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Assessment of cardiovascular risk factors among fresh undergraduate students of Obafemi Awolowo University, Ile-Ife

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Introduction: The study assessed cardiovascular risk factors among fresh undergraduate students of Obafemi Awolowo University, Ile-Ife, State. The objectives of the study are to determine the prevalence of these risk factors among the respondents, to identify risk factors that influence their cardiovascular status and to assess socio-demographic determinants of high cardiovascular diseases among the respondents. A cross-sectional descriptive study was employed using a structured questionnaire, a collection of fasting blood for lipid profiles analysis and blood sugar. Their height and weight were measured using calibrated stadiometer and standardized weighing scale. Also, blood pressures were measured with the aid of stethoscope and mercury sphygmomanometer. Three hundred and ninety-three respondents were selected using a simple random technique sampling. The data were analyzed using SPSS software version 12.

Result: The study showed a prevalence of 9.9% for overweight with female students having much predominance. From the study it was revealed that the prevalence of consumption of fast foods was 66.7 % among the fresh undergraduate students culminating from rigorous academic activities which prevent them from time to prepare their diet of choice, hence predisposing them to fast food consumption. A prevalence rate of 1% was adduced to smoking among the freshmen while alcohol consumption prevalence was 6%. Engagement in physical activity was 81.7% with more than 66.6% engaging in one form of activity at least six times in a week. Also, elevation of systolic blood pressure was found among 6.8% while the elevation of diastolic blood pressure was found among 5.2%. No case of diabetes mellitus among the participants. In the study, there was a low risk for CVD considering the obesity among the freshmen which constitutes only 0.5%.

Conclusion: Fresh male undergraduates were at risk of CVD than their female counterparts concerning the LDL, smoking habit, blood pressure and alcohol consumption prevalence. The study recommended the establishment of health enlightenment campaigns in higher institutions to educate first-year students on strategies for disease prevention and to ensure early detection of risk factors through improved health screening at the university health center.

Biography

Okunola Oluseye is a public health physician and a medical scholar working with the Medical and Health Services of Obafemi Awolowo University, Ile-Ife, Nigeria. He has MPH degree and MSc in medical sociology. He is a PhD student in medical sociology and a CARTA fellow in Obafemi Awolowo University, Nigeria.

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