



**THE NUTRITIONAL PRACTICE, PERSONAL, HEALTHY AND HABITUAL RISK FACTORS RELATED TO CARDIOVASCULAR DISEASES OF FEMALE EMPLOYEES AND STUDENTS AT KING FAISAL UNIVERSITY, AL-AHASSA PROVINCE, KINGDOM OF SAUDI ARABIA**

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**ABSTRACT**

Balanced nutrition plays an important role in preventing chronic diseases such as cardiovascular disease. The quality of fats and carbohydrates also have a protective effect compared to the consumption amount. The consumption of diets high in polyunsaturated fats, omega-3 fatty acids, vegetables, fruits, whole grains, nuts, and low in refined grains, processed red meat and sugary drinks, reduce cardiovascular disease. The aim of this research is to monitor the personal, nutritional, healthy and habitual risk factors related to cardiovascular diseases of female employees and students at King Faisal University in Al-Ahssa Province, Eastern Saudi Arabia. The descriptive analytical approach was used. Data were collected by distributing two forms included general questions about female employees and students (eg, age, socioeconomic status and place of residence), The two questionnaires were accompanied by two lists, the first included a range of risk factors for cardiovascular disease, and the other included 16 nutritional practice related to cardiovascular disease. Also some anthropometric measurements of the

sample were recorded. The sample included 75 female employees and 425 female students *volunteering* in the study, from three colleges in the university, and data were statistical analyzed. The results showed that the level of nutritional practices associated with cardiovascular disease is "average" for most of the sample of the study, Which is better among university female employees compared to female students ( $P = 0.000$ ). The mean number of risk factors for cardiovascular disease was 4.03 and 2.77, respectively. The risk factors for most of university's employees included age factor (82.7%), psychological stress (80%), overweight and obesity (69.3%) and the classification of waist circumference was a risk factor and high risk (66.7%). The risk factors for students were psychological stress and the presence of one smoker or more in the family. Based on the results, the study recommends that the university students and employees should carry on following good nutritional, healthy and habitual practices that reduce the risk factors for cardiovascular disease, as well as modify the bad nutritional practices with good ones. The study also recommends the university administration to provide nutrition education programs. This will increase the awareness of students and employees of the university about the importance of balance nutrition and encourage them to adopt good nutritional Habits and health lifestyle.

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