Abstract

Introduction: This survey aims compared the prevalence of the cardiovascular risk factors among women with men during 2008-2011.

Methods: This descriptive analytical study has been done on 1047 women and 543 men in Birjand 2008-2011. Ccardiac risk factors, serum lipids, glucose levels, height, weight of the subjects was assessed, in standard situation. The questionnaire was filled by interviewing.

Results: The mean age of subjects was 39.7± 14.6yr (women 40.1± 13, men 38.9 ± 17.3, p= 0.13). Women had a lower prevalence of hypertension (14.4% in F vs. 11.8% in M, p=0.15) but obesity was more common in the women (8.6% in M vs. 3.3% in F, p<0.001). Women had a greater prevalence of hyper lipedemia (78.5% in F vs. 61.5% in M, p<0.001).The mean FBS in women 89.5± 25.8 and men 90.2 ± 24.8, p= 0.58).

Conclusion: Cardiovascular risk factors in women is common, similar to the men. However, dyslipidemia and obesity is more common in women. So, it is need to designed the universal and comprehensive program for prevention of heart disease in the community and for all community groups (men and women).

Key words: women, Cardiac risk factors, Birjand, men