

Effectiveness of health education for the prevention of cardiovascular diseases in rural communities

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ABSTRACT

This study addresses the effectiveness of health education programs in preventing cardiovascular disease in rural communities in Brazil. The literature review highlighted that such programs are effective in improving knowledge about cardiovascular risk factors and promoting healthy behaviors, such as dietary changes and increased physical activity. Examples include initiatives that adapt educational methods to local needs, resulting in significant reductions in blood pressure and cholesterol levels among participants.

Keywords: Health education, Cardiovascular diseases, Rural communities.

INTRODUCTION

Cardiovascular diseases are a leading cause of global mortality, including in rural areas of Brazil, where access to health care is often limited. Health education emerges as a crucial tool for the prevention of these diseases, promoting healthy lifestyle habits and awareness of risk factors. In rural communities, health education programs can have a significant impact on reducing the incidence of cardiovascular disease.

OBJECTIVE

This study aims to evaluate the effectiveness of health education programs in the prevention of cardiovascular diseases in Brazilian rural communities, analyzing changes in the knowledge, attitudes and behaviors of participants.

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MATERIAL AND METHODS

A literature review was carried out in databases such as SciELO and PubMed, using the descriptors health education, cardiovascular diseases, rural communities and Brazil. Studies published in the last five years that addressed the implementation and results of health education programs aimed at the prevention of cardiovascular diseases in rural areas were included.

RESULTS

The results indicate that health education programs are effective in improving knowledge about cardiovascular diseases and promoting preventive behaviors. According to Santos et al. (2020), participation in health education programs significantly increased participants' knowledge about cardiovascular risk factors. In addition, the adoption of healthy habits, such as changes in diet and increased physical activity, was observed in several communities.

A study by Oliveira and Costa (2019) highlighted that health education in rural communities led to a notable reduction in blood pressure and cholesterol levels among participants. The implementation of educational programmes tailored to the specific needs of rural communities, including participatory methods and audiovisual resources, has proved particularly effective.

CONCLUSIONS

Health education proves to be a powerful strategy for the prevention of cardiovascular diseases in rural communities. By increasing knowledge and promoting healthy behaviors, these programs can contribute significantly to reducing the incidence of cardiovascular disease. Public policies should support and expand these initiatives, ensuring that more rural communities have access to effective and sustainable health education programs.