A CROSS-SECTIONAL RELATIONSHIP BETWEEN CARDIOVASCULAR RISK FACTORS (CVD RISK) AND SOCIOECONOMIC STATUS (SES) IN PATIENTS WITH SEVERE MENTAL ILLNESS (SMI)

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Introduction.

Cardiovascular death is one of the leading causes of death worldwide, and cardiovascular disease (CVD) is of the main contributors of reduced life expectancy in both the regular population and in patients with severe mental illness

Individuals with severe mental illness (SMI) show a 53% higher risk of having a CVD, 78% higher risk of developing CVD and 84% higher risk of dying of CVD compared to the normal population[1].

Socioeconomic status (SES), described as an individual's social and economic position relative to other society members is an important factorr associated with an increase CVD in both men and women in the general population[2].

CVD risk among persons with low SES such as smoking, diabetes, hyperlipidaemia and hypertension are potentially modifiable, and the higher CVD mortality in persons with lower occupational class and lower education implies that closing the gap between low- and high socioeconomic groups may reduce CVD mortality.

The impact of SES on CVD risk factors in patients with severe mental illness has not to our knowledge been investigated.

References:

[1]Correll C et al 2017, World Psychiatry, Prevalence, incidence and mortality from cardiovascular disease in patients with pooled and specific severe mental illness: a large-scale meta-analysis of 3,211,768 patients and 113,383,368 controls,
[2]Clark AM et al,Nat Rev Card.,2009 Socioeconomic status and cardiovascular disease: risks and implications for care

Objective

By implementing healthy heart, the cardio metabolic risk tool we aim to explore weather the algorithm can participating in improving the health of patients with SMI

Method

A nationwide, multi-center study with six participating hospital have collected data at baseline, and after 12 months focusing on somatic health, cardio metabolic risk factors and socio-economic factors
Preliminary description at baseline in table.

	Men N=151 (SD)	Women N = 119 (SD)
BMI	29,8 (8,2)	27,6 (6,2)
Weight (kg)	93,8 (21,4)	76,4 (20,7)
Tot. cholesterol (mmol/l)	5,1 (0,9)	5,2 (1,1)
HbA1c (%)	5,5 (0,7)	5,9 (4,8)
Smoking (%)	49,3 %	25,6 %
Private housing (%)	60,3 %	80,5 %
Physical activity <= 1/week	53 %	46 %
Physical activity >=1/week	47 %	54 %

Table 1 Preliminary descriptive characteristics of the cohort at baseline

Positive Cardiometabolic Health Resource. An intervention framework for people experiencing psychosis and schizophrenia. Lester UK Adaptation | 2014 update

Shiers D et al. Positive Cardiometabolic Health Resource. Royla College of Psychiatrists, London. Norwegain adaption, PA Ringen and S Tonstad, OUS, 2015