

**LIFESTYLE AMONG THE ELDERLY PATIENTS WITH  
CARDIOVASCULAR DISEASE IN BAODING, CHINA**

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### **Abstract**

Cardiovascular disease is the leading cause of morbidity and mortality in the world, incidentally, it remains the most important disease affecting the health of the Chinese population. Unhealthy lifestyle has been found to be one of the important risk factors of cardiovascular disease. The goal of this study is to analyze the demographic profile of the elderly patients with cardiovascular disease in Baoding, China, and how lifestyle influence cardiovascular disease. A descriptive and explanatory research was conducted by judgmental sampling. A total of 80 respondents with cardiovascular disease, including both male and female who are 60 and above, were surveyed by using questionnaire in Baoding Cardiovascular Disease Hospital, China, December, 2014. SPSS was used to analyze the data collected, to compare the frequency and percentage of the variables. The result of the study shows that people who have unhealthy lifestyle such as physical inactivity, smoking, too long or short sleep duration and unhealthy diet are at higher risk of developing cardiovascular disease.