 1.408 Piraeus University students during the academic year 2017-2018.

The data was collected in print form, the answers were electronically registered and then statistically analyzed with the help of SPSS. The result obtained by the student sample was that they had a high possibility of developing cardiovascular issues. Therefore, we must form the appropriate preventive actions – interventions aiming at a change in our lifestyle and daily habits.

The goal of such actions is to decrease the risk of developing obesity, cancer or cardiovascular diseases in the coming years. The findings are also confirmed by the health researches of the Greek Statistics Authority (ELSTAT) in 2014 and 2017.

Keywords: risk factors, lifestyle, cardiovascular diseases, cerebrovascular episode, coronary artery disease, smoking, alcohol consumption, obesity, diet, exercise