

UNIVERSITI TEKNOLOGI MARA

**RELATIONSHIP OF WAIST CIRCUMFERENCE,
BLOOD PRESSURE AND FASTING BLOOD
GLUCOSE WITH CARDIOVASCULAR
RISK AMONG WORKING AND
NON-WORKING MARRIED
WOMEN IN KOTA BHARU,
KELANTAN**

By

NORAMALINA BINTI MOHD GHAZALI

**Research Project Report submitted in partial fulfillment of the
requirements for the
Degree of Bachelor of Sport Science (Hons.)**

Faculty of Sport Science and Recreation

January 2016

DECLARATION


**BACHELOR OF SPORT SCIENCE
FACULTY OF SPORT SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA**

I, Noramalina Binti Mohd Ghazali (I/C Number: 930312-14-6000) hereby declare that:

This work has not previously been accepted in substances of any degree, locally or overseas and is not being concurrently submitted for any others degree.

This project paper is the result of my independent work and investigation, except where otherwise stated, I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blames as my results of my work.

All verbatim extracts have been distinguishes by quotations marks sources of my information have been specifically acknowledged.

Signature : 
(NORAMALINA BT MOHD GHAZALI)

UiTM ID : 2013586095

Date : 26 / 1 / 2016

ABSTRACT

Blood pressure, waist circumference and fasting blood glucose tend to be contributor to risk of CVD. Thus, this study was conducted to identify the relationship of CV risk factors with CV risk among women working status in Kota Bharu, Kelantan. 30 working women and non-working women were recruited in the study. They were asked to have three measurements as three CV risk measured and answer a questionnaire BMJ Q-RISK2-2015 to predict CV risk for the next 10 years. Independent T-test was used to investigate the mean difference of cardiovascular risk factors while correlation was used in order to measure relationship between CV risk factors and predicted CV risks. The result shows there was a significant difference between working status for blood pressure, and there was no significant difference for fasting blood glucose and waist circumference. The prediction for CV risk for the next 10 years showed that non-working women had higher risk of getting CVD in future. There was significant relationship for working women and CV risk for waist circumference measurement, for non-working women and CV risk for systolic blood pressure. As for conclusion, non-working women has the higher risk of getting CV risk in the next 10 years.

Keywords: *Cardiovascular Risk Factor, Married Women, Predicted Cardiovascular Risk, Working Status*

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