Cardiovascular diseases are the main cause of death in the world, causing 17.7 million deaths per year. In the present work the relation between the appearance of these diseases and the lifestyles is studied, presenting the lifestyles as tools of primary prevention in Primary Health Care. It also presents an intervention plan based on a health program that will be launched from the Rochapea Health Center in Pamplona. The aim of this program is to teach young people between the ages of 18 and 30 in the neighborhood of La Rochapea about cardiovascular diseases and healthy lifestyles. Physical activity and feeding are the most representative factors in the emergence of these diseases as well as the most investigated, both in particular and the educational interventions in which they have been worked. Therefore, in the present study, these two factors will be the most studied and on which the intervention plan will be most affected.

PALABRAS CLAVE: ENFERMEDADES CARDIOVASCULARES, PREVENCIÓN, ESTILOS DE VIDA, DIETA MEDITERRÁNEA, ACTIVIDAD FÍSICA

Gaiak edo hitzako gehienez 5