Cardiovascular Diseases

Name

Institution

Abstract

Cardiovascular diseases have been on a significant rise within the world resulting in an increased level of mortalities. Cardiovascular related diseases are the main causes of mortality in the United States. The number of cases that are reported continues rising after each survey. This shows that less is being done to combat the number one killer in the United States. The major cardiovascular diseases that are claiming more lives include coronary heart disease, cerebrovascular disease, and the rheumatic heart disease. Four out five deaths in the United States are because of heart or blood vessel complications. Individuals who are at risk of cardio vascular diseases may experience increased blood pressure, glucose levels and overweight or obese. Therefore, the objective of the research was aimed to determine the relationship between diets and high blood pressure among school going children in the United States.

The study incorporated survey research methods in two middle schools within Minnesota, which offered two different food systems to their learners. The study, therefore, incorporated 30 respondents with each school set producing 15 students. The study focused on lunch programs within these schools where one school used freshly farm produced foods to serve their students where the other one offered its students conventional foods that are approved by the dietary guidelines, this included pizza, French fries, chocolate milk as well as canned fruits in syrup and vegetables. Data collection was randomly carried out within the identified schools targeting 15 students in each school.

The study could determine that students who has adopted a successful farm to school approach to its lunch programs they have a better health than the other students that have conventional foods approved by the dietary guidelines. The study, therefore, could conclude that there is a significant correlation between diets and high blood pressure among school going children.

Conclusion

The data suggests that lifestyles of individuals tend to assume has a critical impact on their overall well-being regarding health considerations. Cardiovascular diseases are commonly lifestyle diseases, which are mainly, contributed to by the food preferences that individuals are used to having. The number of deaths because of cardiovascular diseases has been on a sharp rise in recent years. The mortality rate because of the cardio vascular disease shows that coronary heart disease is the main killer contributing approximately 48 percent of the total deaths because of cardiovascular complications. Disease of the arteries contributes small percentage at 3 percent of the total deaths. The increase is attributed to poor lifestyles and poor feeding programs. It is quite clear from the results that the diet that an individual subscribes has a significant influence on their general body wellbeing. From the research done when considering the student population that was subjected to soda and junk foods had an increase in their body weight, which was directly linked to the junk foods that they were subjected to exposing them to increased risks of high blood pressure.

The research results are very important as they highlight significant information regarding the impact of foods that individuals eat and their resultant impact. The results are very much informative to the scientific community since they highlight the significant understanding of the exact impact on what the diet has in disease prevention. Dependence on junk foods is addictive, yet any positive development to an individual’s body since increases the risk of lifestyle diseases such as cardiovascular diseases. Therefore, significant and effective understanding of these issues is very important in choosing food products to consume providing for children in the quest to decrease chronic disease.

The study, therefore, brings forward some of the critical issues that many policymakers and general peptic do not focus on in their daily lives. The diet that consume has a significant influence on the blood pressure levels among individuals. There is the need for an individual to consume that they have their calcium test levels maintained within the required levels to avoid being exposed to significant level cardiovascular diseases. Freshly produced food is very important health wise since they contain primary nutrients that are very important in body development. Even though there have been technological developments in place which have had a significant influence on the production process, producing natural foods without incorporating any scientific innovation is very important fact to consider even though they are expensive to some extent when compared to genetically modified products (Northcott, Marshall & Hilari,2016).

Obesity is one of the common lifestyle diseases that is having a great negative impact to many individual’s health. Obesity is a growing concern in almost all developed countries, and is slowly spreading to other less developed countries. The rate of obesity in children in the United States it is so high the statistics show that up to one out of five children are either obese or overweight. Obesity can be termed as a health disorder characterized by undue accretion and storage of fats in the body. This accumulation of fats in the body can bring about many health problems mainly heart diseases. There has been an increase in obesity among children having doubled within the last thirty years (Grau et.al, 2001).

The diet of school going children has been a significant issue especially because there are significant aspects that are put into consideration. The lunch diet requirement should significantly focus on fruits and vegetables. However effectively determining what counts as a vegetable has been a significant issue. Pizza has been highlighted as a vegetable although it is important its impact and influence on human body. The lack of consideration of the health conditions of children is a more significant issue that is significantly influencing the increasing lifestyle diseases (Aubrey, 2011).

The Congress is more concerned with protecting the food industries rather focusing on the health of individuals. This is a very serious consideration that needs to be effectively considered to have a better understanding of the underlying issues in the healthy lifestyles of individuals. The Congress has focused on creating a regulation on nutrition, which could as well go down as one of the worst blunders in the history of Congress. The significant influence of junk food with significant promotion by different agencies is hurting the focus on reducing lifestyle diseases (Aubrey, 2011).

 Former First Lady Michelle Obama had made significant efforts in creating stricter nutritional standards with the aim of reducing the rate of obesity within the United States through the Health, hunger free kids act. However, the Trump administration through Agriculture Secretary has moved swiftly stall this important consideration. The conservationists had significantly considered the stricter nutritional considerations as a gross federal overreach. Public health and nutrition advocates have dismissed these considerations since they played a significant role in reducing the level of obesity and lifestyle diseases and thus it is a mistake for the government to roll them back (Dewey & Balingit, 2017).

 The focus was significantly high in schools regarding nutritional lunch programs where many schools had adopted these important regulations in nutrition. These legislations had provided a significant engagement where schools were expected to follow such as ensuring that grains offered in school cafeterias must be 50% or a whole grain. Therefore, the change would likely increase the rate of lifestyle diseases such as obesity, which is a significant determinant of cardiovascular diseases (Dewey & Balingit, 2017).

**Add Policy recommendation**

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