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CARDIOVASCULAR DISEASES AND RISK FACTORS A BURDEN FOR GENERATION
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Introduction. Cardiovascular diseases take the lives of 17.7 million people every year, 31% of all global deaths.

Purpose of the research. Analysis of cardiovascular risk factors in children from the literature database.

Material and methods. Literature review analysis from PubMed databases, expert consensus documents and original articles for the period 2021-2023 in children.

Results. Cardiovascular disease is generally manifest in adulthood, the process of atherosclerosis can begin early in childhood. The process accelerated because of the presence of identifiable risk factors: obesity and hypertension and specific diseases that are associated with premature cardiovascular diseases.

The global prevalence of overweight and obesity in children and adolescents has increased substantially over the past several decades. Childhood obesity impacts all the major organ systems of the body and is well known to result in significant morbidity and mortality. The two primary goals of cardiovascular health promotion in children are: prevention of the development of risk factors associated with atherosclerosis, primordial prevention based on general measures that focus on adherence to a healthy lifestyle. Identification and management of the child at risk for early atherosclerosis based on the presence of established risk factors including hypertension, obesity, dyslipidemia, physical inactivity, and smoke exposure.

Conclusions. Cardiovascular disease remains a major cause of premature mortality and rising health care costs. Cardiometabolic, behavioral, environmental and social risk factors are major drivers of cardiovascular diseases.