

Stress is a behavioral risk factor of CVDs:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7603890/#:~:text=Psychological%20stress%20is%20an%20important,plan%20should%20include%20psychological%20counseling.>
 - Stress is a risk factor of CVDs
 - “We believe that certain triggers can favor the occurrence of cardiovascular diseases such as marital and child abuse, history of traumatic past events, and stressful work environment” - Some different causes of stress
- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/risk-factors-for-heart-disease-dont-underestimate-stress>
 - Stress leads to inflammation, which harms heart
- <https://www.urmc.rochester.edu/encyclopedia/content?ContentTypeID=1&ContentID=2171>
 - Increased stress can lead to increased cortisol, which can yield “increase[d] blood cholesterol, triglycerides, blood sugar, and blood pressure”, which are risk factors of CVDs

Conclusion: stress is a risk factor of CVDs. Some ways that it increases the risk of CVDs is by leading to inflammation or increased cortisol levels.

Who is at higher risks of stress?

- <https://www.apa.org/news/press/releases/2018/01/stress-minority-income#:~:text=WASHINGTON%20%E2%80%94%20People%20with%20low%20incomes,a%20report%20from%20the%20American>
 - “People with low incomes and racial/ethnic minority populations experience greater levels of stress than their more affluent, white counterparts”
- <https://www.sciencedirect.com/science/article/abs/pii/S0149291824000134>
 - Higher household income causally associated with decreased cardiovascular biomarkers... inverse relationship between household income and CVDs
- <https://www.nih.gov/news-events/nih-research-matters/stress-links-poverty-inflammation-heart-disease>
 - “People who lived in lower-income neighborhoods had higher levels of stress-related activity in their amygdalas. The increased amygdala activity was associated with greater inflammatory cell production in bone marrow and more inflammation in arteries”

How impactful is stress on CVDs?

- <https://www.nih.gov/news-events/nih-research-matters/stress-links-poverty-inflammation-heart-disease#:~:text=This%20stress%20driven%20inflammation%20may,in%20people%20with%20lower%20incomes>
 - Stress can drive inflammation, and this may account for almost 1/3 of increased risk of CVD in lower-income individuals

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/risk-factors-for-heart-disease-dont-underestimate-stress>
 - “People who are more worried about losing their job are nearly 20 percent more likely to have heart disease”

What is the cause of stress?

- <https://adaa.org/find-help/by-demographics/low-income#:~:text=Poverty%20causes%20stressors%20such%20as,with%20poor%20mental%20health%20outcomes>
 - Poverty results in food insecurity, housing insecurity, high crime and violence rates, inadequate school systems, uncertainty, etc.

What do people of lower-income do to alleviate stress? Do they have access to stress-relieving activities?

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC2374822/>
 - People with lower income cope with stress through smoking, drinking, physical inactivity, etc.
- <https://pubmed.ncbi.nlm.nih.gov/8856600/>
 - In a study of homeless men, it was found that “cognitive, sociocultural, and spiritual coping strategies were frequently used and found to be effective in coping [with stress for] homeless men who were either in crisis or alcohol/drug” dependence