

VOLUME 41, NUMBER 6
June 2024

ISSN 0189 - 160X

WAJMJ

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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Prevalence of High Blood Pressure and Associated Factors among a Population of Apparently Healthy in-School Adolescents in Delta State, Nigeria: A Cross-Sectional Survey

Prévalence de l'Hypertension Artérielle et des Facteurs Associés chez une Population d'Adolescents Scolarisés Apparemment en Bonne Santé dans l'État du Delta, Nigéria : Une Enquête Transversale

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ABSTRACT

BACKGROUND: Adolescence is a vulnerable phase when risky behaviours like smoking, poor diet, and physical inactivity set the stage for health problems like hypertension.

OBJECTIVE: This study assessed the prevalence of high blood pressure (HBP) and associated factors among apparently healthy in-school adolescents in Delta State, Nigeria.

METHODS: A cross-sectional study was conducted among apparently healthy in-school adolescents aged 10 to 19 years, using a multi-stage random sampling technique. HBP was defined using the 2016 European Society of Hypertension Guidelines. Factors associated with HBP were determined using binary logistic regression. A p-value less than 0.05 was taken as significant.

RESULTS: Of the 574 participants surveyed, 331 (57.7%) were females and 243 (42.3%) were males, with a female-to-male ratio of 1.36. The mean age of the study participants was 14.7 years. The mean systolic and diastolic blood pressure of the study participants were 118.81 (\pm 12.703) and 70.16 (\pm 9.972) mmHg respectively. Prehypertension and hypertension were present in 14.8% and 18.3% of the study population, respectively. Age 10 - 13 years (AOR = 7.70; 95% CI: 2.26 - 26.22; p = 0.001) and 14 - 16 years (AOR = 4.62; 95% CI: 1.40 - 15.25; p = 0.001), upper socioeconomic status (AOR=1.19; 95% CI: 0.57 - 2.48; p = 0.020), and obesity (AOR = 2.14; 95% CI: 1.08 - 4.25; p = 0.039) were factors associated with HBP.

CONCLUSION: The prevalence of hypertension among the study participants was significant. Factors associated with HBP include younger age (specifically 10 - 16 years old), higher socioeconomic status, and obesity. **WAJM 2024; 41 (6): 691 - 698**

KEYWORDS: Adolescents, High blood pressure, Obesity

RÉSUMÉ

CONTEXTE: L'adolescence est une phase vulnérable où des comportements à risque tels que le tabagisme, une alimentation déséquilibrée et l'inactivité physique posent les bases de problèmes de santé comme l'hypertension.

OBJECTIF : Cette étude a évalué la prévalence de l'hypertension artérielle (HTA) et les facteurs associés chez des adolescents scolarisés apparemment en bonne santé dans l'État du Delta, Nigéria.

MÉTHODES : Une étude transversale a été menée parmi des adolescents scolarisés apparemment en bonne santé âgés de 10 à 19 ans, en utilisant une technique d'échantillonnage aléatoire à plusieurs degrés. L'HTA a été définie selon les directives de 2016 de la Société Européenne d'Hypertension. Les facteurs associés à l'HTA ont été déterminés à l'aide d'une régression logistique binaire. Une valeur p inférieure à 0,05 a été considérée comme significative.

RÉSULTATS : Parmi les 574 participants interrogés, 331 (57,7 %) étaient des filles et 243 (42,3 %) des garçons, avec un ratio fille/garçon de 1,36. L'âge moyen des participants à l'étude était de 14,7 ans. La pression artérielle systolique et diastolique moyennes des participants étaient respectivement de 118,81 (\pm 12,703) et 70,16 (\pm 9,972) mmHg. La préhypertension et l'hypertension étaient présentes chez 14,8 % et 18,3 % de la population étudiée, respectivement. L'âge de 10 à 13 ans (ORaj = 7,70 ; IC à 95 % : 2,26 - 26,22 ; p = 0,001) et de 14 à 16 ans (ORaj = 4,62 ; IC à 95 % : 1,40 - 15,25 ; p = 0,001), un statut socio-économique élevé (ORaj = 1,19 ; IC à 95 % : 0,57 - 2,48 ; p = 0,020) et l'obésité (ORaj = 2,14 ; IC à 95 % : 1,08 - 4,25 ; p = 0,039) étaient des facteurs associés à l'HTA.

CONCLUSION : La prévalence de l'hypertension parmi les participants à l'étude était significative. Les facteurs associés à l'HTA incluent un âge plus jeune (en particulier entre 10 et 16 ans), un statut socio-économique élevé et l'obésité. **WAJM 2024; 41 (6): 691 - 698**

MOTS-CLÉS: Adolescents, Hypertension artérielle, Obésité.

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