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Grenada: Cardiovascular Disease

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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%


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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