



Development of Risk Assessment Index to Evaluate Cardiovascular Diseases Among Young Adult Males in Punjab

Kiran Grover, Anika Batra and Monika Choudhary¹

Department of Food and Nutrition, Punjab Agricultural University, Ludhiana-141 004, India

¹*Krishi Vigyan Kendra, Sangrur-148 001, India*

Email: : kirangrover@pau.edu

Abstract: The present study was carried out to develop a risk assessment index for the evaluation of cardiovascular diseases (CVD) risk in young adult males (aged 25-40 years) from three distinct income groups viz Low (LIG), Middle (MIG) and High Income Group (HIG). The components/variables which featured in the risk assessment index were age, family medical history, body mass index, waist-hip ratio, smoking, alcohol, tobacco intake, diabetes, hypertension, physical activity, dietary pattern, vegetables and fruits consumption, type and amount of fat consumed. Consequently, a high percentage of subjects from LIG were categorized as low risk group, whereas high percentage of subjects in HIG and MIG were categorized in medium risk group.

Key Words: Anthropometric measurements, Dietary habits, Life style pattern, Risk assessment index
