



# 3rd International Nursing Conference

November 7-9, 2018 Tokyo, Japan

## Lifestyle Practices and Factors Affecting Behavior of Adolescents on Cardiovascular Disease Prevention

Nicole Mae G. Tabangcura\*, Arlene Joy B. Madino, Juliet V. Bacbac, Maria Dominique W. Bucaoto, Lyndon David D.C. Bumacas, Jeanette D. Dumagas, Cali Jeanne O. Felipe, Frances Grachel C. Fernandez, Bryan James C. Gonzales, Shiela Mae S. Nolasco, Rosette Mae C. Oclida, Myra S. Palispis, and Christine P. Pascua  
Saint Louis University, Philippines

Pathophysiological processes that initiate cardiovascular disease (CVD) accelerates in adolescence and are associated with the same risk factors that are well established in adults. Therefore, the need to start preventive measures against CVD early in life is essential. The unique characteristic of the adolescent period makes it a significant period where prevention should be emphasized. The study aimed to determine the practices of adolescents in 5 domains of prevention against CVD, as well as the influence of certain factors and variables on their behavior. The study utilized a descriptive-survey design. Approval of the SLU-ERC was sought prior to data gathering. A self-made questionnaire was used after establishing validity (0.94). Using OpenEpi®, a sample population of 384 high school and college students from selected schools in Baguio City, Philippines answered the questionnaire. After data collation, statistical analysis with frequency counts, percentages and Chi-square using Microsoft Excel 2014® was done. Avoidance of smoking, adequate physical activity and regular weight monitoring are the domains in CVD prevention that adolescents are strong in. Improvement is needed in their behavior in terms of alcohol consumption and dietary intake. Several factors have been identified to have a significant association with the behavior of adolescents, with peer influence affecting all domains. Ethnicity and family history of cardiovascular disease have no significant association with the preventive practices of adolescents against cardiovascular. The current educational level was seen as a significant factor in the behavior of adolescents, specifically in terms of smoking, alcohol consumption and physical activity. Existing policies on smoking (RA 9211), alcohol regulation (RA 1224) and school canteen regulation (DepEd Order No. 8, s. 2007) affecting highschool students should be strengthened. Health teachings and counselling regarding cardiovascular disease prevention should be incorporated in appropriate subjects in high school and venues for college students. Further studies should also be done, focusing on dietary intake where adolescents have been consistently performing poorly.