Investigating Control Policies and Identifying Risk Factors For Cardiovascular Diseases In Selected Countries: A Comparative Study

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ABSTRACT

Introduction: Cardiovascular diseases are the most common cause of death in most countries globally, including Iran. The World Health Organization and countries worldwide have implemented various national programs and responses to prevent and control cardiovascular diseases. This study aimed to compare control policies and the main risk factors for cardiovascular diseases in selected countries.

Search Strategy: This review study was conducted using a comparative method. The development measurement for the selected countries have been categorized into three groups: developed countries (e.g. Germany), developing countries (e.g. Iran), and less developed ones (e.g. Yemen and Somalia). To obtain the necessary information—demographic data, statistical information, control policies, and their outcomes— data were gathered from domestic and international articles available in the SID, ISC, PubMed, WHO, Google databases, and from official and reputable websites.

Results: Four primary factors, namely history of diabetes, hypertension, high cholesterol, and obesity, were identified as the key risk factors for cardiovascular diseases in the selected countries. These countries have fully of partially implemented national strategies to address cardiovascular diseases.

Conclusion and Discussion: In each country, the results are influenced by the socio-economic conditions and issues related to the control and treatment of heart disease. To reduce the risk factors associated with cardiovascular diseases, it is essential to leverage the experiences gained from similar disease patterns, involving the collaboration of various sectors of society.

Keywords: Cardiovascular diseases, Iran, Risk factors

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