

PP 35: Knowledge and practices regarding primary prevention of cardiovascular diseases among adults aged 18-30 years in Colombo District, Sri Lanka

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Introduction: Research on knowledge and practices regarding primary prevention of CVD among adults aged 18-30 years are lacking in Sri Lanka.

Objectives: To describe knowledge and practices on diet and lifestyle in preventing cardiovascular diseases and its associated factors among adults aged 18 – 30 years in the Colombo District.

Methods: A descriptive cross-sectional study was conducted recruiting volunteers via a self-administered online Google form.

Results: Sample size was 383 participants, ranging from age 18 to 30 years. Majority of the participants (63.2%) had a good overall knowledge (mean score - 73.24% ±SD-18.5). Majority were unaware of the value of fruits and vegetables in the diet (n=203, 53.0%). 53.3% had an average level of overall practices in diet and lifestyle. Inadequate physical activity levels were observed in 60.1% of participants. There was a significant association between good level of practices with male gender (p=0.016) and being undergraduate (p=0.025). The tendency to engage in physical activity was significantly associated with age (p=0.02), being male (p=0.004), and being an undergraduate (p=0.022). Smoking was significantly associated with male gender (p<0.01), age (p=0.046) and lower monthly income (p=0.047). Consuming alcohol had a significant association with male gender (p<0.01) and highest educational qualification (p<0.01). There was a significant association between good level of knowledge and good level of practice (p=0.042).

Conclusions: Even though majority of the participants had a good level of knowledge majority had an average level of practice in diet and lifestyle in preventing CVD.

Keywords: Cardiovascular disease prevention, diet, lifestyle, knowledge and practices