International Conference on Environmental Health and Resilience

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Human Resource Development Centre (HRDC)
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FRAMINGHAM CARDIOVASCULAR RISK ASSESSMENT AMONG THE UNIVERSITY OF JAFFNA STAFF: A CROSS-SECTIONAL STUDY

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Abstract

The Framingham Risk Score (FRS) is a prediction tool of cardiovascular disease (CVD) risk. This study assessed FRS among the university of Jaffna academic and non- academic staff and examined variations across age, gender and employment category.

A descriptive cross-sectional study was conducted among 90 university staff members. Fasting blood samples were collected, and lipid profiles were determined. FRS percentages were calculated based on standard criteria the Age, Total Cholesterol, HDL-Cholesterol, Systolic Blood Press (Treated vs Untreated) and Smoking status of the participants. Based on FRS, CVD risk level was categorized as low (<10%), intermediate (10-20%) and high (>20%).

Age of the participants was categorized into 3 groups (30-39, 40-49 and 50-59 years). The mean FRS of the total participants was 4.7 (±4.97) %. Of the total population, majority (57.8%), under 30-39 year group (55.6%), non-academics (64.4%), and at low risk (88.9%). Among the low risk group, 55.0% were males, 62.5% were under 30–39 years and 65.0% were non-academic staff. Whereas among those at intermediate-risk (10%) majority were males (77.8%), in 50–59 age group (88.9%) and non-academic staff (66.7%). Only one male academic staff under 50–59 age group was at high-risk. When FRS was analysed statistically significant differences were observed between both genders ($p<0.001$) and age groups ($p<0.001$).

Overall cardiovascular risk among university staff was low; however, increasing risk in males and advanced age suggests for targeted preventive strategies within specific demographic subgroups.

Keywords

Framingham Risk Score; Cardiovascular Risk; Staff of University of Jaffna