

Abstract

Hypertension is a very important public health problem not only in developed countries but in Zambia as well. It is a major risk factor for fatal and non fatal cardiovascular disease including Ischemic heart disease and stroke. A cross sectional study was conducted to estimate the prevalence and factors associated with hypertension among full-time UNZA academic staff at Lusaka.

The sample size consisted of 100 consenting adults; Majority of respondents were males accounting for 73 percent; and 44 percent of the respondents were of age 45 years or older. The study established that 67 percent of the respondents used alcohol, 66 percent were physically inactive, 57 percent were overweight or obese, 43 percent smoked cigarettes, 71 percent of lecturers complained of work overload (Teaching five or more classes).

The prevalence of hypertension among full-time UNZA academic staff was 39 percent. Hypertension among the academic staff at UNZA was significantly associated with Alcohol in a multivariate analysis. Respondents who did not take alcohol were 28 percent [OR=0.62; 95% C.I(0.40, 0.95)] less likely to be hypertensive.

Hypertension is prevalent among full-time UNZA academic staff. There is a need to consider alcohol consumption in the design of public health interventions to control hypertension in this group of population.

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List of Abbreviations and Acronyms

BMI.....	Body Mass Index
CAD.....	Coronary Artery Disease
CVD.....	Cardiovascular Disease
DALYS.....	Disability Adjusted Life Years
DBP	Diastolic Blood Pressure
HPT.....	Hypertension
IHD.....	Ischemic Heart Disease
SBP.....	Systolic Blood Pressure
UNZA.....	University Of Zambia

Operational definition of terms

- In this study, normal BP was defined as not being on antihypertensive medication and having an SBP of less or equal to 120 mmHg and DBP of less or equal to 80 mmHg.
- Pre-hypertension will be defined as not being on antihypertensive medication and having an SBP of 120–139 mmHg or DBP of 80–89 mmHg.
- Hypertension was defined based on the seventh report of the Joint National Committee on prevention, detection, evaluation and treatment of high blood pressure: the JNC-7 report cut-off point of 140 mmHg and above for SBP and/or 90 mmHg and above for DBP, and also if the subject is on antihypertensive medication.
- Stage 1: hypertension was defined as SBP of 140–159 mmHg or DBP of 90–99 mmHg.
- Stage 2: hypertension SBP more than or equal to 160 mmHg or DBP more than or equal to 100 mmHg.
- Awareness of hypertension will be defined as a subject's report of a previous medical diagnosis of hypertension.
- Treatment of hypertension will be defined as current use of a prescribed medication intended to lower blood pressure. Clients who may be found to have hypertension will be asked whether they are using pharmaceutical treatment for hypertension (not including dietary supplements or lay medicines).

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