Title:
SPECIAL SESSION: Promoting Cardiovascular Health Across the Life Course: Lessons Learned and Future Directions

Type:
Oral

Keywords:
cardiovascular health, life course health promotion and social determinants of health

Description/Overview:
Within a life course socio-ecological framework, this presentation will include evidence supporting primordial and primary prevention beginning early in life and extending across the life course. Emphasis will be placed on lessons learned and directions for future research designed to improve cardiovascular health worldwide through innovative clinical and population-based approaches.

Abstract Text:
Cardiovascular disease is a major cause of morbidity and mortality in women and men in the United States and worldwide. Evidence generated from basic, clinical and population-based research indicates that atherosclerotic and hypertensive processes begin very early in life and are influenced over time by potentially modifiable behaviors, environments, and environmental exposures. Population-based prevalence data support the need for cardiovascular health promotion and risk reduction efforts in the United States and most of the six World Health Organizations. The global burden of overweight and obesity and its comorbidities poses a global public health challenge and does not bode well for the cardiovascular health and well-being of future generations. Health behaviors including patterns of dietary intake and physical activity are established early in life and are central to cardiovascular health promotion and risk reduction. Based on accumulated evidence, health behaviors and therapeutic behavioral lifestyle change are the cornerstone of evidence-based guidelines for cardiovascular health promotion and chronic disease prevention across the life course and globe.

Viewed within a socio-ecological life course framework, evidence points to the importance of primordial and primary prevention efforts focused on individuals and the environments/contexts in which they reside, develop, learn, work, worship, and recreate. To optimize cardiovascular health on a population level and to promote health equity, development and implementation of multi-level policies designed to increase access to and availability of healthy choices and health care is central to cardiovascular health for all. Future research designed to promote and optimize the cardiovascular health and well-being of individuals and families from high, middle, and low-income countries continues to be a priority goal with attention to the social and behavioral determinants of health. As advocates for the health of the public, nurse scientists are well-positioned and prepared to contribute to the research and policy agendas focused on reducing the risk and global burden of cardiovascular disease and improving cardiovascular health for individuals, families and communities.

References:


**Content Outline:**
1. Introduction: CVD as a global public health challenge

2. Evidence: Importance of CVD prevention beginning early in life and extending across the life course; health behaviors central to CVD prevention in early life and across the life course

3. Lessons Learned from conducting research focused on cardiovascular health promotion and risk reduction across settings and diverse populations

4. Implications and directions for future research

**Moderator**

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University of Dundee
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**Professional Experience:** 2011 - present Cardiac Rehabilitation Specialist Nurse 2009 - present Tutor at University of Dundee Medical School in communication skills. 2004-2011 NHS Tayside Complaints and Advice co-ordinator 1990-2004 extensive nursing experience in specialties such as Renal, Haematology, General and Vascular surgery and Respiratory.

**Author Summary:** Wendy Warden is a Cardiac Rehabilitation Specialist Nurse who undertook this study as a dissertation project for MSc in Advance Practice with the view to reviewing the educational component of the cardiac rehabilitation programme and ensuring the programme meets the needs of the participants.

**Organizer**

Laura Hayman, PhD, MSN, FAAN
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Department of Nursing, College of Nursing & Health Sciences
Professor of Nursing
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**Professional Experience:** Clinical experience in pediatrics and cardiovascular nursing; research experience in assessment and management of cardiovascular risk in children adolescents and families from diverse populations; teaching experience in child health nursing and cardiovascular nursing; chair, Preventive Cardiovascular Nurses Association, International Committee and champion of the Global Cardiovascular Nursing Leadership Forum

**Author Summary:** Dr. Hayman is Professor, Department of Nursing at UMass Boston and Adjunct Professor of Medicine, Division of Preventive and Behavioral Medicine, UMass Medical School. With colleagues from several disciplines, she has conducted observational and intervention studies focused on obesity and risk for cardiometabolic conditions in children, adolescents and families from diverse populations. Dr. Hayman has mentored pre-and post-doctoral fellows who are conducting research focused on cardiovascular health promotion and risk reduction globally.