**IDEAL CARDIOVASCULAR HEALTH STATUS AND RISK OF CARDIOVASCULAR DISEASE OR ALL-CAUSE MORTALITY IN A CHINESE MIDDLE AGED POPULATION**

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**Objective:** To estimate the prevalence of ideal cardiovascular health (CVH), and its relationship with cardiovascular disease (CVD) and all-cause mortality.

**Method:** Across sectional survey on CVD risk factors was conducted among Chinese aged 35-64 years in 2009-2010. Out of the total participants (n=11,623), 8,965 participants completed follow-up assessments in 2017, in which CVD events and all-cause mortality were collected.

**Results:** The percentage of meeting all 7 ideal CVH metrics was 0.1% in Chinese middle-aged population. During a median follow-up of 6.3 years, 8,754 were eligible for final analysis. The incident of CVD events and all-cause mortality were 6.02% and 4.85% per 1000 person-year in participants with 0-1 ideal CVH metrics, 3.33% and 3.57% in those with 2-5 ideal CVH metrics, and 0.40% and 0.79% in those with 6-7 ideal CVH metrics, respectively. After adjustment other covariates, the risk of CVD was significantly lower in participants with 2-5 (HR=0.67, 95%CI: 0.45-0.98) and 6-7 (HR=0.12, 95%CI: 0.02-0.87) ideal CVH metrics compared to those with 0-1 ideal CVH metrics. Moreover, one number increase in ideal CVH metrics was associated with a 25% (HR=0.75, 95%CI: 0.67-0.85) low of CVD risk. The risk of all-cause mortality was increased with ideal CVH metrics decreased (HR=0.78, 95%CI: 0.70-0.88).

**Conclusion:** A greater number of ideal CVH metrics was with a lower risk of CVD and all-cause mortality, but the prevalence of obtaining all 7 ideal CVH metrics was low in Chinese middle-aged population.