

NATIONAL NUTRITION AND HEALTH SURVEY (NNHeS) ATHEROSCLEROSIS – RELATED DISEASES AND RISK FACTORS

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OBJECTIVE: The objectives of this study are 1) To determine the prevalence of 3 atherosclerotic diseases (angina, stroke and claudication) in the Philippines; and 2) To determine the prevalence of 5 risk factors for these diseases (dyslipidemia, diabetes, hypertension, obesity and smoking)

METHODOLOGY: Using a multi-staged cluster sampling methodology, this study evaluated 4,753 adults aged 20 or more, from 2,636 households, 79 provinces and 17 regions. The survey instruments included validated questionnaires, anthropometric measurements and blood tests.

RESULTS: The prevalence rates of angina, stroke and claudication in adult Filipinos were 12.5%, 1.9%, and 4.2% respectively. The prevalence rates of various risks factors were 8.5% for hypercholesterolemia (total cholesterol > 240 mg/dL), **4.6 % for diabetes based on fasting blood sugar > 125 mg/dL or previous history of diabetes**, 17.4% for hypertension. The prevalence of obesity was 3.2% for men and 6.6% for women when body mass index (BMI) was used. The prevalence of current smoking was 56.3% in men, 12.1% in women, and 34.8% overall. Smoking by far, was the most common risk factor noted.