

An Epidemiological Study of Cardiovascular Disease Risk Factors

P. Venkatramana and P. Chengal Reddy

*Department of Anthropology, Sri Venkateswara University, Tirupati 517 502,
Andhra Pradesh, India
Fax: 08574-25211*

KEYWORDS Reddis. CVD Risk Factors. Urban-Rural. Differences

ABSTRACT Coventry heart disease (CHD) is the largest killer in the developed countries and is rapidly assuming a similar trend in developing countries. The prevalence of this disease and its associated risk factors are more in urban setting than in rural areas. To determine the urban-rural differences of various risk factors, a population based study was conducted among males of Reddis, an endogamous population of Andhra Pradesh. A total of 110 and 102 males were studied from urban and rural areas, respectively. The prevalence of risk factors (urban vs rural) were: obesity (38% vs 21%), truncal obesity (38% vs 15%), hypertension (23% vs 16%), hypercholesterolemia (14% vs 10%), low levels of HDL cholesterol (16% vs 10%), smoking (27% vs 33%) and low physical activity (49% vs 25%). The comparison of χ^2 -values showed that the prevalence of obesity, truncal obesity and sedentary lifestyle were significantly greater in urban Reddis but no significant difference was found for hypertension, hypercholesterolemia and low HDL cholesterol. Though the risk factors were greater in urban Reddis, they are showing a rising trend among rural Reddis also. Based on the result of the present study, not only the urban Reddis but also the rural ones also are showing a rising trend in developing coronary heart disease risk factors. This might be due to the role of environmental factors besides genetic constitution of the Reddy population.