

Farmers Have Hearts - Cardiovascular Health Programme Baseline Results 2020

What is CVD?

Cardiovascular disease (CVD) is a disease of the heart or blood vessels and results in coronary heart disease, stroke, or peripheral arterial disease.



Is it serious?

Yes. It is the second most common cause of death in Ireland. More men than women have CVD.



86% of farmers believe their health to be good or very good



They are 3x more likely to suffer cardiac disease or stroke compared to those with a lower number of risk factors

What causes it?

CVD is generally caused by lifestyle behaviours, specifically smoking, unhealthy diet and physical inactivity.

Risk Factors:

- Smoking
- Poor diet
- High blood cholesterol
- High blood pressure
- Lack of exercise
- Overweight or obesity
- Diabetes
- Excessive alcohol consumption
- Stress

Prevalence of Risk Factors



9%: Smoke



72%: Daily salty/sugary snacks
22%: Deep fried food $\geq 3x$ per week
49%: Meat/poultry $\geq 2x$ a day
15%: Daily fizzy drinks



46%: High cholesterol ≥ 5.0 mmol/L



40%: High blood pressure $\geq 140-90$ mmHg



33%: Physically inactive



80%: Waist circumference ≥ 94 cm



23%: Blood glucose ≥ 7.0 mmol/L

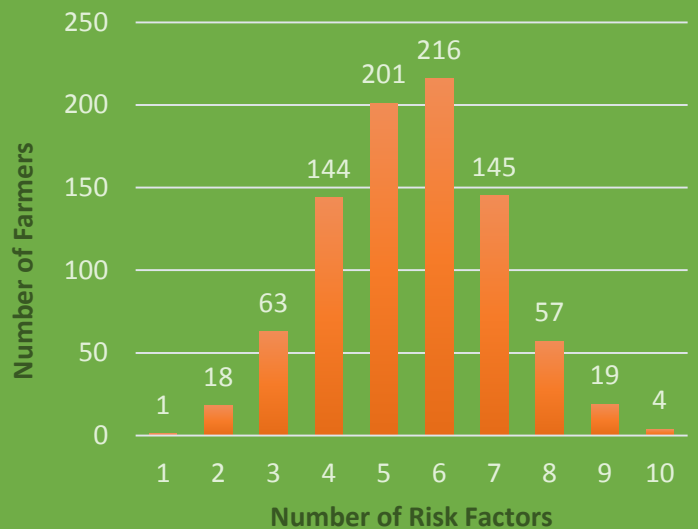


31%: Harmful drinking pattern



35%: Wellbeing 'poor' or 'below average'

Multiple Risk Factors



Key Message

The findings are a reminder of the urgent need to address CVD risks in the farming population and the importance of supporting farmers adopt and sustain health behaviour changes and improve their cardiovascular health.

Get the full report



van Doorn, D., Richardson, N., Meredith, D., McNamara, J., Osborne, A., and Blake, C., 2020. *Farmers Have Hearts Cardio Vascular Health Programme Baseline Results*. Carlow: Teagasc.

Graphic by David Meredith, Teagasc, 2020

