

Abstract

The study was conducted to establish the awareness of predisposing factors to cardiovascular diseases among adults at Uganda Heart Institute, Mulago Hospital. The study consisted of 101 respondents who were patients with cardiovascular diseases. The main instrument used in the study was the questionnaire which was used to examine 101 respondents.

The major findings of the study were; there is limited awareness, knowledge about the risk factors to cardiovascular diseases among adults in Uganda, Cardiovascular diseases are the main non-communicable conditions and are a major public health concern worldwide and account for 9.2% of total deaths in the African region.

The shortage of data on the burden of cardiovascular diseases in Uganda results from the lack of research, which is caused by reduced local expertise and poor funding. The researcher however, recommended the following; increased public awareness of the relationship between lifestyles and heart disease which might help people understand the potential health consequences of their lifestyles and encourage them to make much needed lifestyle changes.

More efforts are needed to improve public health messages about how lifestyle risk factors can impact on the chances of developing heart disease.