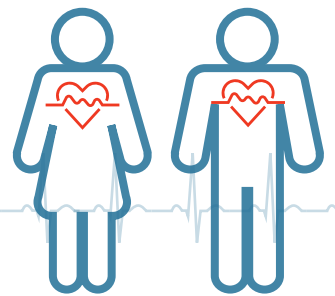


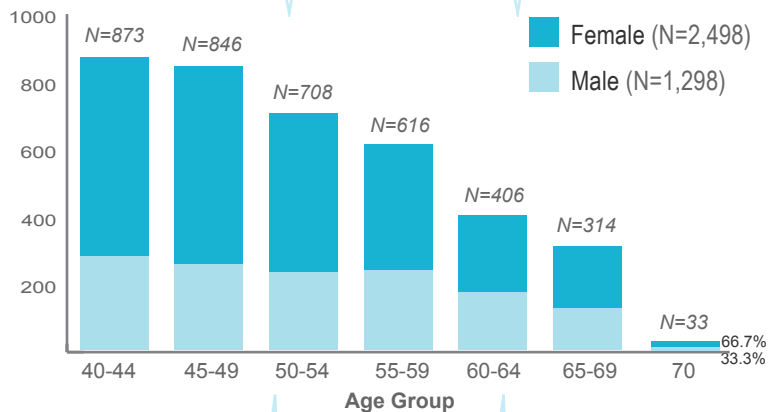
Who are the Novo Ecijanos at risk of developing CVDs?

2018 baseline results from the Nueva Ecija Cardiovascular Risk Experiment



The UPecon Foundation, with support from the Swiss Agency for Development and Cooperation and the Swiss National Science Foundation, conducted the Nueva Ecija Cardiovascular Risk Experiment (NECVaRE) to understand the health-seeking behavior of people at risk of developing cardiovascular diseases. Conducted among 40-70 year olds, the survey collected information on household demographics and socioeconomic characteristics, individual work and earnings, risk and time preferences, health behaviors, CVD risk perceptions and biometrics (height, weight and blood pressure).

AGE & SEX



SMOKING HABITS

We found that
58%
of males are current smokers



while only
12%
of females are current smokers



BODY MASS INDEX

21.3%
of males
have above-normal BMIs



35.9%
of females
have above-normal BMIs

BLOOD PRESSURE



7 in 20 males

&

Around
5 in 20 females
have above-normal* blood pressure

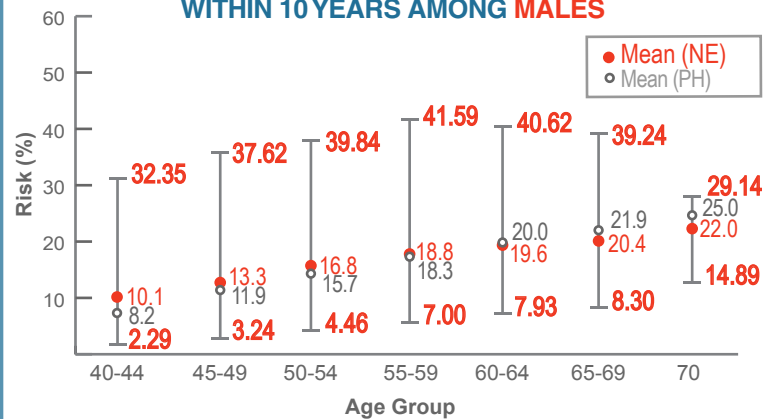
Note: 1 icon = 4 persons

*Average of last two readings is between 140 and 180 systolic OR between 90 and 120 diastolic. Those with higher systolic and diastolic readings were excluded from the sample.

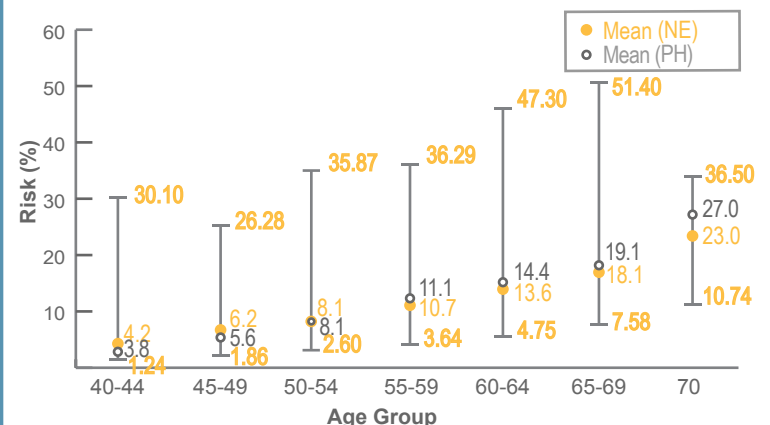
RISK SCORES

Presented below are the predicted probabilities of developing CVD in the next 10 years for our sample respondents. They were computed using the Globorisk (Ueda et. al, 2017) office-based algorithm using age, sex, smoking status, BMI and blood pressure of the respondents.

RANGE OF THE RISK OF HAVING A HEART ATTACK/STROKE WITHIN 10 YEARS AMONG MALES



RANGE OF THE RISK OF HAVING A HEART ATTACK/STROKE WITHIN 10 YEARS AMONG FEMALES



SUMMARY

- For males, the main CVD risk factors are smoking and above-normal blood pressure.
- For females, the main CVD risk factors are above-normal BMI and above-normal blood pressure.
- The mean risk of developing CVDs among those below 60 years is higher in Nueva Ecija than in the country as a whole.