INTRODUCTION
Cardiovascular diseases in developed and developing countries are considered one of the main reasons of death (Alloubani et al., 2016; WHO, 2014). The treatment of risk factors and lifestyle changes in the world have led to a decreased prevalence of cardiovascular diseases and cardiovascular diseases mortality. Also, the economic burden of cardiovascular disease is tremendous, as well as affecting a patient's social and private life, because many patients need long-term care and long-standing institutionalization. Cardiovascular diseases risk factors are modifiable risk factors, such as diabetes, hyperlipidemia, stress, obesity, physical inactivity and smoking; and non-modifiable risk factors such as gender, genotype, race. Most cardiovascular diseases can be prevented by reducing the prevalence of behavioral (CVD) risk factors (WHO, 2015).

AIM
Understanding the prevalence of cardiovascular diseases risk factors amongst employees and students at the university is vital for early prevention and detection. The aim of this research was to assess the prevalence of cardiovascular diseases risk factors amongst employees and students at the University of Tabuk.

METHODS
This cross-sectional quantitative research has been done with a convenience sample of 370 participants at the University of Tabuk.

RESULTS
A structured self-administered questionnaire, developed by the study's authors, with 25 questions employ a 4-point Likert scale to evaluate participants age, sex, the level of education, socioeconomic status, the presence of risk factors for cardiovascular diseases (family history and pre-existing medical conditions like diabetes mellitus, hypertension and hyperlipidemia). Cronbach's alpha score was 0.825.

<table>
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<th>Gender Differences in Tobacco Smoking</th>
<th>Gender</th>
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<th>Mean</th>
<th>S.D.</th>
<th>T-test</th>
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<th>Gender</th>
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CONCLUSIONS
This research concluded that the most of employees and students in the university were exposed to cardiovascular diseases risk factors.

REFERENCES

CONTACTS
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