

The Effects That Dietary Patterns and Social Determinants Have on Cardiovascular Disease in Middle Aged Adults (40-60 years old)

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Introduction

Do dietary patterns and social determinants have an impact of cardiovascular disease (CVD) in middle aged adults (40-60 years old)? Research suggests that dietary patterns and social determinants do have an impact on CVD risk in this age group. Further research can be done to examine prevention plans in order to reduce the risk of CVD in middle aged adults.

Coverage

- The data base searched for this research was Google Scholars
 - The key words used in searching the literature were: Cardiovascular disease, The impact of cardiovascular disease on middle-aged adults, Dietary patterns and their association with CVD,
- The articles chosen were chosen based off of the following criteria
 - Topic Relevance
 - Publication as a scholarly journal
 - Information was current and reported accurate findings
 - Articles were excluded if they were older than 10 years and articles were also excluded if they were not open access articles.

Methodology

- In order to determine the effects of dietary patterns and social determinants on cardiovascular disease in middle aged adults, previously published literature was examined.
- The primary literature used qualitative data analysis in order to examine the effects that dietary patterns and social determinants have on cardiovascular disease.
- The secondary literature was examined using a data collection method. The secondary data collection also used existing data to determine prevalence that social determinants and dietary patterns have on CVD.

Significance

- This topic is significant because it is affecting the lives of many middle aged adults today. Cardiovascular disease still has a large prevalence in our world and it is the leading cause of death in the United States. Prevention measures need to be implemented for middle aged adults in order to decrease the prevalence of CVD.

Results:

The results yielded indications that a dietary patterns and social determinants do have an impact on CVD risk in middle aged adults. The following results were yielded from the study:

- Excessive fat intake is associated with increased risk of CVD.(3)
- Excessive carbohydrate intake is associated with increased risk of CVD.(4)
- Limited fruit and vegetable intake is associated with increased risk of CVD.(4)
- These studies concluded that consuming the daily recommended intake for fat, carbohydrate, and fruit and vegetable intake it can decrease risk of CVD.
- Social determinants of income, education level, employment status, and access to medical care all have an impact on CVD risk in middle aged adults. (5,6)

These findings support the argument that dietary patterns and social determinants do have an impact on CVD risk in middle aged adults. The results yielded results to support this argument and articles also gave recommendation and prevention measures for ways to reduce the risk of developing CVD.

Conclusion

- It can be concluded that evidence from previous research has revealed an existence of the impact that dietary patterns and social determinants have on the risk of CVD risk in middle aged adults. This research will explore dietary patterns and social determinants and their impact on CVD in order to lay a foundation for future research aimed at decreasing the risk and prevalence of CVD among middle aged adults.

- Further research can now examine how to reduce this risk in order to have lower mortality rates of CVD among these middle aged adults.

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