

Strategies to cut cardiovascular risk factors show mixed results

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(HealthDay)—Cardiovascular disease (CVD) risk factors remain

prevalent despite known, proven strategies to reduce risk, according to research published in the Sept. 7 issue of the U.S. Centers for Disease Control and Prevention's *Morbidity and Mortality Weekly Report*.

Hilary K. Wall, from the CDC in Atlanta, and colleagues used data from the National Health and Nutrition Examination Survey, National Survey on Drug Use and Health, and National Health Interview Survey to assess the prevalence of CVD risk factors among U.S adults.

The researchers found that from 2013 to 2014, the prevalence of aspirin use for primary and secondary CVD prevention were 27.4 and 74.9 percent, respectively. Prevalence of statin use for cholesterol management was 54.5 percent. The average daily sodium intake was 3,535 mg/day from 2015 to 2016. During the same time period, the prevalences of [blood pressure control](#), combustible tobacco use, and physical inactivity were 48.5, 22.3, and 29.1 percent, respectively. Compared with 2011 to 2012, there were significant decreases in the prevalences of combustible tobacco use and [physical inactivity](#), but there was a decrease in aspirin use for primary or secondary prevention. Disparities in risk factor prevalences were noted across age groups, genders, and racial/ethnic groups.

"Millions of Americans have CVD risk factors that place them at increased risk for having a cardiovascular event, despite the existence of proven strategies for preventing or managing CVD risk factors," the authors write.

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