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Grenada: Cardiovascular Disease

Talayah Lemon

Augustana College, Rock Island Illinois

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Grenada



<http://www.vidiani.com/detailed-map-of-grenada/>

Location: Caribbean Islands near Barbados, Trinidad, Dominica, Saint Lucia, & Saint Vincent and The Grenadines.

Population: 109,011

Ethnic groups: African descent 82%, mixed 13.3%, East Indian 2.2%, other 1.3%, unspecified .9%

Religion: Protestant 49.2% (includes Pentecostal 17.2%, Seventh Day Adventist 13.2%, Anglican 8.5%, Baptist 3.2%, Church of God 2.4%, Evangelical 1.9%, Methodist 1.6%, other 1.2%), Roman Catholic 36%, Jehovah's Witness 1.2%, Rastafarian 1.2%, other 5.5%, none 5.7%, unspecified 1.3%

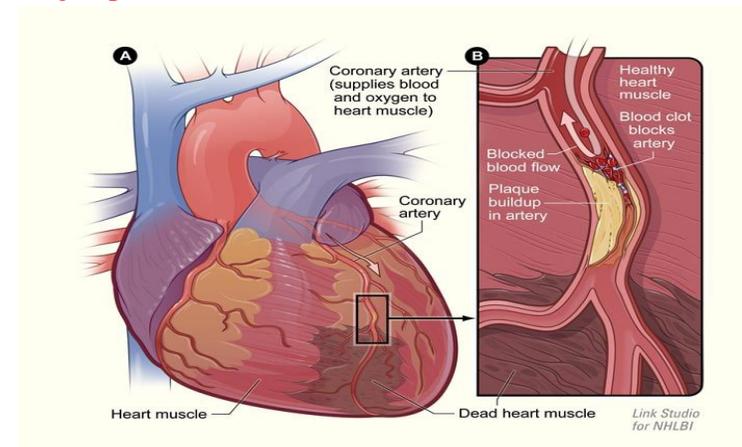
Government: Parliamentary system Government-general, prime minister, cabinet, a bicameral parliament with elected House of Representatives and appointed senate. Grenada elects on national level a legislature. Parliament has 2 chambers.

Grenada has a two party electoral process (the country conducts general elections).

Challenges

Grenada faces many economic and environmental challenges, such as: high unemployment, extreme debt (external) biomass (one of Grenada's renewable energy sources), deforestation (internal), etc.

Major problem in Grenada



<https://www.nhlbi.nih.gov/health-topics/heart-disease-women>

Cardiovascular disease is very prevalent in Grenada. Cardiovascular disease is a heart condition that affects the supply of blood flow to the heart (blockage in of the

coronary arteries or blood clots, and diseased vessels are both results of the disease). About 34.7% of the population is affected (about 296 die annually). People who suffer from cardiovascular disease are usually adults. Women are most likely to have high rates of diabetes, cholesterol, hypertension, etc. Cardiovascular disease is more prevalent in developing/ low income countries (most countries in the Caribbeans are low income countries). When Cardiovascular disease risk factors are obesity, overweight, hypertension, lack of physical activity, smoking, and hypercholesterol. The United Nations has tried to address chronic disease within the country. Specifically, the World Heart Federation. However, interventions within the country are very limited. The Grenada Heart Project pushed for a health promotion program.

Solutions

Grenada's health system works towards the improvement of health. Grenada offers free access to healthcare, but intensive care is limited. For example, cardiology and vascular surgery is not. Offered.

Intervention programs have not been as significant. According to Pubmed.gov, The Grenada Heart Project pushed to develop a nationwide cardiovascular health promotion program. The Programs has been more effective in reducing high obesity, cholesterol, hypertension, etc.

Personal intervention

I believe it is important to spread awareness of CVD in the country of Grenada. Not many people know how little factors such as obesity, high cholesterol, etc. can affect a person long term. I would spread awareness by implementing direct interventions such as: targeting groups with higher cholesterol, overweight, diabetics, etc.

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