

https://dspace.org/

A quantitative assessment of cardiovascular related non-communicable disease occurrence at a South African academic environment: a pharmacy students' health promotion initiative

Maniki , Pauline Tendai

2021

https://hdl.handle.net/10539/33493

Downloaded from a DSpace repository. https://dspace.org/

Maniki Pauline Tendai (772370)

A QUANTITATIVE ASSESSMENT OF CARDIOVASCULAR RELATED NON-COMMUNICABLE DISEASE OCCURRENCE AT A SOUTH AFRICAN ACADEMIC ENVIRONMENT: A PHARMACY STUDENTS' HEALTH PROMOTION INITIATIVE.

Abstract

The World Health Organisation (WHO) identifies lack of targeted and sustained interventions as a contributing factor to the increasing burden of diseases in developing countries. The South African Department of Health has suggested the implementation of health promotion and monitoring of NCDs at individual, community, and population level as well as motivation of innovative research. Prevention of cardiovascular related NCDs will always be better than cure due to their irreversibility and slow manifestation of symptoms and this prevention depends on identifying the risk-factor profile. This study sought to determine the prevalence of cardiovascular related NCDS at the University of Witwatersrand (Wits). A descriptive, retrospective cross-sectional study design was implemented. The study determined the occurrence of selected cardiovascular related NCDs (hypertension, diabetes mellitus, dyslipidaemia and obesity) amongst students and staff members at Wits by reviewing a questionnaire used for the Screening and Testing Program for Pharmacy Students (STEPPS) conducted in 2019. The prevalence of hypertension was the highest (4.38% students and 18.00% staff). There were more cases of potentially undiagnosed hypertension (13.74% students and 27.06% staff) and obesity (11.68% students and 25.40% staff). Co-occurrence of hypertension and diabetes was highest among diagnosed participants while obesity and hypertension were highest among potentially undiagnosed participants. Increase in BMI was associated with increasing blood pressure, total cholesterol, and blood glucose. The study emphasizes on the importance of screening and the need to implement awareness programs on cardiovascular related NCDS within the academic environment.