

**A-06 Preliminary observations on some cardiovascular risk factors in an affluent society in Sri Lanka**

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Ischaemic heart disease is the leading cause of hospital deaths in 1994 and remains so for the past few years. However, the prevalence of cardiovascular risk factors in many population groups in Sri Lanka is not well known.

The subjects (n=175, males = 65; location, Dangolla) belonging to the age group 30-70 years were interviewed to obtain information on physical activity,

diseases, cardiovascular risk factors, etc. Anthropometric and blood pressure measurements were carried out using standard procedures.

89 individuals out of 175 had one or more of the common clinical conditions (group 1) of whom 79 (88%) had family history of cardiovascular diseases (CVD). The rest (apparently healthy) were sub-grouped into those with family history of (CVD group 2; n=55) and those without family history (group 3). No difference could be observed among the 3 groups in the anthropometric measurements. Systolic and diastolic blood pressures were significantly higher in the clinically affected group. Hypertension was the commonest clinical condition seen with an incidence of 19%. The prevalence of diabetes mellitus was 5.1%. The number of smokers in the clinically affected group (n=25, 86%) was higher than in apparently healthy individuals (n=8, 14%). 45 subjects consumed alcohol of whom 33 were males. Majority (88%) of the alcohol consuming males belonged to the clinically affected group. Subjects engaged in heavy physical activity were observed to be less prone to CVD.

The study establishes the incidence of some of the cardiovascular risk factors in an affluent community and these risk factors are more prevalent in the clinically affected group.