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4 - Historical and cultural nursing and healthcare issues

Title
Cardiovascular Disease Risk Factors, Physical Activity, and High-density Lipoprotein in Rural Ecuadorian Women

Introduction
Non communicable diseases (NCD) such as cardiovascular disease (CVD) and diabetes are the leading causes of death and disability in many communities world-wide and account for 80% of deaths in low- to middle-income countries (World Health Organization [WHO]; World Statistics 2011; Geneva WHO, 2011). In 2014 (in Ecuador), CVD accounted for 25% of all deaths (all ages, both sexes) followed by cancers, chronic respiratory diseases, and diabetes [17%, 4%, and 4%] (WHO, 2014).

Objectives
Objective of this study is to investigate the sociodemographic determinants and cardiovascular disease (CVD) risk factor knowledge about physical inactivity and high density lipoprotein cholesterol and their potential interrelationships in rural Ecuadorian, women 18 years of age and older. Potential moderating effects of employment on physical inactivity will be analyzed.

Methodology
Correlative predictive secondary analysis will use selected de-identified data from the (2015) Parent Study entitled: Determinants, health literacy, heart failure risk factors, heart failure self-care knowledge, and heart failure self-care health behaviors and community, to determine if employment has a mediating/moderating effect upon knowledge of physical inactivity as CVD risk factor and moderate/vigorous intensity physical activity. Permission to analyze data from Parent Study requested from Institutional Review Board of Azusa Pacific University and from owner of Parent Study.

Results
Study will add to body of knowledge about CVD risk factors in rural Ecuadorian women. With a significant increase in CVD mortality rates in Ecuador from 2012-2016, and still increasing (Balda, Canizares et al., 2018), additional knowledge about potential determinants is warranted. Physical inactivity is known to contribute to development of CVD. The rate of physical inactivity in urban Ecuadorian females was previously reported to be 29.3% [21.0-37.6] (World Health Organization, 2018). Therefore, this study will add to the knowledge base about CVD prevention in non-urban females and may benefit the development of health care practice, policy, and future research.

Conclusions
Current CVD morbidity and mortality in Ecuador is unsettling, consequently, interventions are needed that will increase CVD risk factor awareness. Current information of how income, age education, marital status, physical inactivity, and knowledge of CVD risk factors associated with HDL in rural Ecuadorian adult women is unknown.

Keyword 1
Cardiovascular disease risk factors
Keyword 2
High density lipoprotein
Keyword 3
Physical inactivity
Keyword 4
Moderating/mediating effects of employment
Keyword 5
Rural Ecuadorian women
Keyword 6
Non-communicable disease

References 1

References 2

References 3

References 4

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