

# Prevalence of Myocardial Infarction and Cerebrovascular Disease in persons aged ≥ 60 years: National Survey of Health of Panama 2019.

P1-E27

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## BACKGROUND

Non communicable diseases (NCDs) are the main causes the largest number of deaths globally, being cardiovascular disease the largest contributor of them. In Panama, cardiovascular main causes of deaths are also the largest group within NCDs. Age is a non-modifiable risk factor developing cardiovascular diseases, which in turn hinders healthy ageing, particularly in person older than 60 years.

## AIM

Assess the prevalence of myocardial infarction and cerebrovascular diseases in persons aged 60 years or more using data from the National Survey of Health of Panama (ENSPA in Spanish) 2019.

## METHODS

There were 4,159 persons surveyed (N: 819,354) aged 60 years included in these analyses. The participants were also classified by sex (men, N: 456,413; women N: 362,941) and by geographical region (urban N: 571,849; rural N: 229,430; indigenous N: 18,076). The participants were queried whether they had a medical diagnosis of myocardial infarction (MI) and cerebrovascular disease (CVD). Prevalences and their respective 95% confidence intervals (95% CI) were calculated taking in to account a complex sampling design. Odds ratios and their 95% CI were calculated using unconditional logistic regression including 898,230 persons aged between 40 and 59 years old as comparison group adjusting by sex and geographical area.

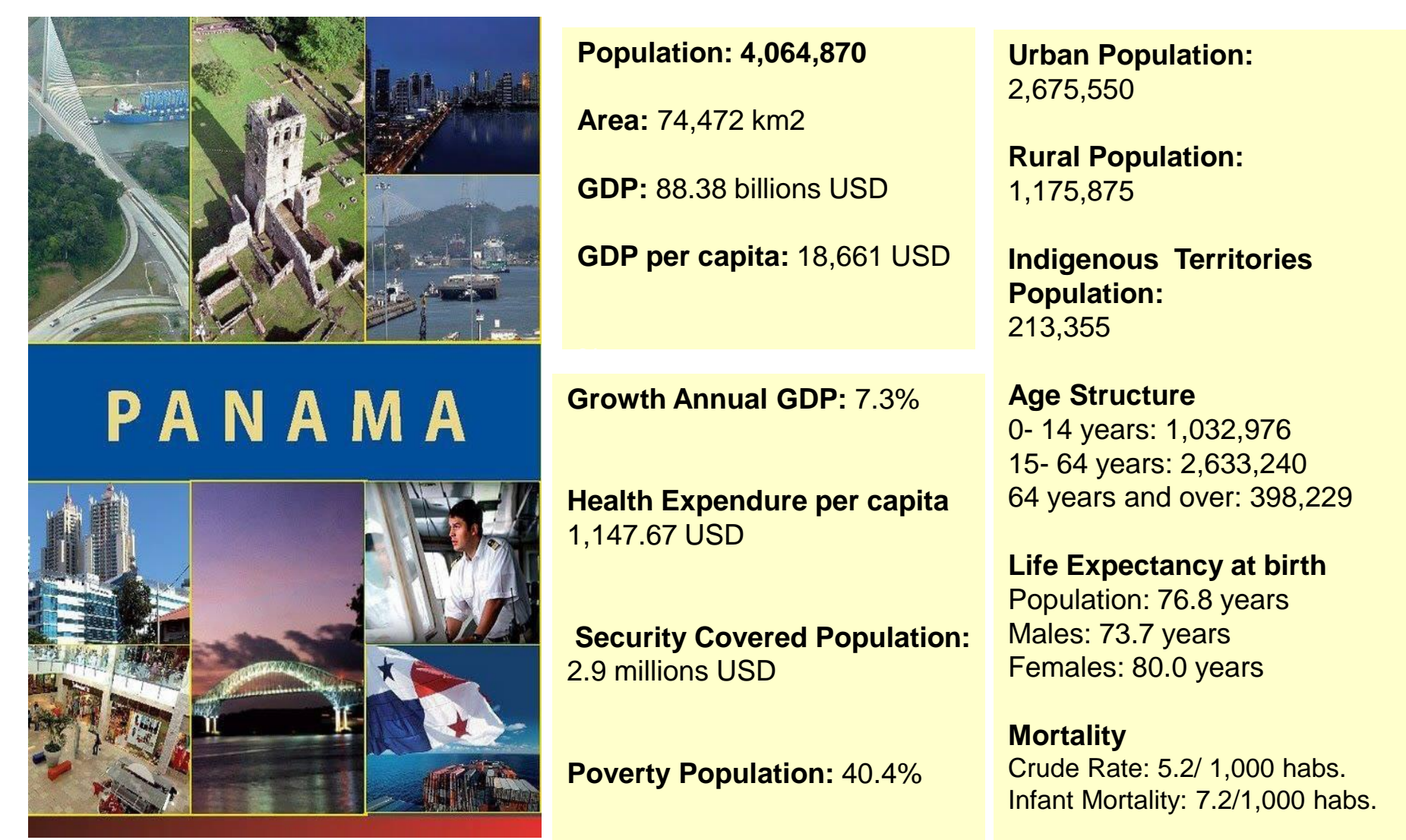
## RESULTS

The national prevalence in persons older than 60 years old for MI was 1.53% (95% CI: 0.92%-2.15%), and for CVD it was 1.97% (95% CI: 1.07%-2.86%). There was no statistically significant difference in the prevalence of MI by age or geographical area. Men have a higher prevalence of CVD (2.71%; 95% CI: 1.16%-4.24%) than women (1.04; 95% CI: 0.05-1.57). No statistically significant difference in the CVD prevalence was observed by geographical area. Persons older than 60 years have higher prevalence of CVD than those aged between 40 and 59 years old (OR: 3.34; 1.47-7.60). However: no statistically significant difference was found in the prevalence of MI (OR: 1.55; 95% CI: 0.58-4.15).

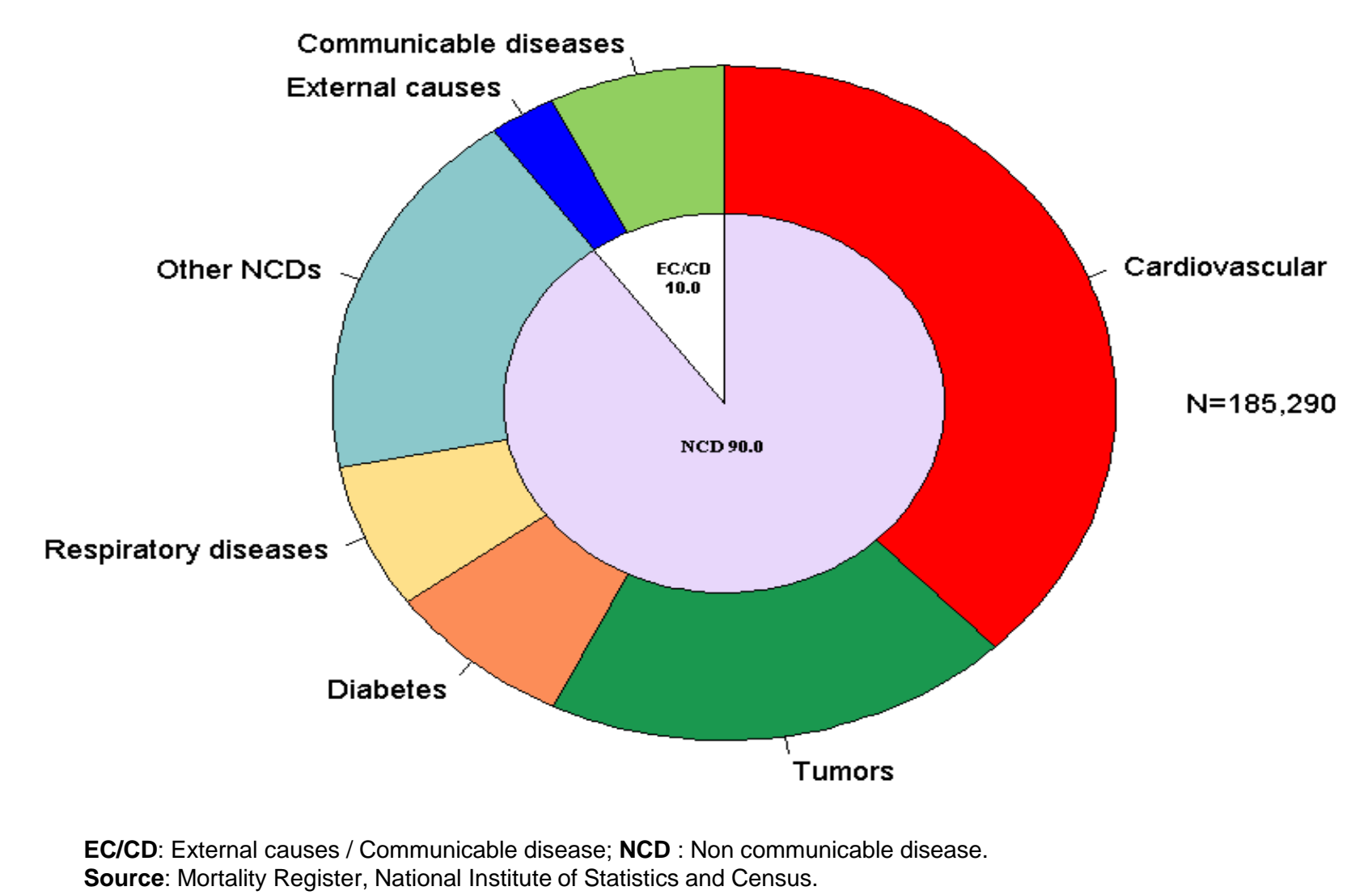
## DISCUSSION

These findings might help decision takers to improve management of resources needed for medical attention of MI and CVD. The prevalence of cardiovascular diseases seems to be increasing in middle income countries, such as Panama, due to increase intake of fat and sugars in the diet and low physical activity which in turn hinders the healthy ageing of the population.

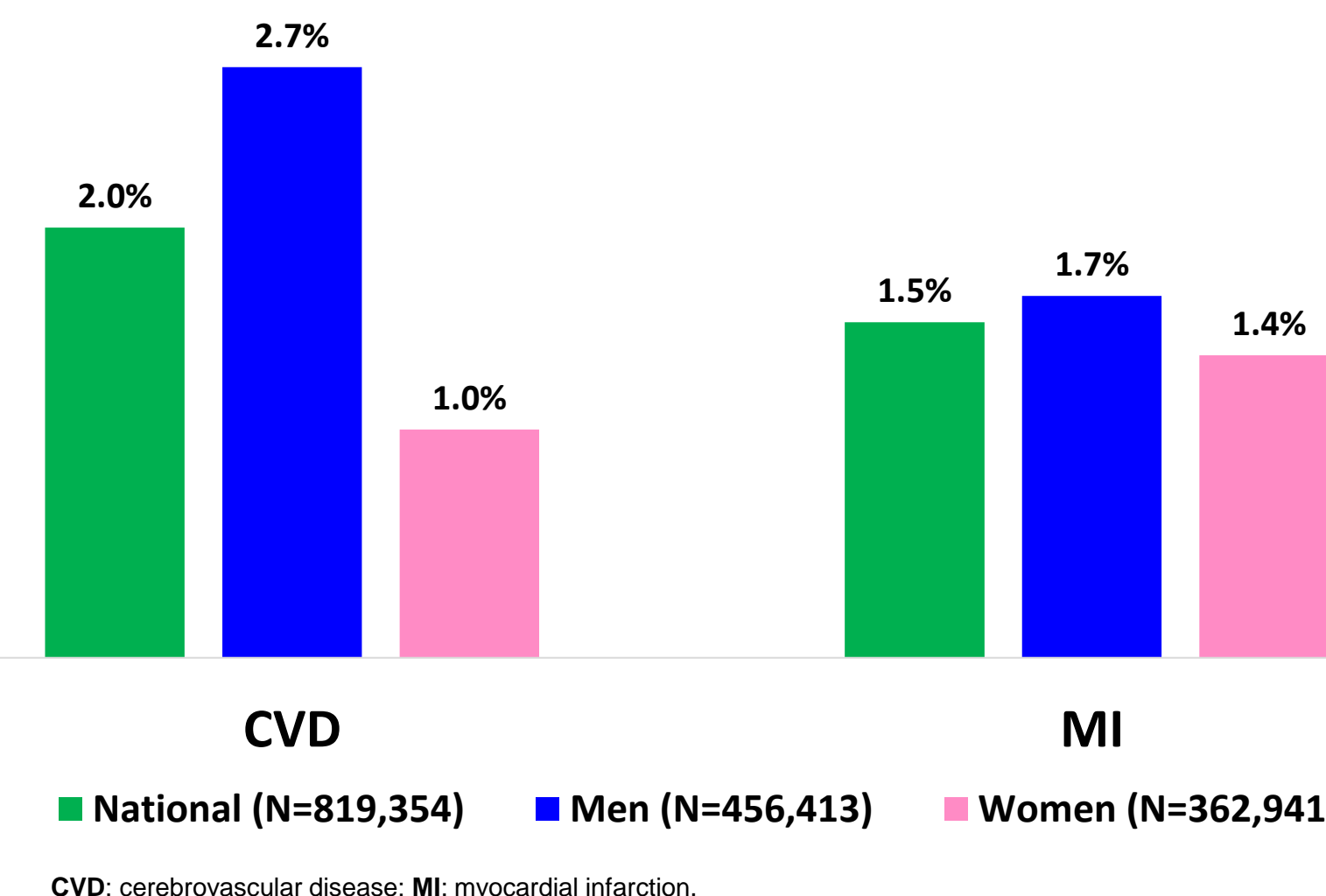
### Economic, Social, and Health Indicators of the Republic of Panama. 2024.



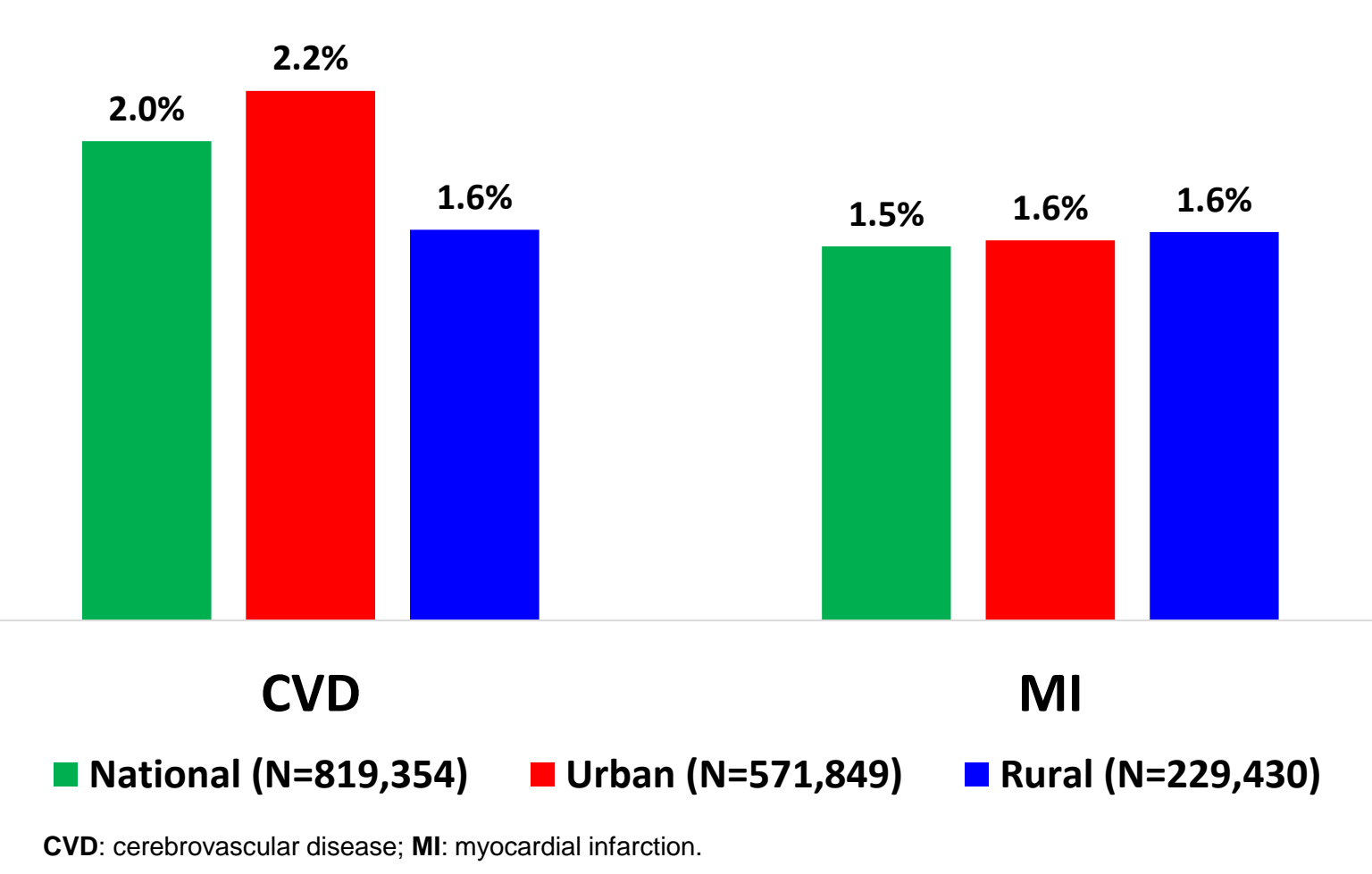
### Proportional mortality according to the main cause of death in persons aged 60 years or more. Panama 2001-2019



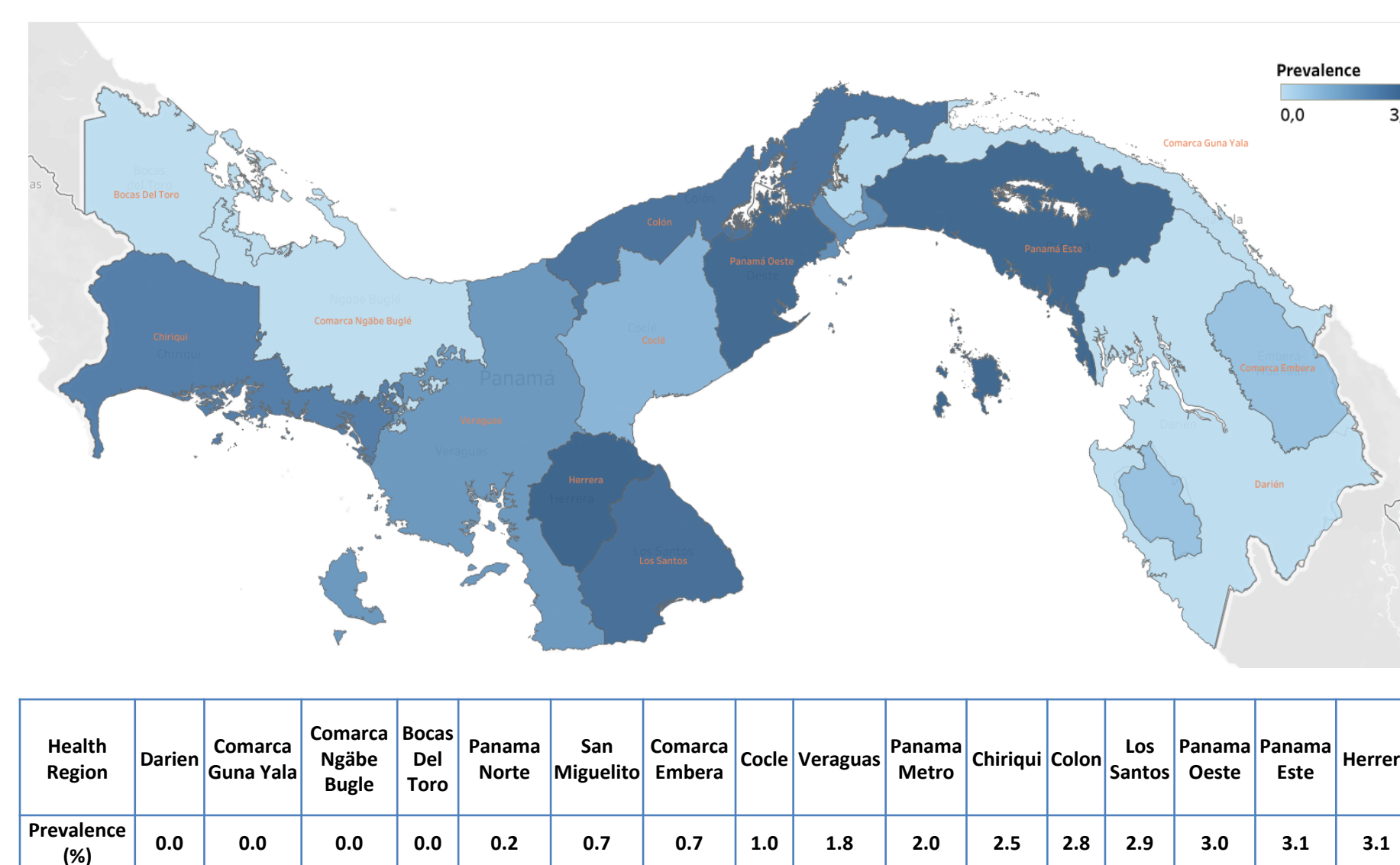
### Persons aged 60 years or more according to the prevalence of cerebrovascular disease and myocardial infarction stratified by sex. Panama 2019



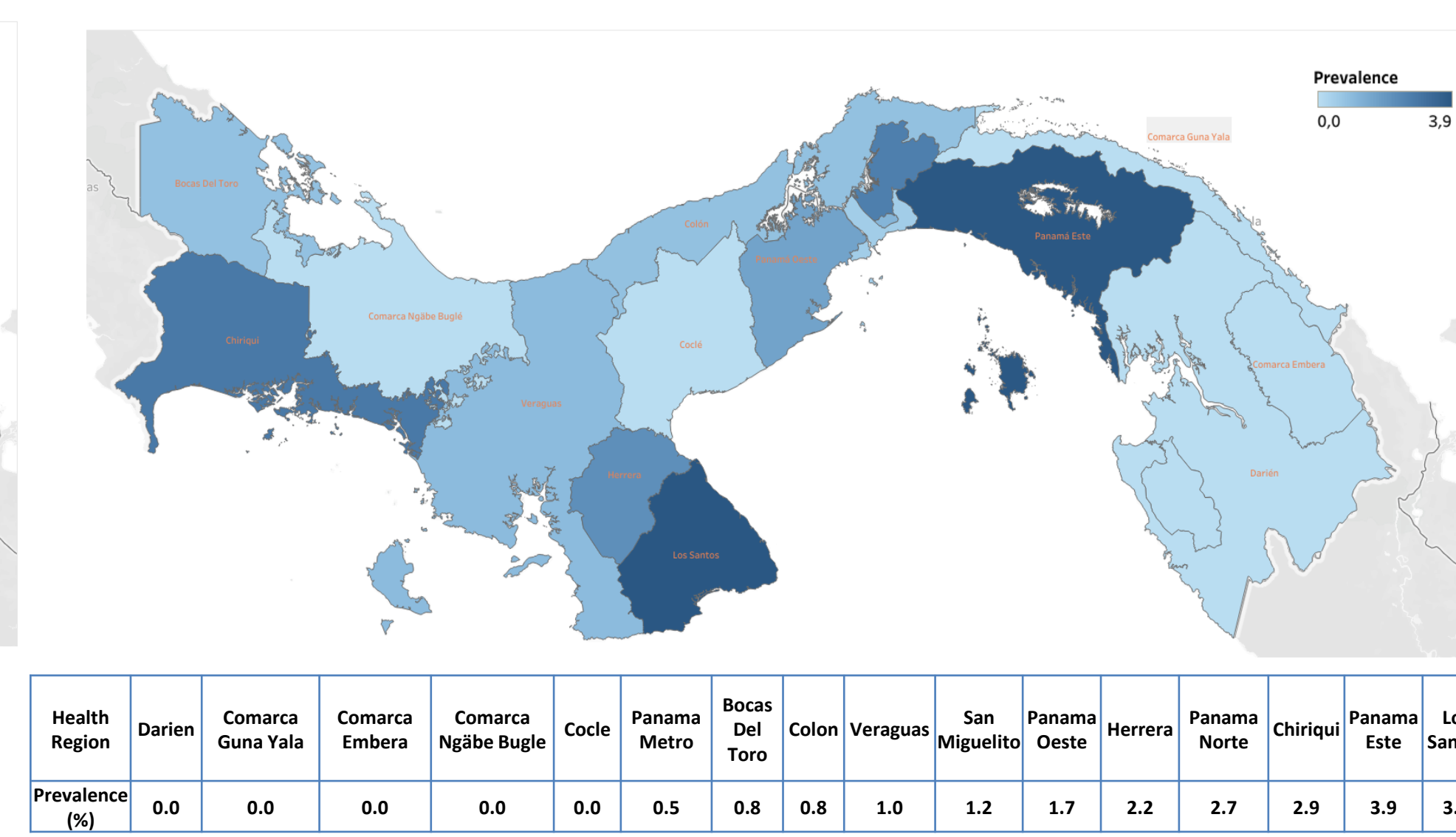
### Panamanian persons aged 60 years or more according to the prevalence of cerebrovascular disease and myocardial infarction stratified by area. Panama 2019



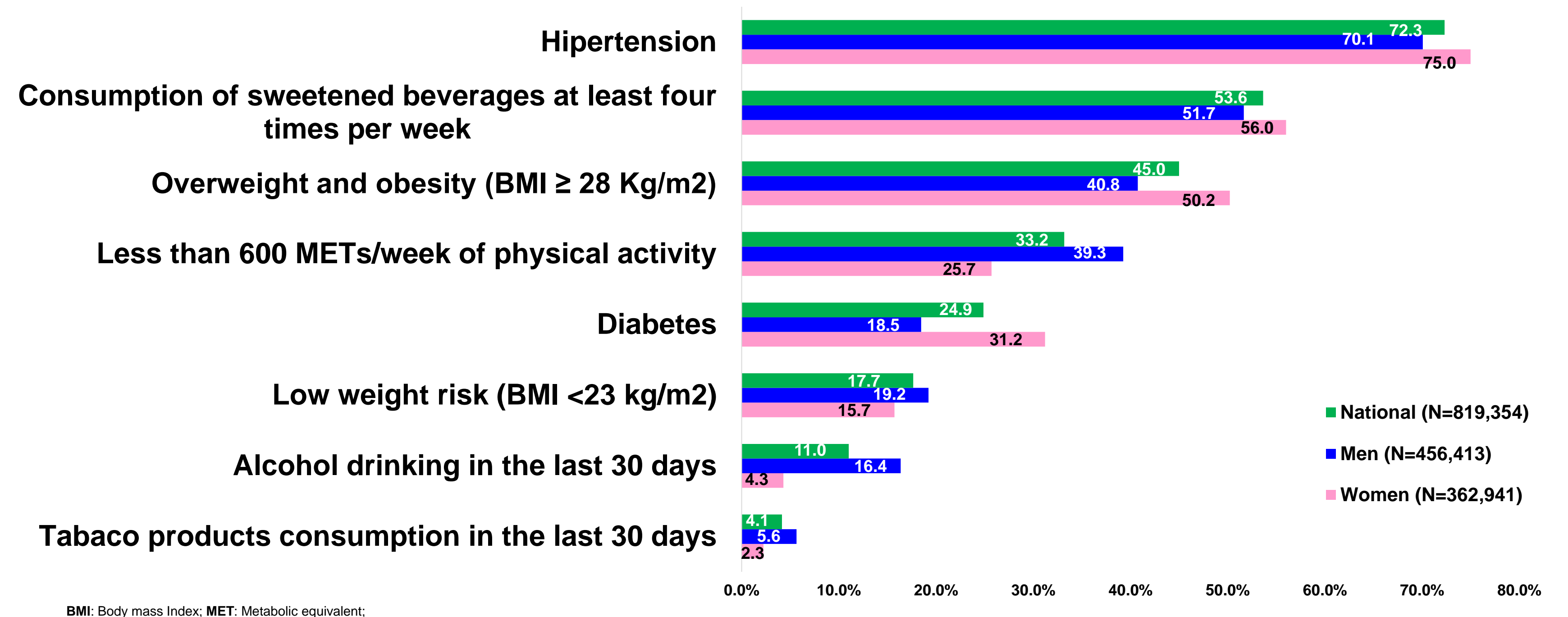
### Panamanian persons aged 60 years or more according to the prevalence of cerebrovascular disease by health region. Panama 2019



### Panamanian persons aged 60 years or more according to the prevalence of myocardial infarction by health region. Panama 2019



### Panamanian persons aged 60 years or more according to the prevalence of cardiovascular disease risk factors by sex. Panama 2019



### Panamanian persons aged 60 years or more according to the prevalence of cardiovascular disease risk factors by area. Panama 2019

