



Patterns of hypertension among rural Nigerian adults: Epidemiological findings from a retrospective cross sectional community- based study
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ABSTRACT : Morbidity and mortality among Nigerian adults may be consequent upon unexamined blood pressure. Hypertension, a major cardiovascular risk factor exists several years symptomless. Unfortunately, few data exist on prevalence, patterns and predictors of hypertension among apparently healthy adults making it difficult for policy-makers to concentrate efforts to control the emerging health burden of the disease. A cross-sectional study of 517 rural adults was conducted to assess the epidemiological characteristics of three patterns of hypertension. Blood pressure, height and waist circumference were measured. Bivariate and multivariate logistic regression were used to evaluate variables associated with different patterns of hypertension with significance at $P < 0.05$. Isolated systolic (ISH) (10.6%), isolated diastolic (IDH) (18.2%) and combined systolic and diastolic (CSDH) (37.8%) hypertension were prevalent. Females had ISH (11.7%) and IDH (25.4%); males had CSDH (38.0%). The 30-39, 20-29 and 40-49 year-olds had ISH (13.5%), IDH (26.8%) and CSDH (48.0%), respectively. Predictors of ISH were general obesity (aOR=3.15, 95% C.I.=0.71-14.04), combined abdominal and general obesity (aOR=7.87, 95% C.I.=1.78-34.77) and self-perceived good (aOR=0.23, 95% C.I.=0.08-0.73) and excellent (aOR=0.30, 95% C.I.=0.11-0.83) health status. Determinants of IDH were self-perceived excellent health (aOR=0.29, 95% C.I.=0.12-0.71), abdominal (aOR=0.09, 95% C.I.=0.01-0.71) and general (aOR=0.29, 95% C.I.=0.15-0.54) obesity. Predictors of CSDH were income (aOR=0.33, 95% C.I.=0.13-0.85), education (aOR=2.03, 95% C.I.=1.22-3.37), general (aOR=4.61, 95% C.I.=2.45-8.67) and combined abdominal and general (aOR=1.95, 95% C.I.=1.00-3.78) obesity. ISH, IDH and CSDH were problems among apparently healthy rural Nigerian adults with obesity playing key role. Urgent attention to prevent comorbidities and cerebrovascular accidents is recommended.



Biography Rufina Ayogu started her career as a general nurse at the age of 19 and completed her midwifery, public health nursing and public health nursing education programmes before her undergraduate programme in nutrition and dietetics which was completed in 2007. The change was a result of her many years of experience which showed that most of her patients' problems were nutrition related. She completed her PhD in 2013 at the age of 48. She is currently a lecturer and researcher and has more than 20 publications to her credit. She has served as a reviewer to some academic journals and is actively involved in community nutrition education.

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