CARDIOVASCULAR RISK STUDY IN CASTILLA Y LEON (SPAIN)

Alfonso Escribano Hernández, Tomas Vega Alonso, Jose Eugenio Lozano Alonso
On behalf of Castilla y Leon Cardiovascular Risk Research Group

Junta de Castilla y León. Consejería de Sanidad

INTRODUCTION:

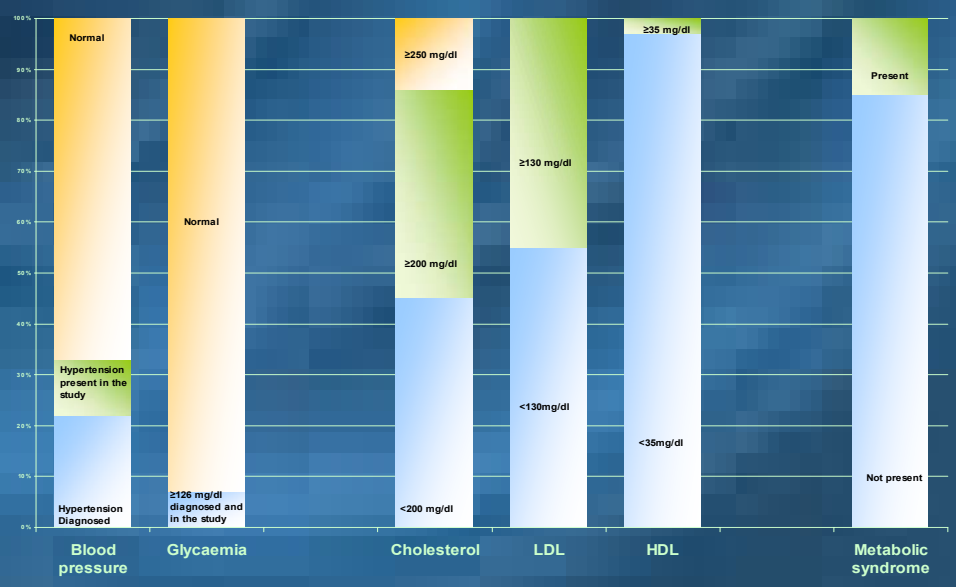
Cardiovascular diseases are the first cause of mortality in Castilla y Leon (CyL).
Our aim was to calculate the cardiovascular risk indicators for people aged 15 and more in CyL.
Complementary objectives were to estimate prevalence of various cardiovascular risk factors.

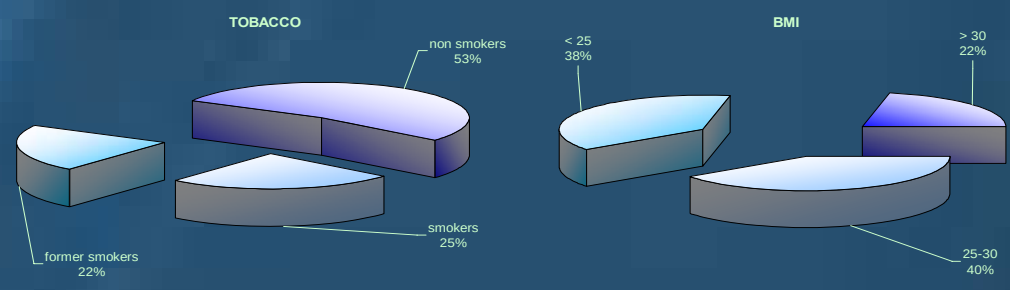
METHODS:

A cross sectional descriptive study was done in 15 and more years old people in CyL (2.126.894 persons).
A two-stage sampling was used: A stratified sample of 198 primary units (general practitioners-GPs) was selected by health area and rural or urban areas. In the second stage, a random sample of 25 persons from each GP was drawn.
The total sample size was 4950 people.
Variables: age, sex, health area, rural or urban area, personal and familiar antecedents, treatments, blood pressure, weight and height with body mass index (BMI), abdominal perimeter, tobacco consumption, diet, physical activity and occupation, and basic biochemical, coagulation and haematology tests.
A signed consent according with legislation was required.

RESULTS:

The eventual participants were 4012.
The response rate was 98% among GPs and 80% among the population, although it was higher in rural and younger people.
Global cardiovascular risk depends on the model used. SCORE estimates a 1.73% mean risk (IC95%:1.43-2.03). Framingham, REGICOR adapted, DORICA adapted, etc, show great variations.





CONCLUSIONS:

- People in CyL present high levels of cardiovascular risk factors except for tobacco consumption. However, they are similar to other studies in Spain and in Europe.
- Global cardiovascular risk depends on the model used. Framingham formula overestimates the risk in populations with low incidence of cardiovascular events like CyL. SCORE is a better model for this population.