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Title: The study of Knowledge, attitude and practice of Yazd restaurant chefs, especially concerning cardiovascular diseases in 2010

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Abstract: Introduction
Cardiovascular diseases are a global pandemic and the leading worldwide cause of death and in Iran, so it is assumed that thirty percent of the 58 million deaths occurred worldwide in 2005, and 35% - 65% percent of total deaths in the Middle East and 39% percent of all deaths in Iran have been attributed to heart cardiovascular diseases. One of the most important topics in disease control and prevention is health education (including raising awareness, changing attitudes and changing functions) to a group that plays an important role in Disease Control. Noting that most people tend toward fast food and processed foods for various reasons, the cooks can play an important role in heart health so, we decided to study the chefs' knowledge, attitude and performance in the city of Yazd.

Methods
This study is a cross-sectional descriptive – analysis study that has been performed on 60 restaurant chefs of Yazd in 1389 (almost total chefs). By using questionnaires method in gathering information the reliability and validity of that were accepted and including demographic information (13 questions) and the questions related to the Knowledge of the causes, symptoms and prevention of cardiovascular disease (13 questions), attitude (12 questions have been developed based on Likert scale) and performance (14 questions). After entering data in the SPSS software by using statistical tests including Anova, T-test, Chi square test and Pearson correlation it has been analyzed.

Results
The mean knowledge scores of the Chefs have been 4.8 ± 16.6, attitude and practice have been 3.4 ± 16.9, 4.2 ± 13.7 respectively. There has been significant correlation between knowledge and attitude (p: 0.027) attitude and income (P: 0.03) and income and age (P: 0.029). Also significant relationship between knowledge and health (P: 0.019) and performance and health (P: 0.004), attitude and history of cardiovascular disease in the family members (P: 0.032) have been existed. The information Source concerning samples was by physicians (21.7% percent) and nearly 77% percent of them have chosen doctor as their preferred source.

Conclusion:
According to the results of this study based on the chefs average knowledge and attitude and moderate performance that tends to be weak and in the other hand, very important and key role of the chefs in cardiovascular health of people is the increase of Chefs' awareness that are recommended improve their performance and attitude towards risk factors for cardiovascular disease

knowledge, attitude, behavior, cardiovascular disease, chef

Presentation: Poster