



Determinación del riesgo cardiovascular y recomendaciones de ejercicio en un grupo de adultos y adultos mayores [

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text (article)

Analítica

Introduction: the classification of cardiovascular risk allows the appropriate selection of exercise, through individualized assessments, and the generation of recommendations based on evidence. This study determined cardiovascular risk in a group of adults and older adults, using the stratification tool for exercise prescription of the American Heart Association (AHA), pointing out its recommendations, and those of the European Society of Cardiology (ESC). **Methods:** cross-sectional study, based on surveys of individuals belonging to a physical conditioning program. Cardiovascular risk was determined, a univariate and bivariate analysis was performed. Based on the results, appropriate exercise recommendations were described according to the AHA and the ESC, taking into account additional characteristics such as type and intensity, review mode. **Results:** the population was 62 participants, 84% (n=52) were women. The mean age was 65.73 " 10.5 years. 51.6% were older adults (≥ 65 years). 45.2% had a history of hypertension and overweight, followed by diabetes (41.9%), dyslipidemia (33.9%) and valvular disease (21%). The calculated cardiovascular risk was: Class A: 25.8% (n=16); Class B: 29.0% (n=18); Class C: 19.4% (n=12), and Class D: 25.8% (n=16). There was a higher prevalence of hypertensive patients (39.3%) in class D (p = 0.016). **Conclusion:** the application of the cardiovascular risk classification strategy emerges as a key element to support informed decision making, generate substantial health benefits, and reduce the risk of complications

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