



# Factors affecting Heart Health (Survey)

51 responses

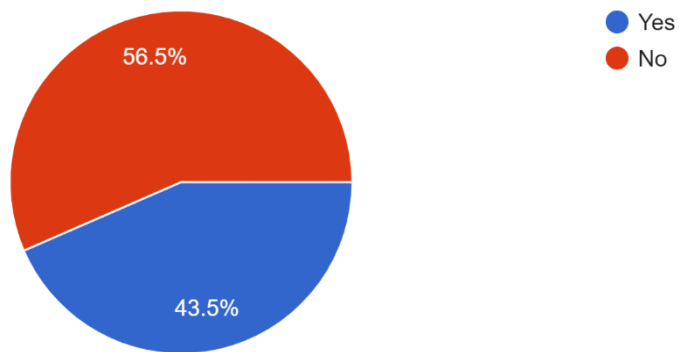
## Research Outcome:

- Cardiovascular disease (CVD) remains a leading cause of morbidity and mortality worldwide. Diet is a significant modifiable factor that plays a crucial role in the development and prevention of CVD. We conducted a survey to better understand the impact of diet and lifestyle factors on heart health and identify key factors that can influence cardiovascular outcomes.
- A high intake of saturated fats and trans fats, commonly found in foods such as red meat, processed foods, and fried foods, has been consistently associated with an increased risk of CVD. These types of fats can lead to the formation of plaques in the arteries and increase the risk of heart disease.
- Conversely, a diet rich in fruits, vegetables, whole grains, nuts, seeds, and healthy fats, such as those found in fatty fish, avocados, and olive oil, has been shown to have a protective effect on heart health.
- Other dietary factors that can affect heart health include excessive sodium intake, which can contribute to high blood pressure, and high added sugar intake, which can lead to obesity, diabetes, and other risk factors for CVD. Additionally, portion sizes and overall calorie intake can impact weight management, which is closely linked to heart health.
- Also, a bad work-life balance, stress, and lack of exercise can also affect the person's risk of developing Heart Disease.
- Overall, a healthy diet and mental health factors play a critical role in maintaining heart health and preventing CVD. Reducing intake of saturated and trans fats, increasing consumption of nutrient-rich foods such as fruits, vegetables, whole grains, nuts, seeds, and healthy fats, and adopting healthy dietary patterns can contribute to a lower risk of heart disease. Public health efforts, including education, policy changes, and interventions promoting heart-healthy diets, are important for addressing the modifiable risk factors associated with heart disease and improving cardiovascular health in the population.

## Research:

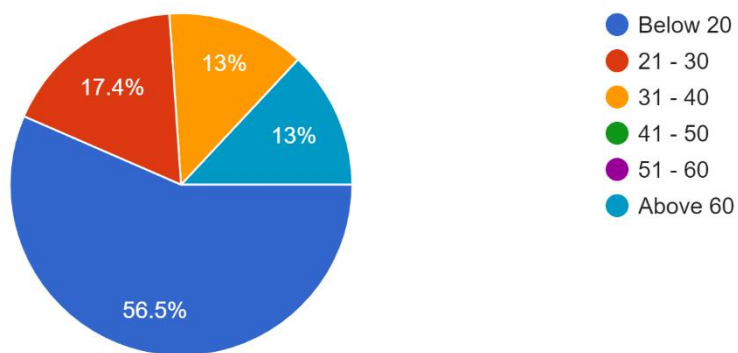
Have you ever been diagnosed with any heart related disease?

51 responses



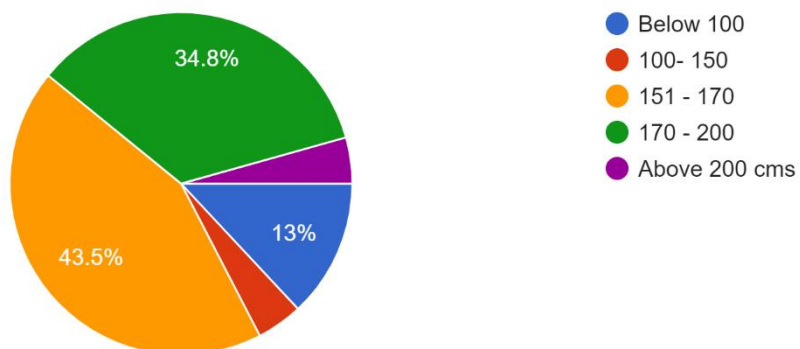
What is your age?

51 responses



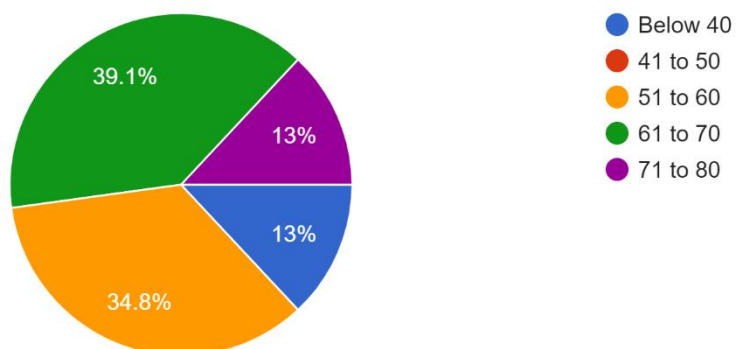
What is your height(in cms)?

51 responses



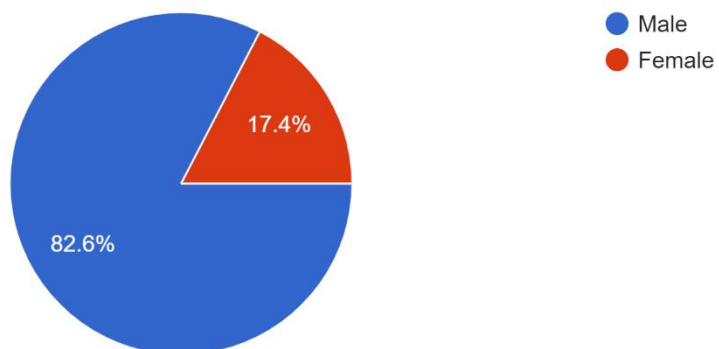
What is your weight(in kgs)?

51 responses



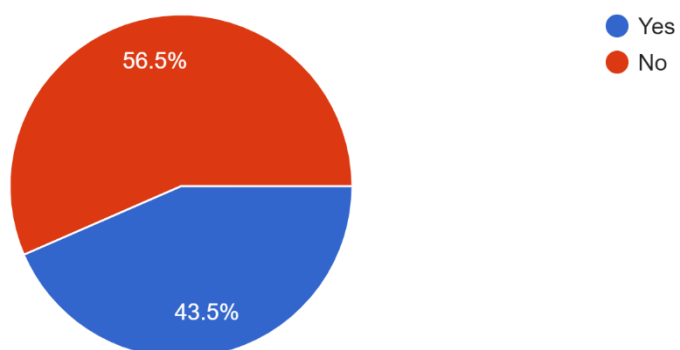
Please select your gender

51 responses



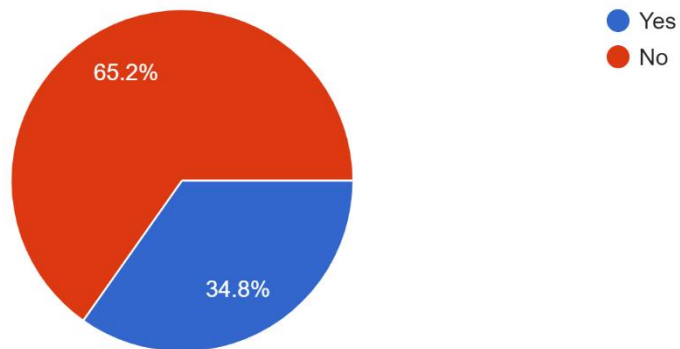
Have you ever been diagnosed with high blood pressure?

51 responses



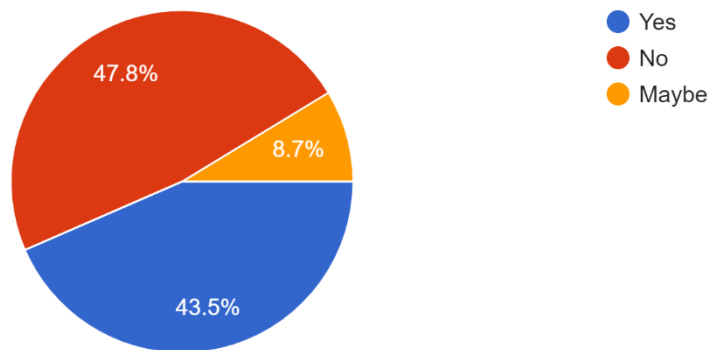
Have you ever been diagnosed with high cholesterol?

51 responses



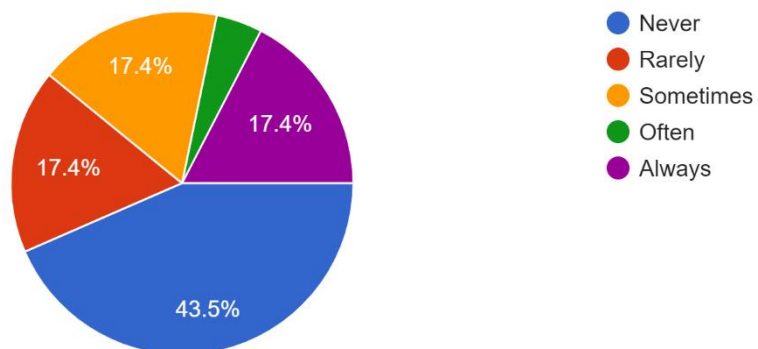
Do you have a family history of heart disease?

51 responses



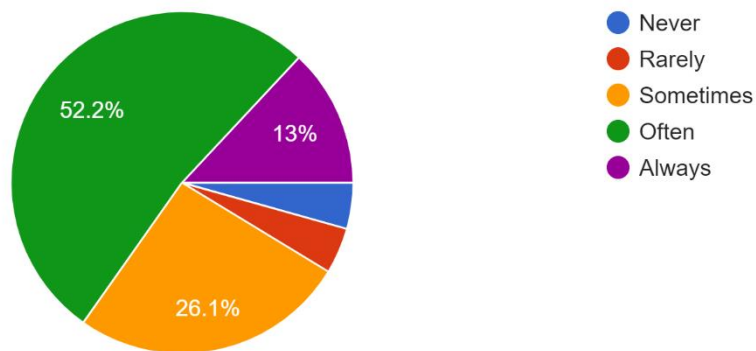
How often do you drink alcohol?

51 responses



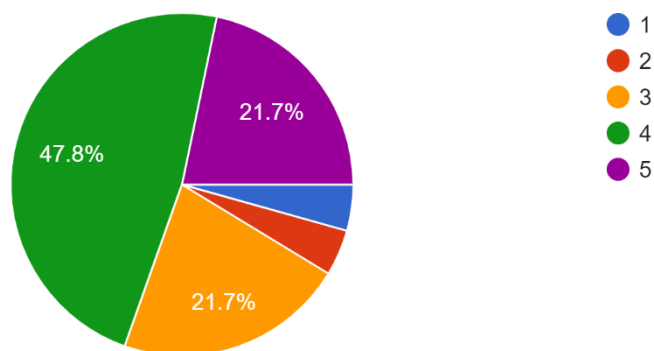
How much oily food do you consume in a month?

51 responses



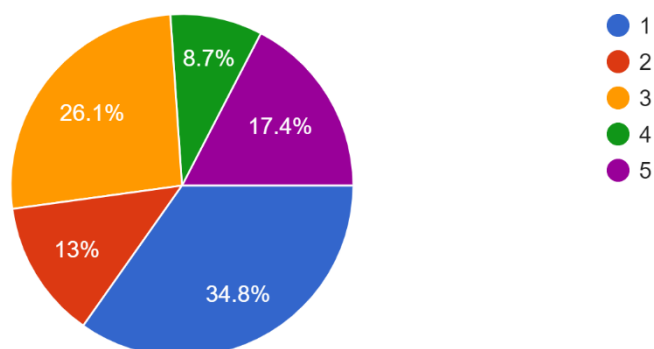
How much sugar/salt/fat do you consume? Please rate on a scale of 1 to 5 with 1 being the least and 5 being the most

51 responses



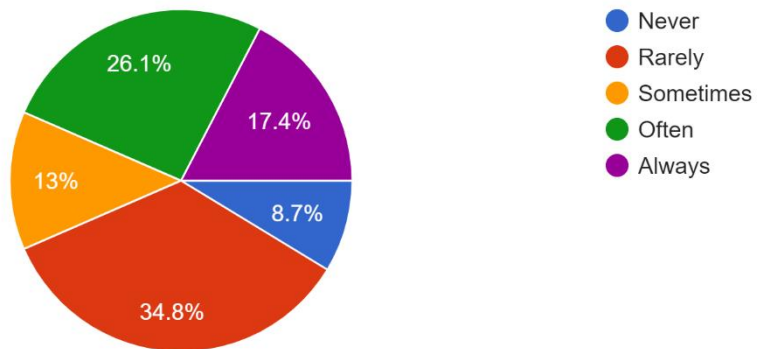
On a scale of 1 to 5, How much Red meat( beef, lamb, and pork) do you consume in a month? (1 being the least and 5 being the most)

51 responses



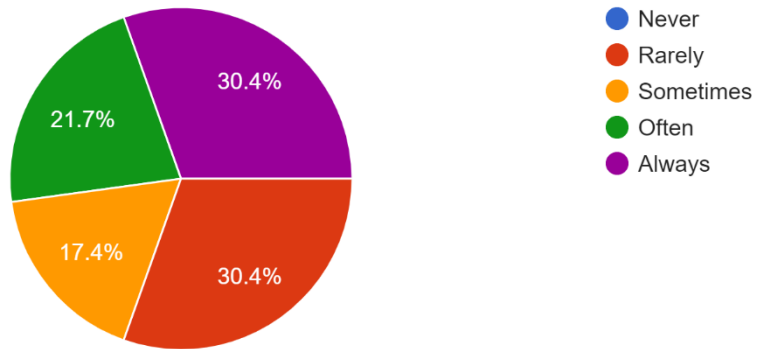
How often do you drink soda?

51 responses



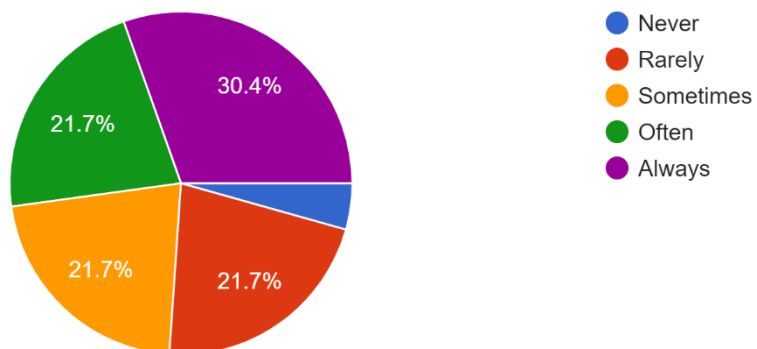
How often do you eat baked goods(cake, cookies, muffins, etc)?

51 responses



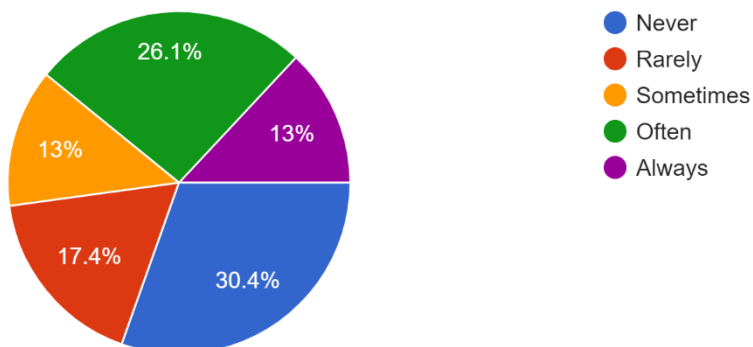
How often do you eat White Rice, Bread, or Pasta?

51 responses



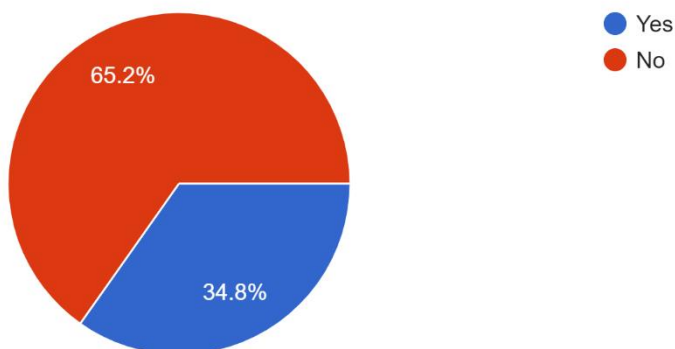
How often do you consume processed meats(Hot dogs, sausage, salami, and lunch meat)?

51 responses



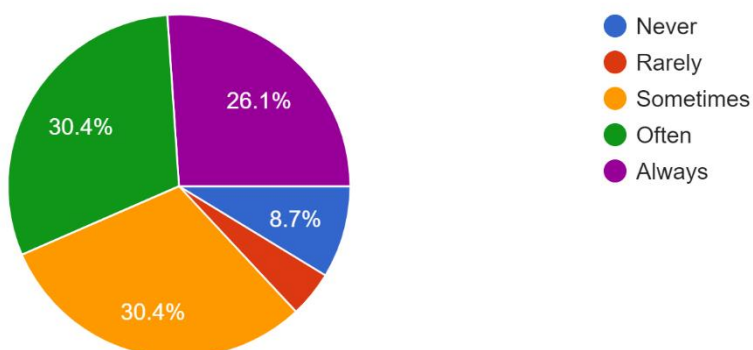
Do you often consume flavored yoghurt?

51 responses



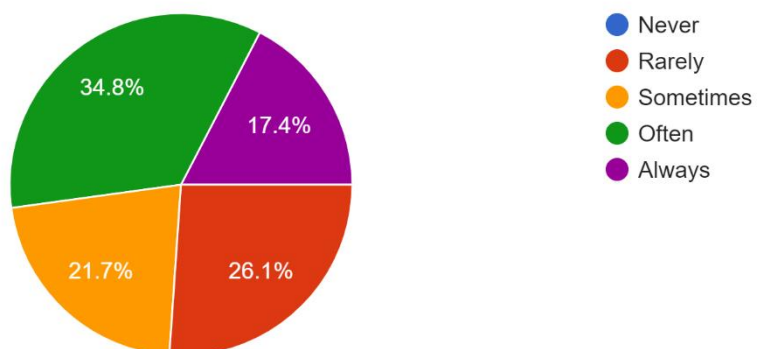
How often do you consume fried chicken?

51 responses



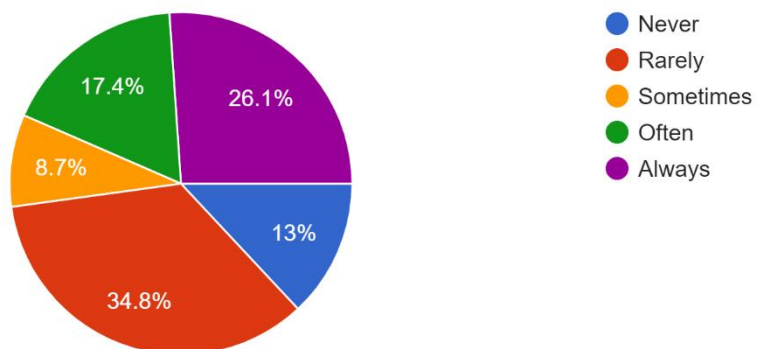
### How often do you consume junk food?

51 responses



### How often do you consume sea food?

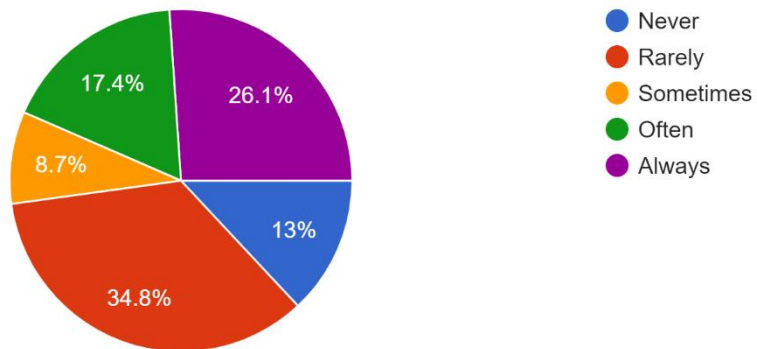
51 responses





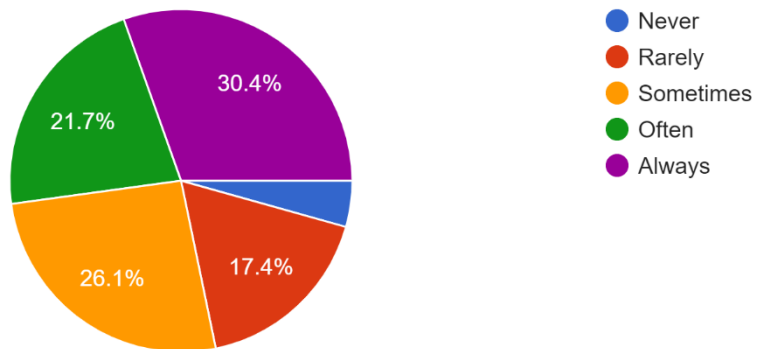
### How often do you consume sea food?

51 responses



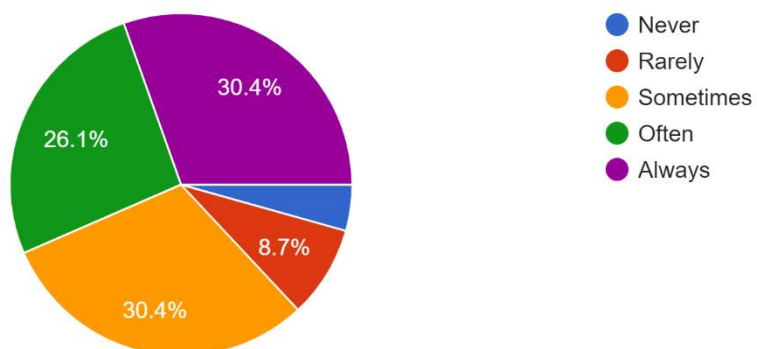
### How often do you consume green leafy vegetables?

51 responses



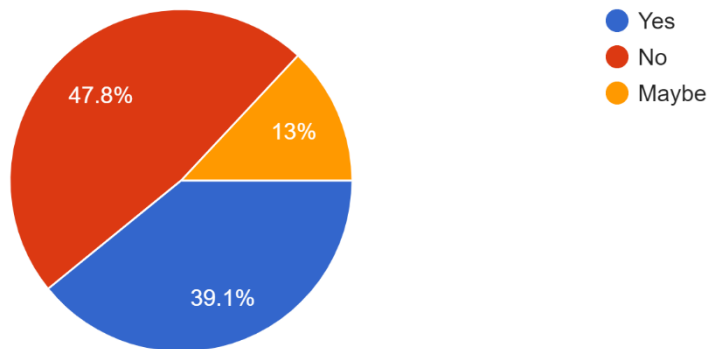
### How often do you consume fruits?

51 responses



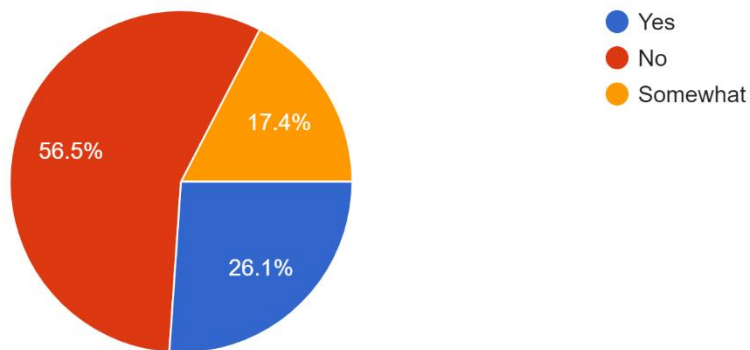
Have you ever been diagnosed with depression or anxiety?

51 responses



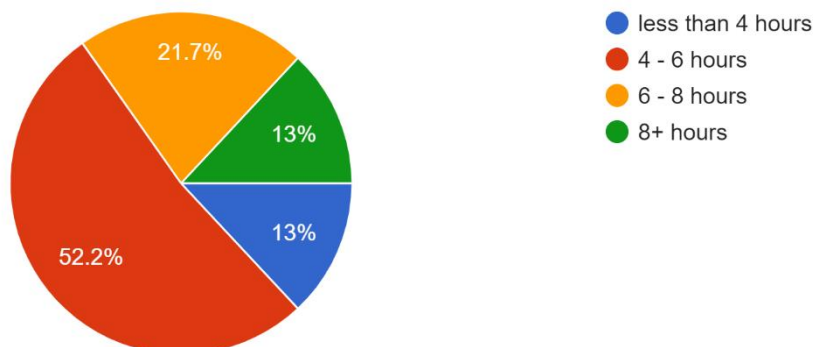
Do you feel that you have a good work-life balance?

51 responses



How many hours of sleep do you typically get each night?

51 responses



Which factors apart from the above mentioned do you think were responsible for your heart illness?  
(Skip if never been diagnosed with heart disease)

5 responses

work stress, deadlines pressure

i think doctor is responsible

Working out less

I did not exercise at all.

Less Sleep