
**PREVALENZA DI MALATTIE CARDIOVASCOLARI E
FATTORI DI RISCHIO PER L'ITALIA E MACROAREE**

***PREVALENCE OF CARDIOVASCULAR DISEASES
AND RISK FACTORS IN ITALY AND MACROAREAS***

INDAGINE SUI FATTORI DI RISCHIO

Partecipanti per sesso e classe di età - Italia

		Sesso		Totale
		uomini	donne	
Classe di età	35-44 anni	1147	1141	2288
	45-54 anni	1218	1232	2450
	55-64 anni	1276	1235	2511
	65-74 anni	1267	1196	2463
Totale		4908	4804	9712

Partecipanti per sesso e classe di età - Macroaree

			Sesso		Totale
			uomini	donne	
MACROAREA					
Nord-Ovest	Classe di età	35-44 anni	294	290	584
		45-54 anni	314	326	640
		55-64 anni	331	343	674
		65-74 anni	329	322	651
	Totale		1268	1281	2549
Nord-Est	Classe di età	35-44 anni	227	238	465
		45-54 anni	234	244	478
		55-64 anni	243	243	486
		65-74 anni	245	232	477
	Totale		949	957	1906
Centro	Classe di età	35-44 anni	222	211	433
		45-54 anni	230	239	469
		55-64 anni	241	241	482
		65-74 anni	242	232	474
	Totale		935	923	1858
Sud e Isole	Classe di età	35-44 anni	404	402	806
		45-54 anni	440	423	863
		55-64 anni	461	408	869
		65-74 anni	451	410	861
	Totale		1756	1643	3399

Figure 12. Sample size. Men (= uomini), women (= donne), total (= totale). Northwest (= Nord-Ovest), Northeast (= Nord-Est), Center (Centro), South and Islands (= Sud e Isole).

COME LEGGERE I GRAFICI

I fattori di rischio vengono descritti seguendo due modalità:

- › A sinistra se riportate sono indicate la **media** e la **deviazione standard**
- › A destra o singolarmente sono riportate le **percentuali di donne e di uomini** con valori del fattore di rischio uguale o superiore a quello critico o con la condizione esplorata. Le percentuali, definite prevalenze, sono rappresentate con **grafici a barre**. Esempio - Colesterolemia in Italia.

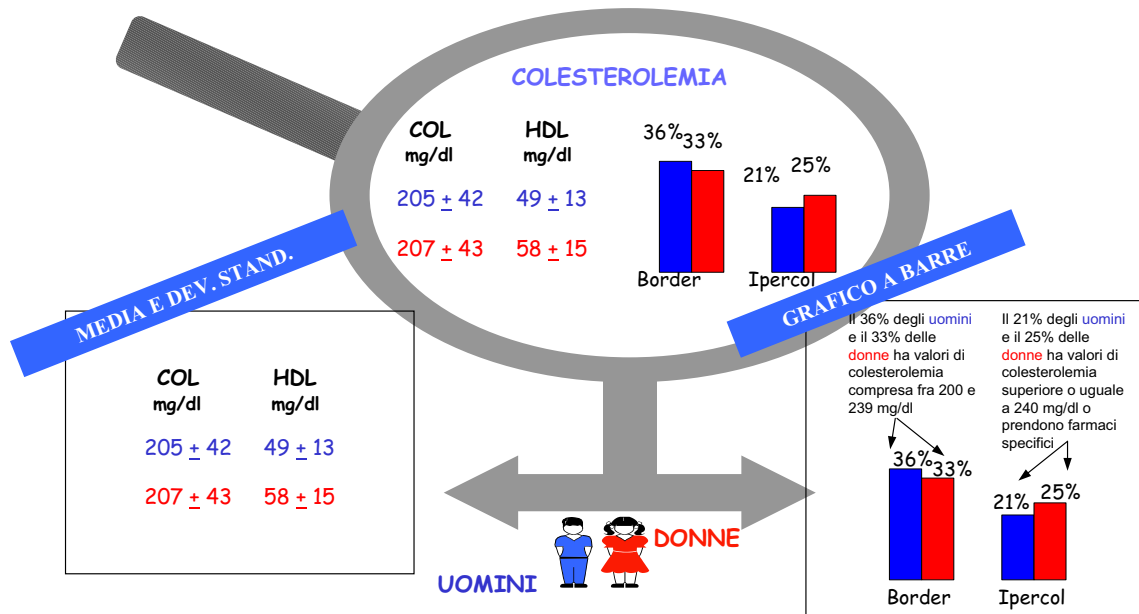


Figure 13. How to read the graphs. Risk factors are displayed in two ways; in the left mean values and standard deviations are reported; in the right percent prevalences are shown. Men (= uomini), women (= donne).

DEFINIZIONI

IPERTESI: pressione arteriosa ≥ 160 o 95 mmHg o trattamento specifico

BORDERLINE: pressione arteriosa fra 140 e 159 mmHg o fra 90 e 94 mmHg

IPERCOLESTEROLEMIA: colesterolemia ≥ 240 mg/dl o trattamento specifico

BORDERLINE: colesterolemia fra 200 e 239 mg/dl

DIABETICI: glicemia ≥ 126 mg/dl o trattamento specifico

BORDERLINE: glicemia fra 110 e 125 mg/dl

OBESITÀ: indice di massa corporea ≥ 30 kg/m²

Figure 14. Definitions of the different conditions at risk. See text.

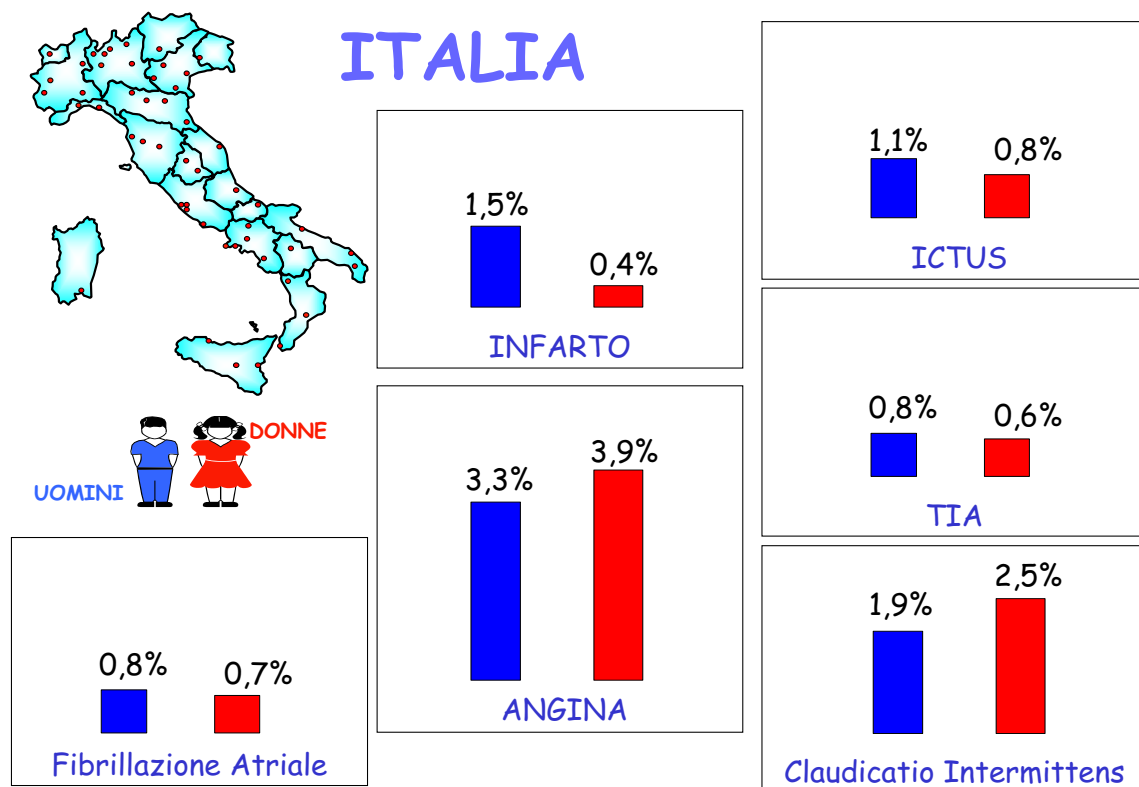


Figure 15. Percent prevalence of cardiovascular diseases in Italy. Men and women.

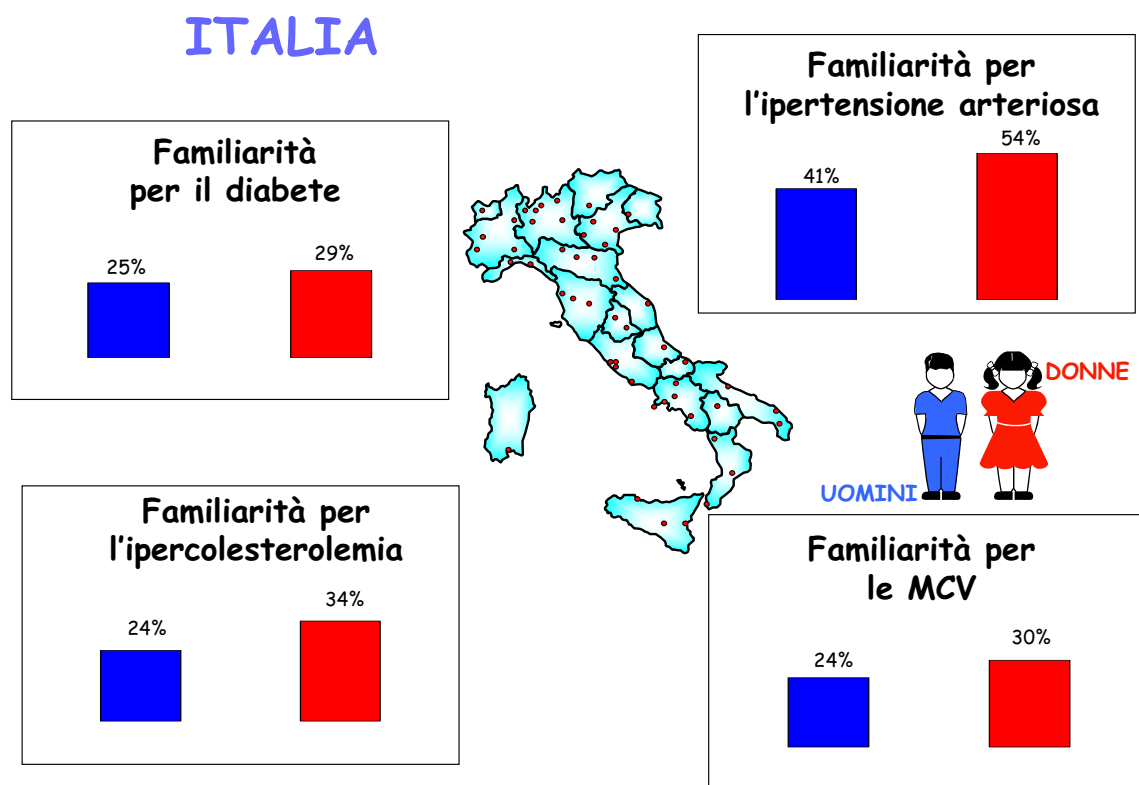


Figure 16. Family history of cardiovascular diseases (MCV) and risk conditions in Italy. Men and women.

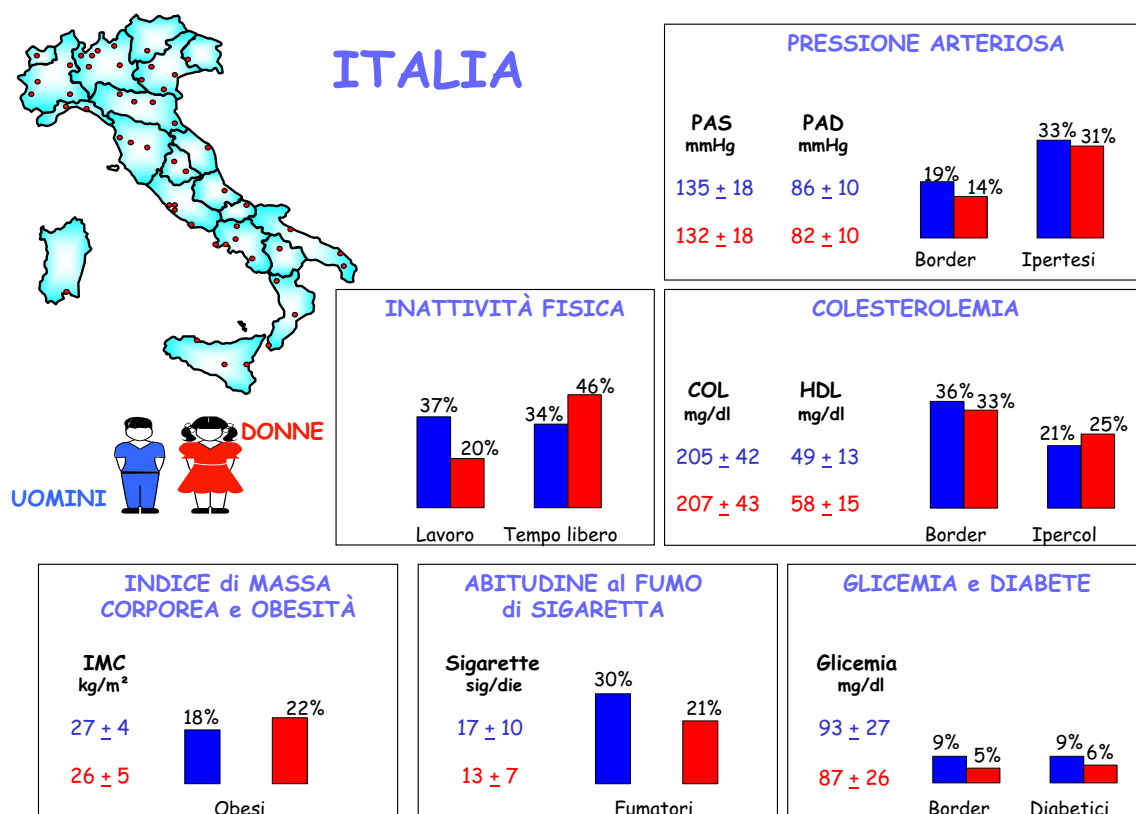


Figure 17. Mean levels and prevalence of the major risk factors in Italy. Men and women.

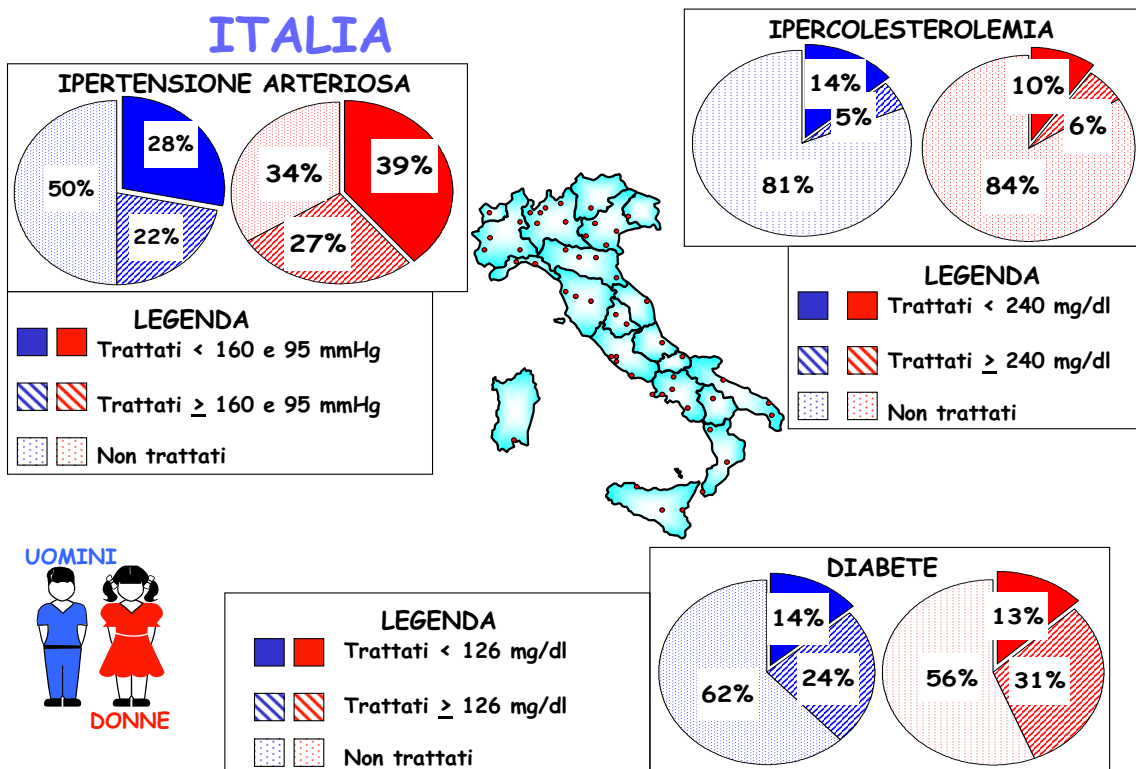


Figure 18. Control status of hypertension, hypercholesterolemia and diabetes in Italy. Men and women.

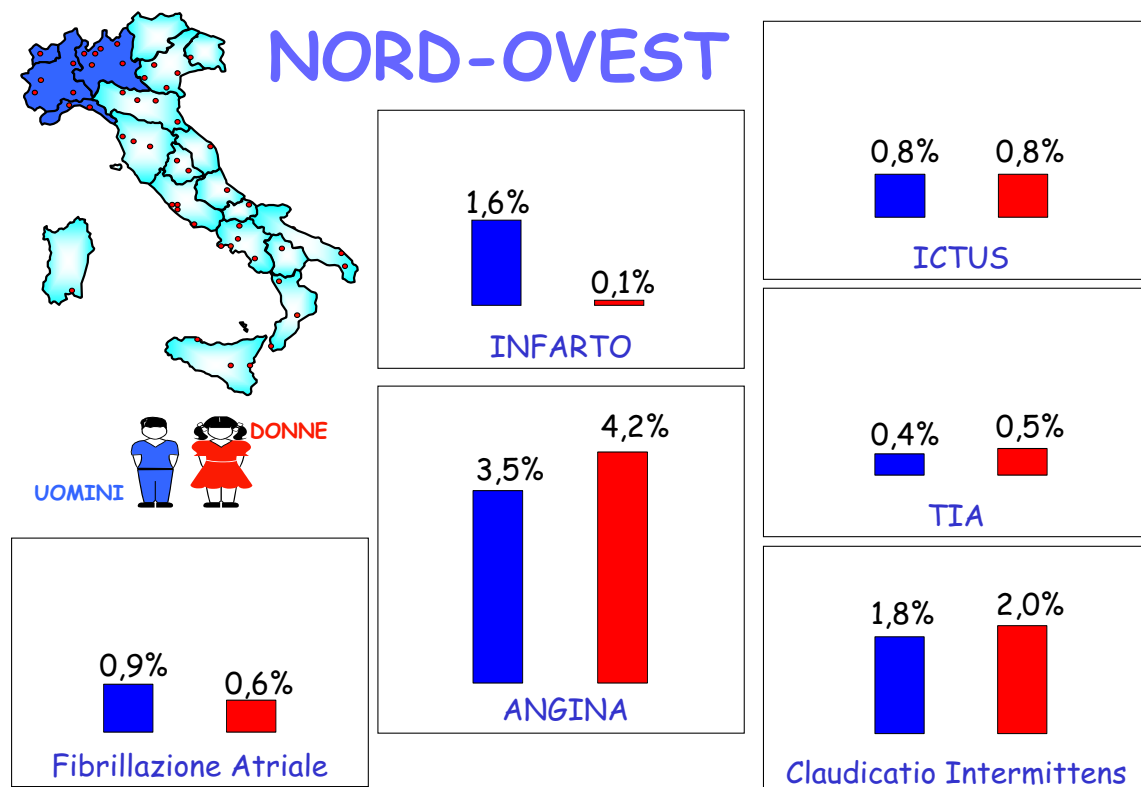


Figure 19. Percent prevalence of cardiovascular diseases in the Northwest. Men and women.

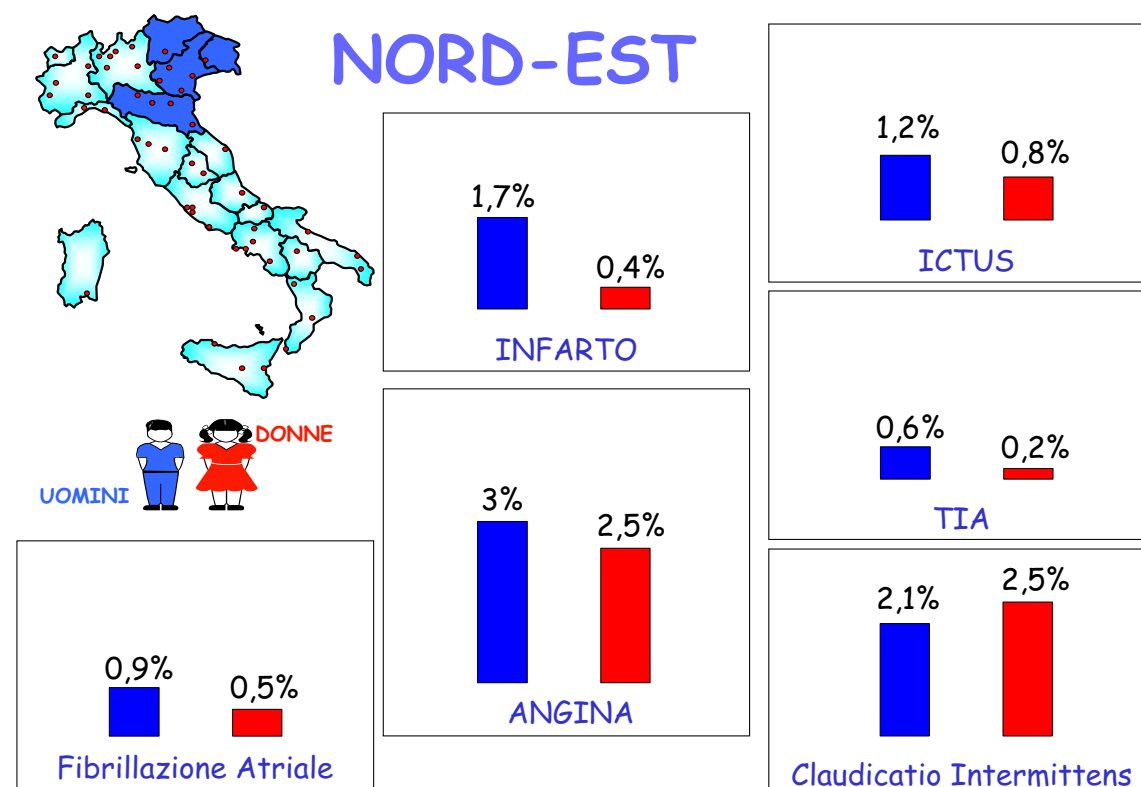


Figure 20. Percent prevalence of cardiovascular diseases in the Northeast. Men and women.

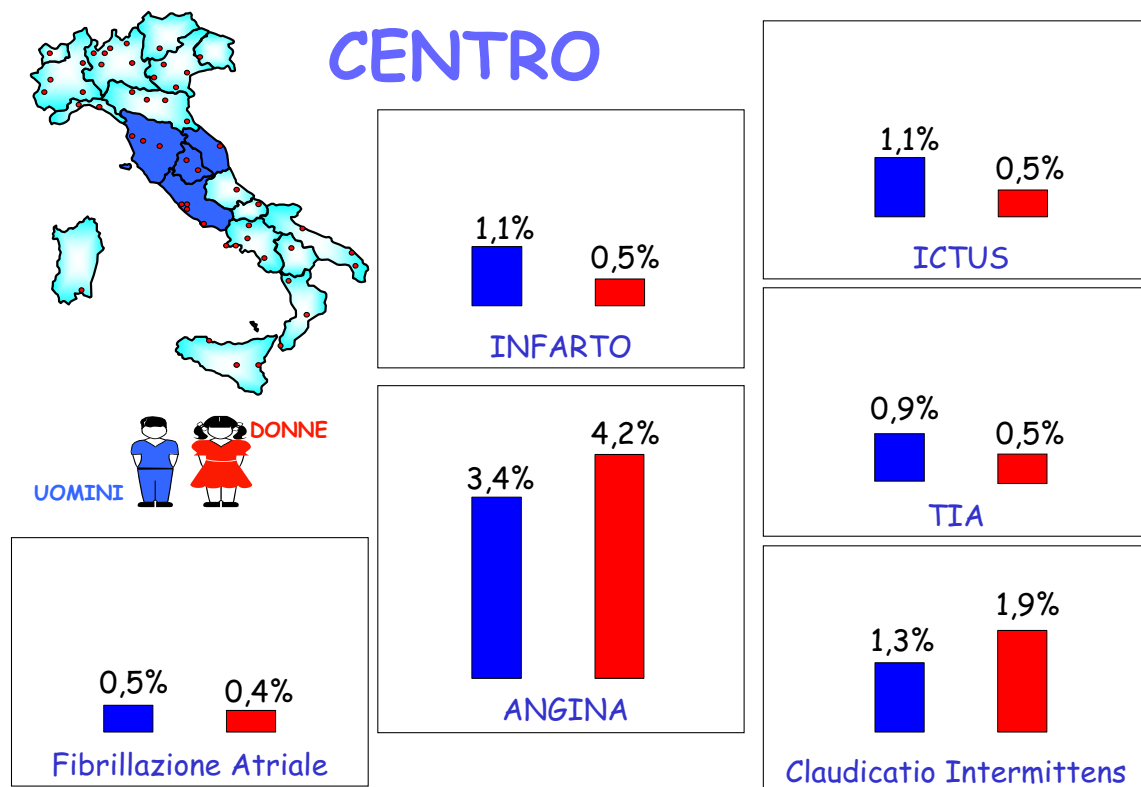


Figure 21. Percent prevalence of cardiovascular diseases in the Center. Men and women.

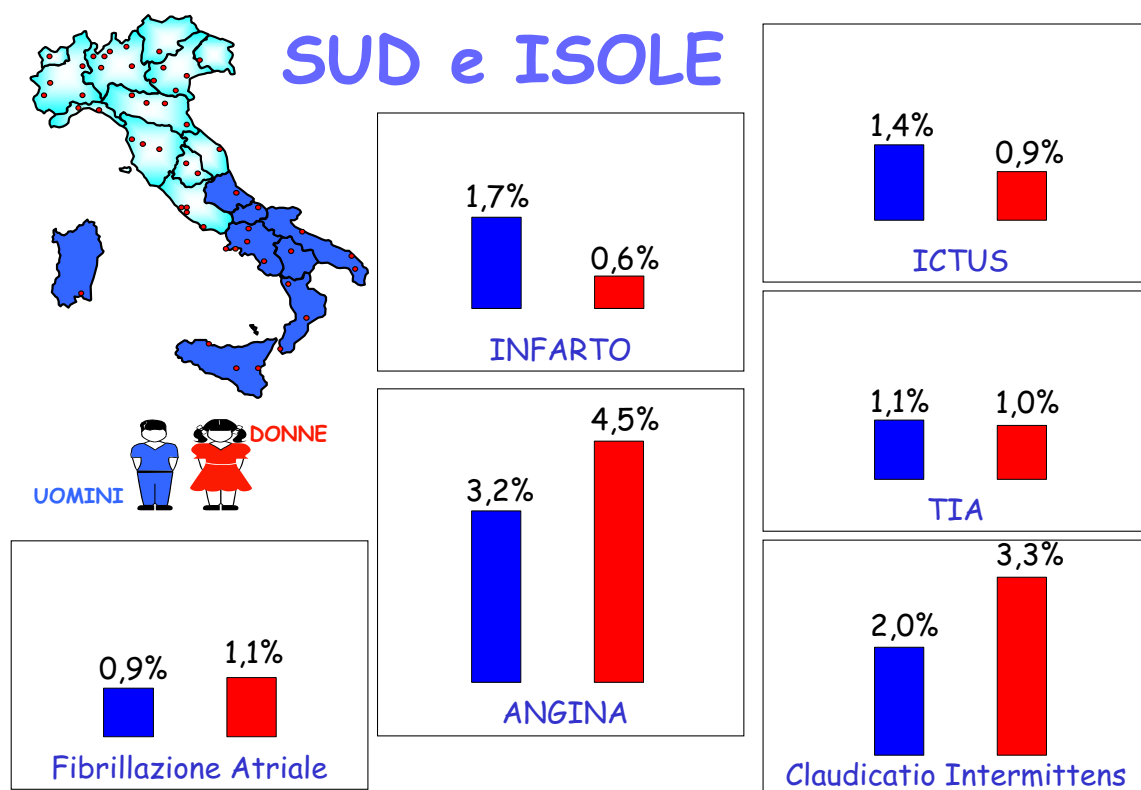


Figure 22. Percent prevalence of cardiovascular diseases in the South and the Islands. Men and women.

Familiarità per le MCV

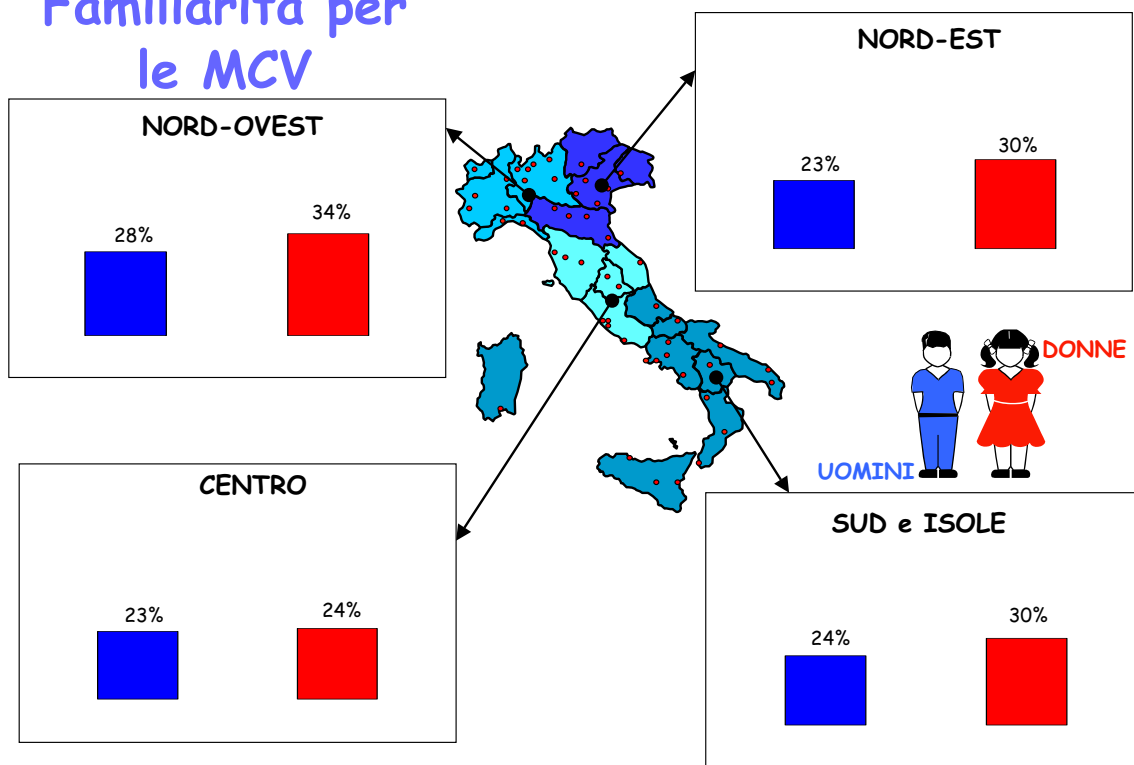


Figure 23. Family history of cardiovascular diseases (MCV) in Italian macroareas. Men and women.

Familiarità per l'ipertensione arteriosa

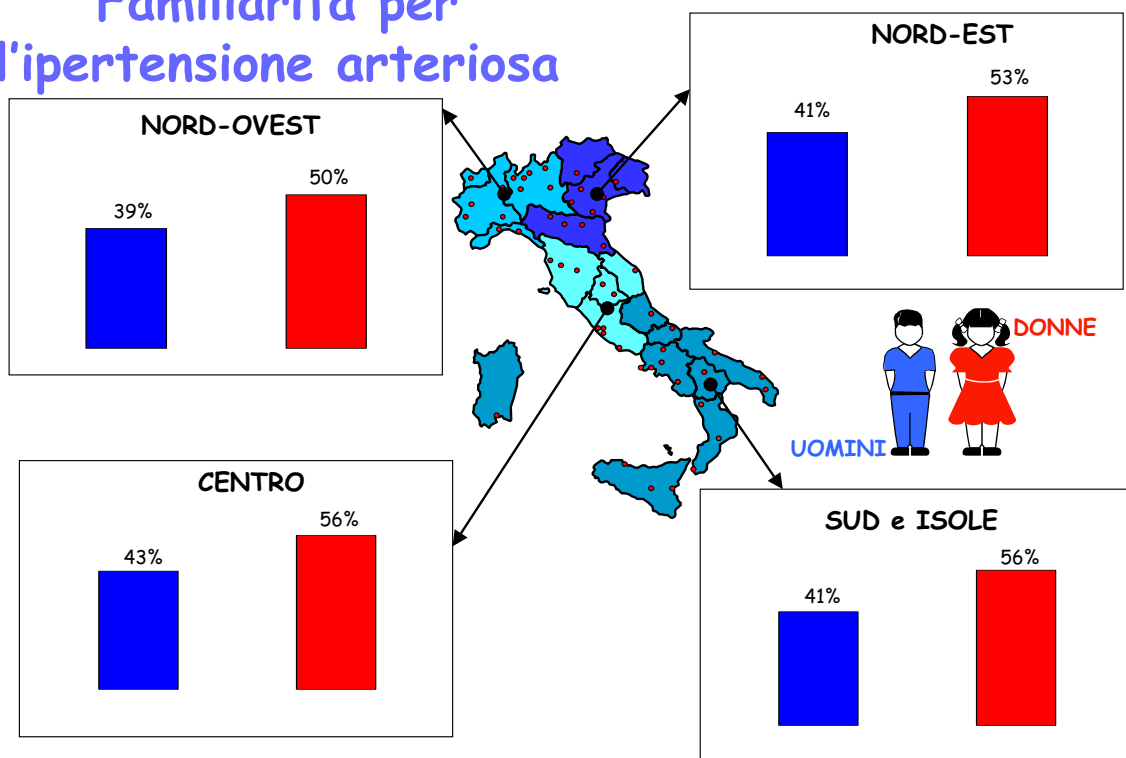


Figure 24. Family history of hypertension in Italian macroareas. Men and women.

Familiarità per l'ipercolesterolemia

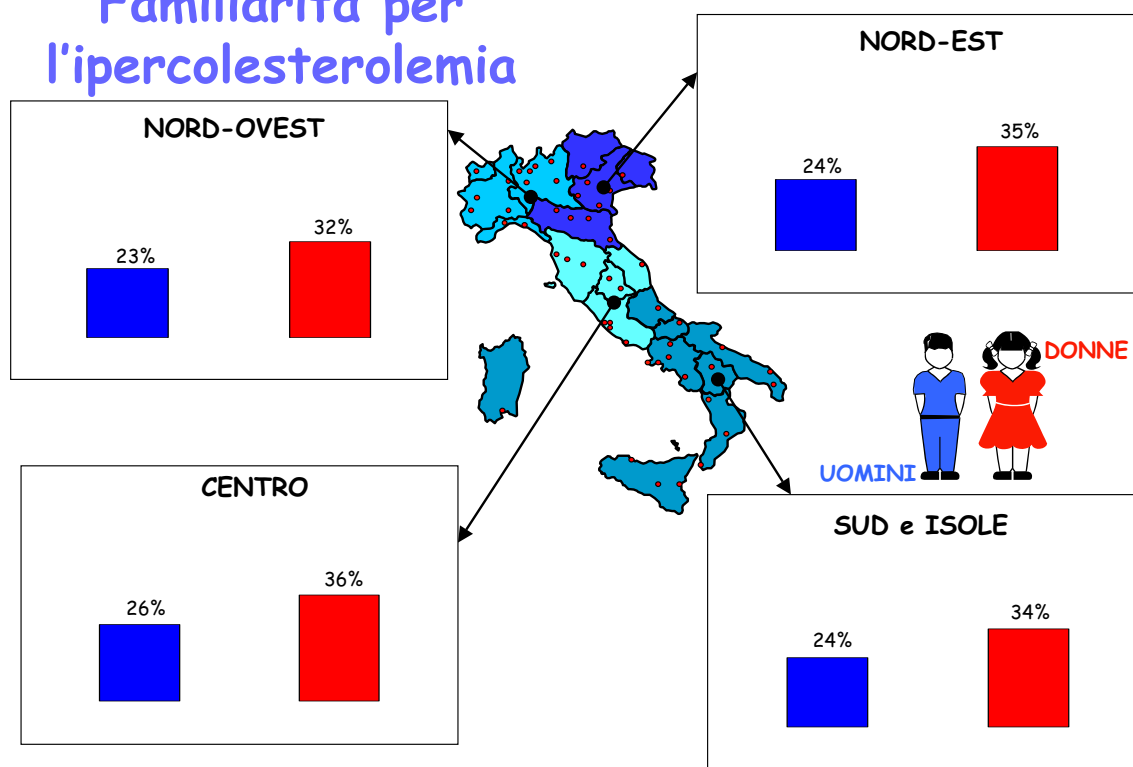


Figure 25. Family history of hypercholesterolemia in Italian macroareas. Men and women.

Familiarità per il diabete

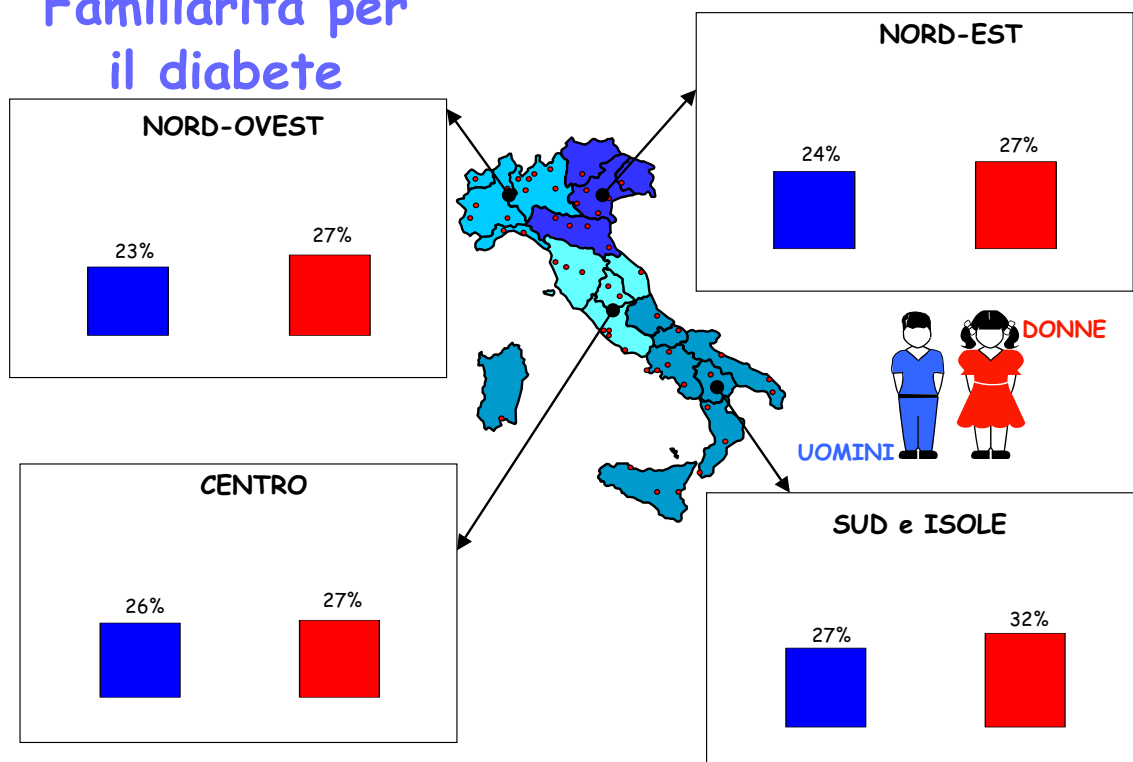


Figure 26. Family history of diabetes in Italian macroareas. Men and women.

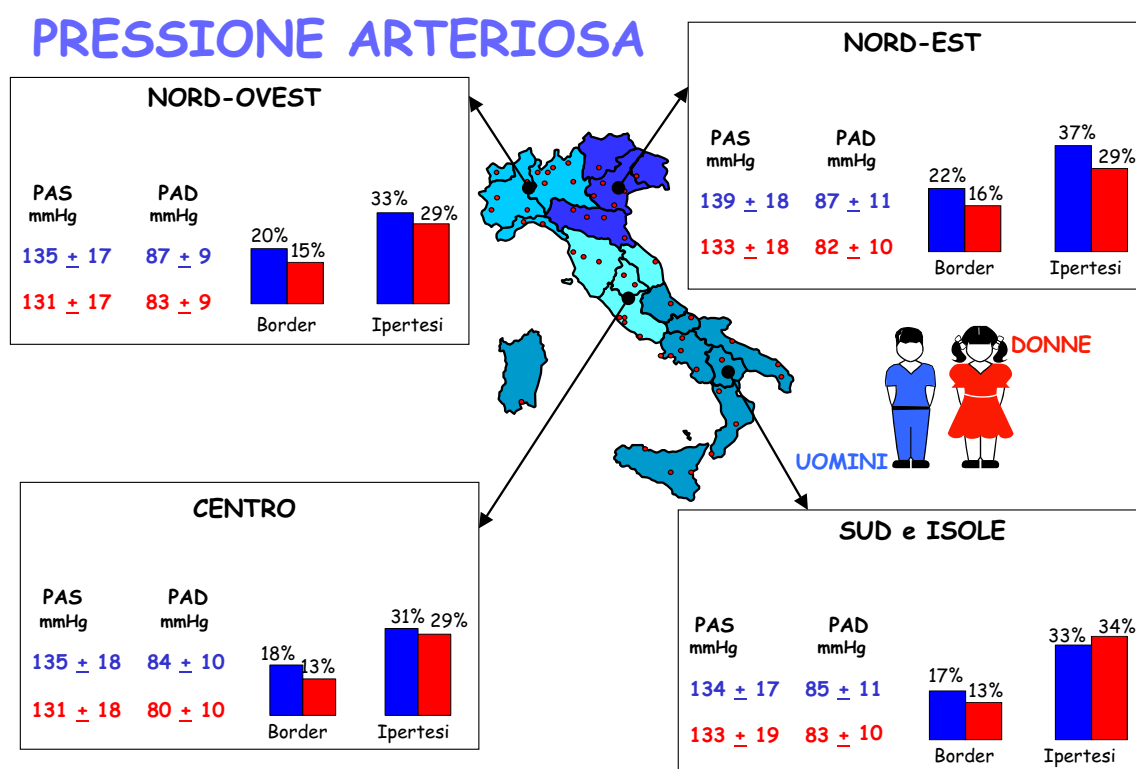


Figure 27. Mean levels of blood pressure and prevalence of hypertension in Italian macroareas. Men and women.

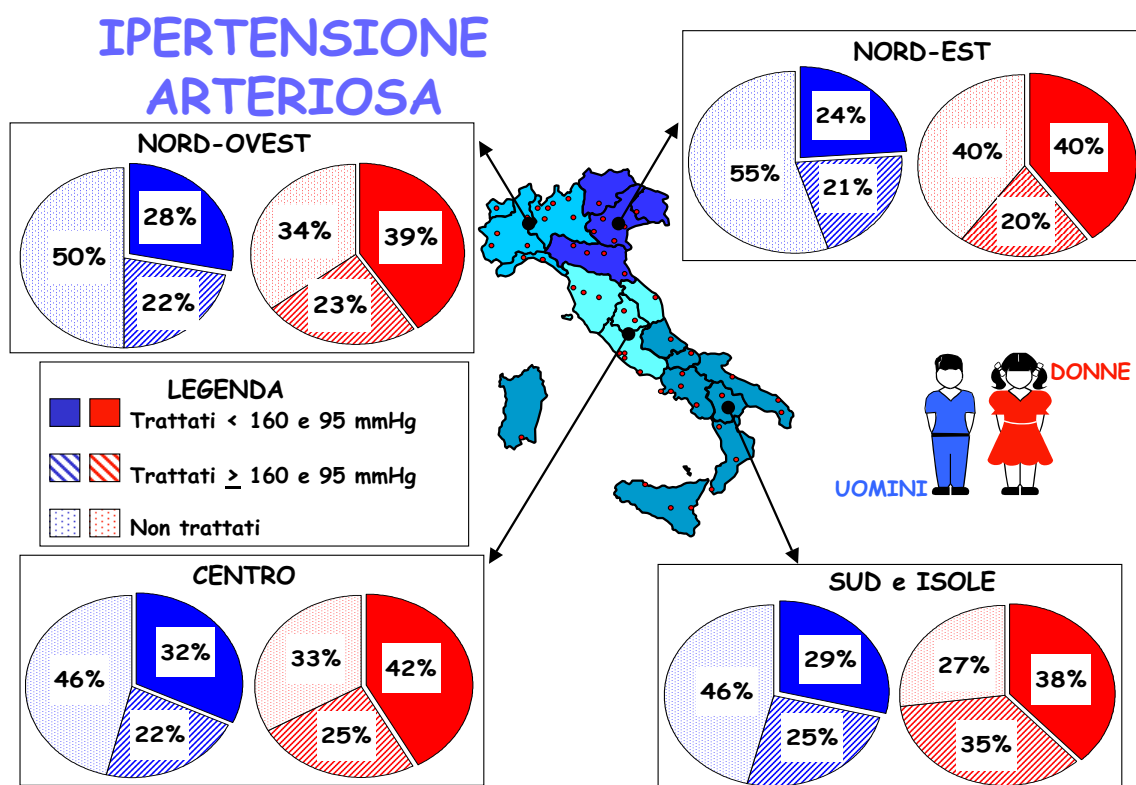


Figure 28. Hypertension control status in Italian macroareas. Men and women.

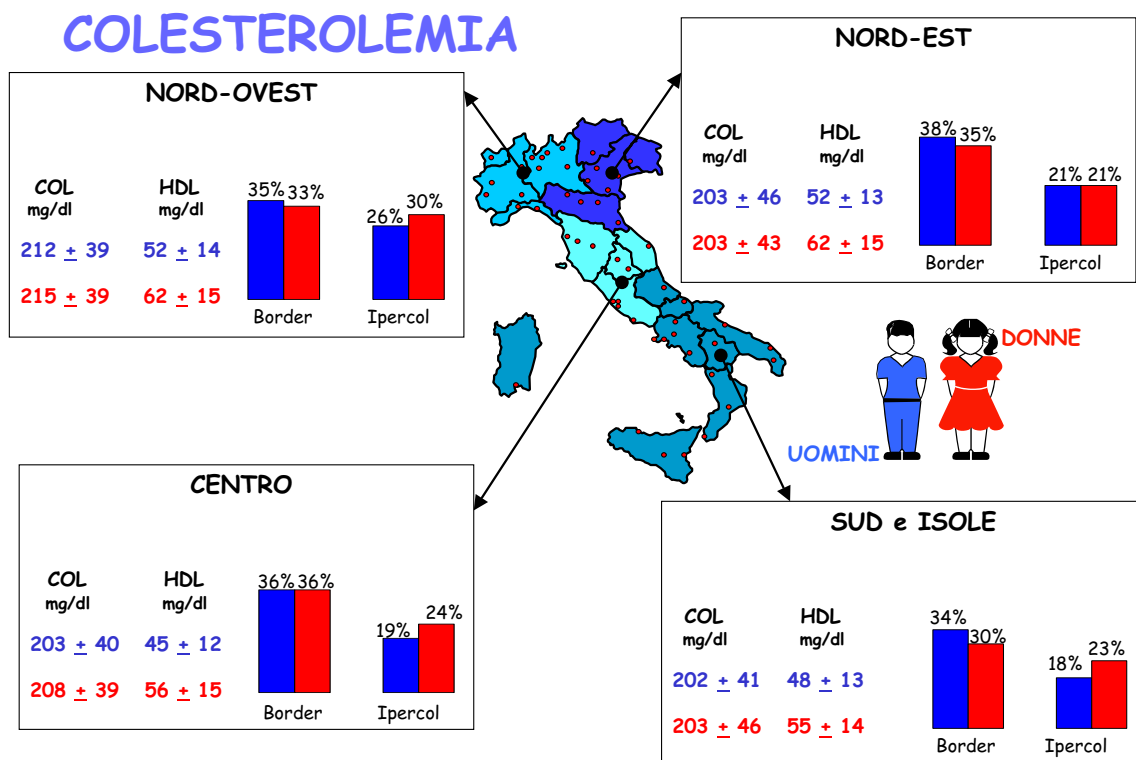


Figure 29. Mean levels of total and HDL cholesterol and prevalence of hypercholesterolemia in Italian macroareas. Men and women.

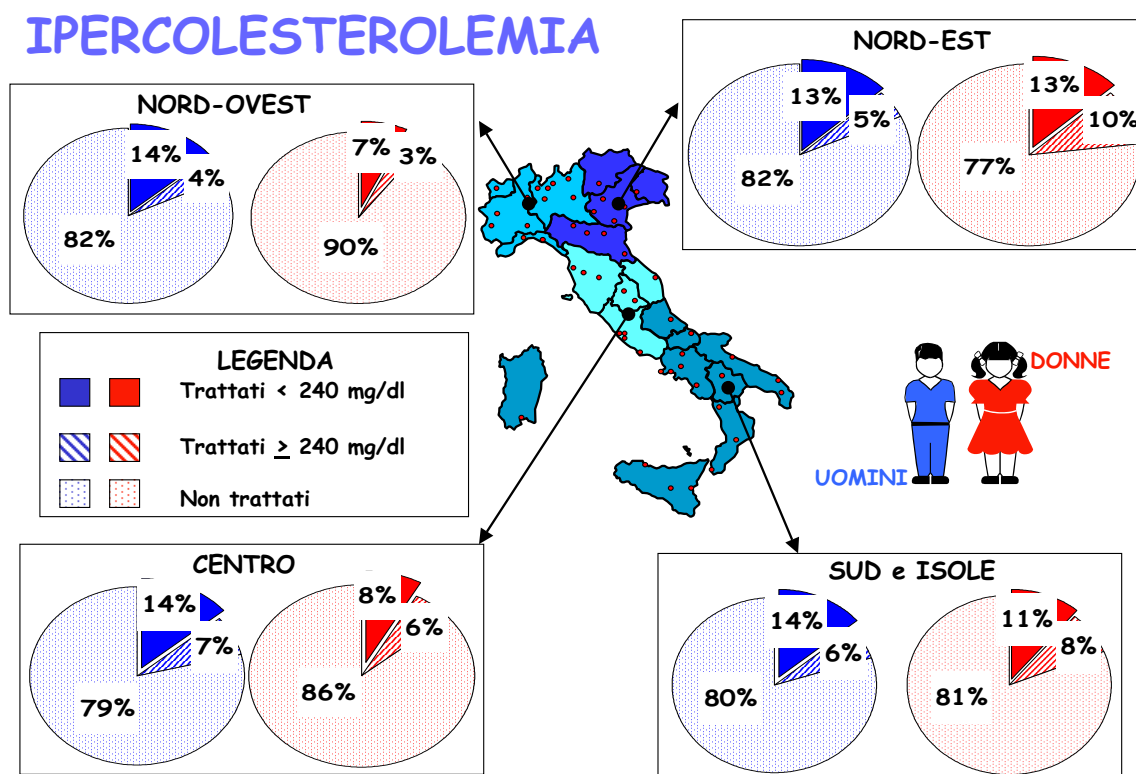


Figure 30. Hypercholesterolemia control status in Italian macroareas. Men and women.

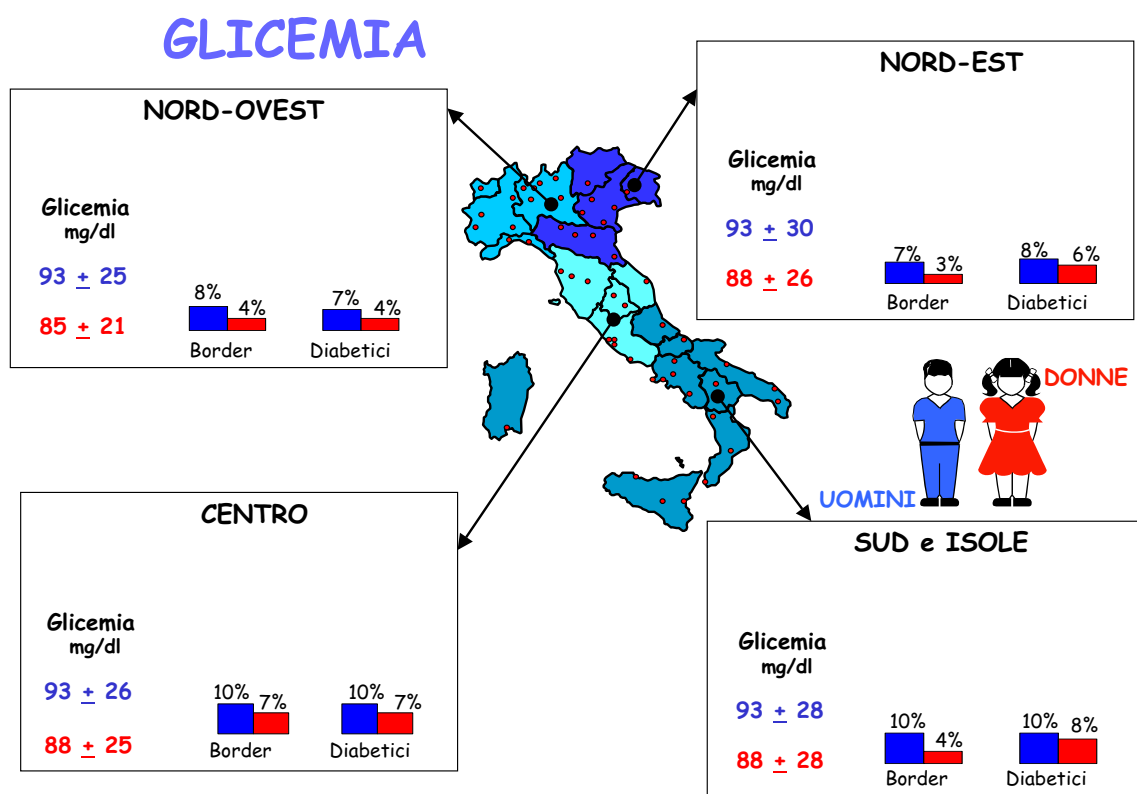


Figure 31. Mean levels of fasting blood glucose and prevalence of hyperglycemia and diabetes in Italian macroareas. Men and women.

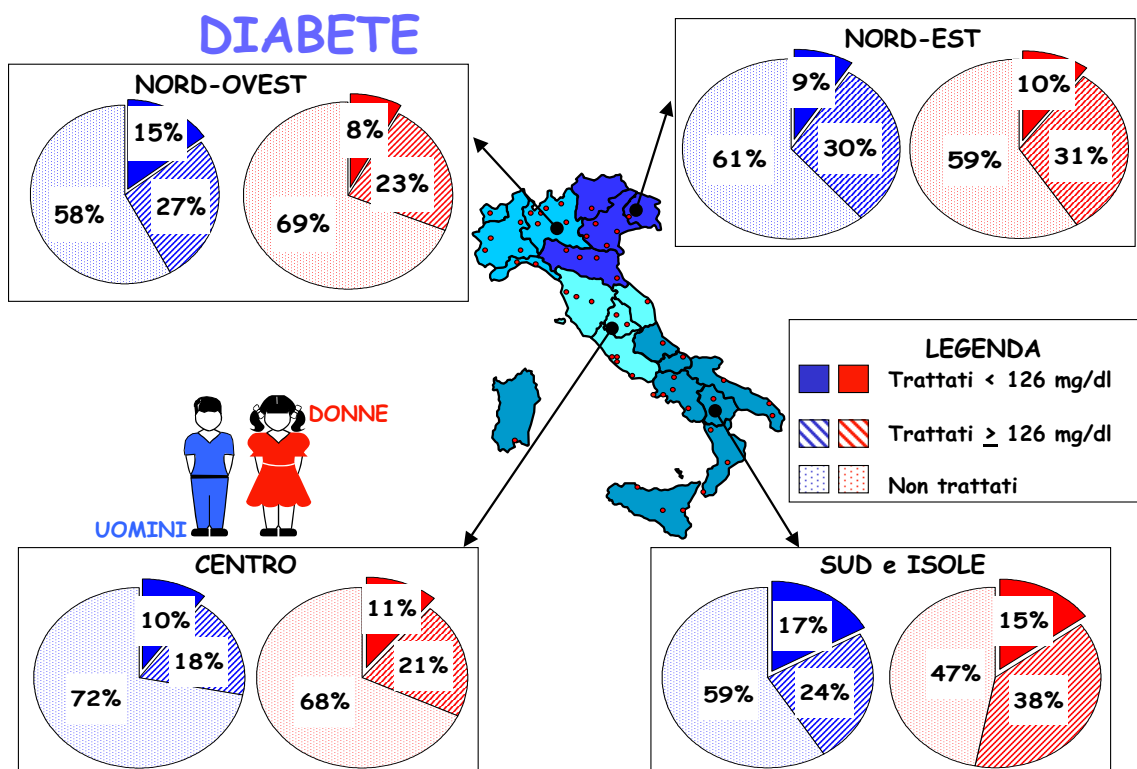


Figure 32. Diabetes control status in Italian macroareas. Men and women.

INDICE DI MASSA CORPOREA E OBESITÀ

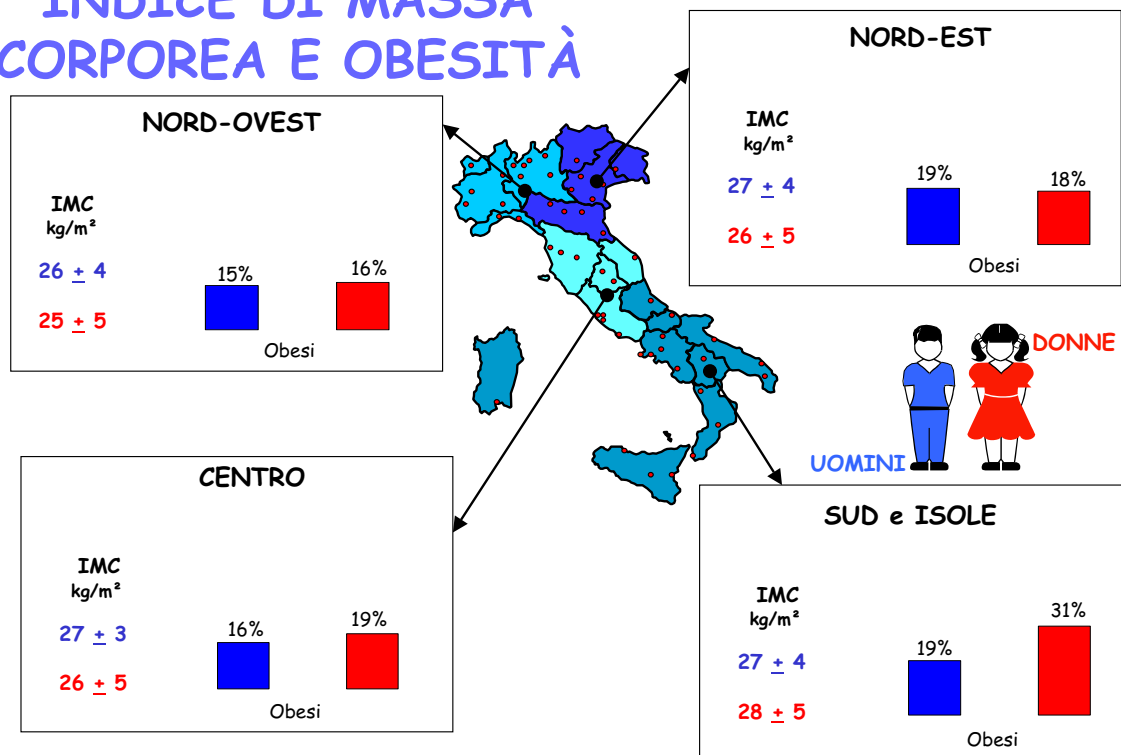


Figure 33. Mean levels of body mass index and prevalence of obesity in Italian macroareas. Men and women.

INATTIVITÀ FISICA

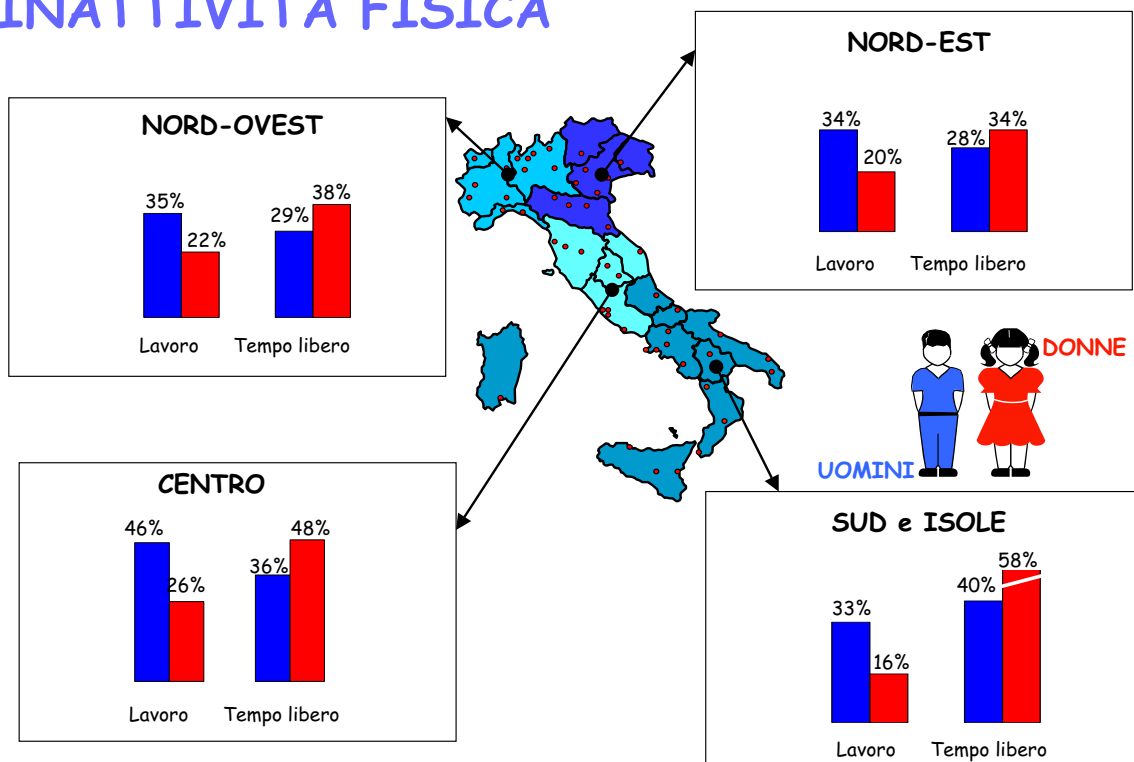


Figure 34. Prevalence of physical inactivity at work (lavoro) and leisure time (tempo libero) in Italian macroareas. Men and women.

ABITUDINE AL FUMO DI SIGARETTA

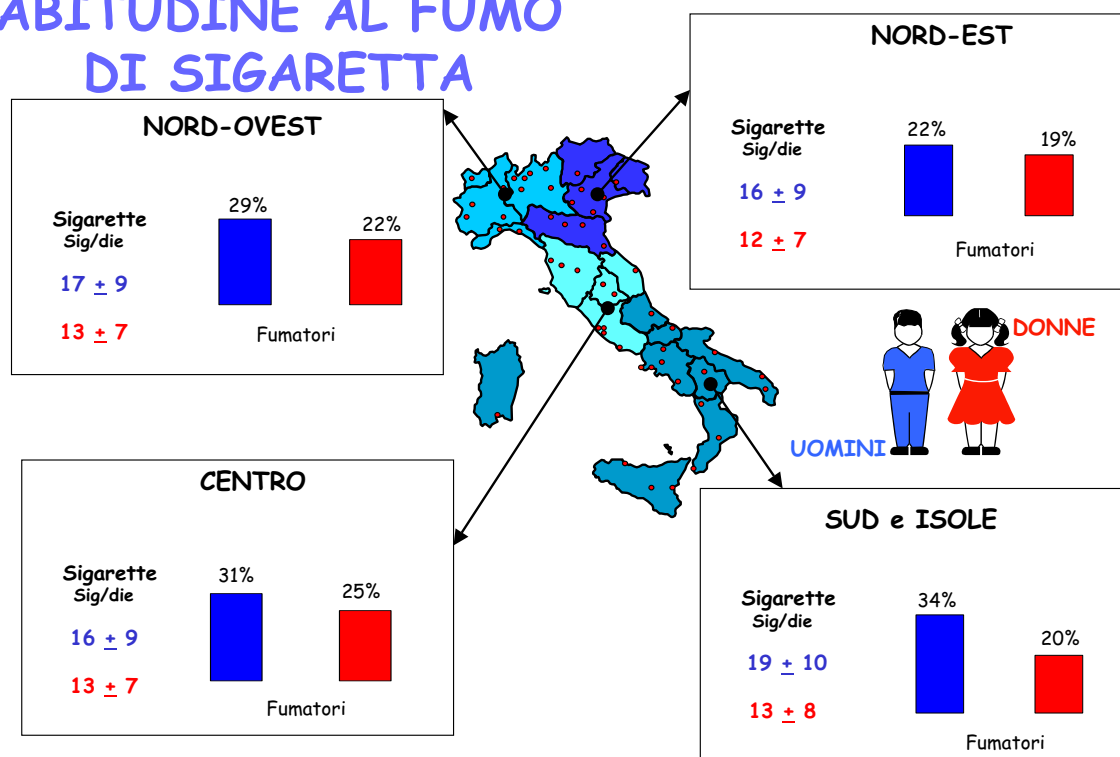


Figure 35. Prevalence of cigarette smoking and mean number of cigarettes smoked in Italian macroareas. Men and women.