

ORIGINAL RESEARCH

57. **The Impact of Lifestyle on Cardiovascular Health Among Medical Students at 6 October University**Naif A. Jaafari¹,¹ Medical student at 6 October University, Egypt

Background: Life-threatening cardiovascular conditions (CVDs) are one of the most important factors that affect peoples' appetites and life expectancy on a global scale. Lifestyle factors such as diet, physical activity, sleep, and stress levels are important determinants of cardiovascular health. This research examines medical students' lifestyle habits in relation to cardiovascular health indicators at 6 October University.

Methods: This is a cross-sectional study of 100 medical students, and it was conducted via an online questionnaire in English and Arabic. The questionnaire contained demographic data, information about leisure activity, diet, smoking, sleep patterns, stress levels, and self-measured heart rate and blood pressure.

Results: Of the participants, 62% were physically active more than 3 times weekly, only 28% of students reported eating fast food more than twice a week and 35% reported eating fruits and vegetables daily. 64% said they sleep for 6-8 hours a day. 42% reported feeling stressed. Among the responding students, 16% reported having elevated blood pressure and the majority of these students who reported poor lifestyle scores.

Conclusion: These findings suggest that lifestyle behaviours including physical activity and dietary habits are associated with cardiovascular health indicators among medical students. It is necessary to promote healthy lifestyle changes to improve the wellbeing of future health professionals.

Table 1. Summary of Health Behaviors Among Students

Variable	% of Students
Physically active ≥3 times/week	62%
Fast food consumption >2/week	28%
Daily fruit/vegetable intake	35%
Sleep duration 6–8 hours/night	64%
Reported moderate/high stress	42%
Elevated blood pressure reported	16%

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