

Hypertension in Urban Tanzania: A ticking time bomb

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Abstract

Background: Globally, elevated blood pressure is the leading single cause of morbidity and mortality, and a growing epidemic of public health importance in sub-Saharan Africa (SSA). Despite of the rapidly increasing prevalence of hypertension in SSA; the detection, treatment and control rates are staggeringly low in the region. We aimed to determine the prevalence, treatment and control rates of hypertension among residents of Tanzania's largest city and economic capital, Dar es Salaam.

Methods: 2773 adults were recruited in a cross-sectional, community-based survey in June 2019. Physical activity was assessed using the physical activity vital sign scale (PAVS). Qualified nurses measured and recorded blood pressure and anthropometric measurements. Hypertension was defined according to the 8th Report of the Joint National Committee (JNC 8) or use of blood pressure lowering medications. Chi-square and student's t-test techniques were employed in the comparison of categorical and continuous variables respectively. Multivariate logistic regression analyses were performed to assess for the factors associated with elevated blood pressure.

Results: The mean age of participants was 45.8 years and 61.8% were women. 6.8% were ever smokers, 13.1% were alcohol drinkers, 64.9% had excess body weight, and 87.3% were physically inactive. 1652 (59.6%) of individuals had elevated blood pressure or were using anti-hypertensive medications; 943 (57%) of these were unaware of their hypertensive status. Among those with hypertension awareness, 36% were on regular treatment and 17.5% had their blood pressure controlled. Age ≥ 40 (OR 5.7, 95% CI 4.2-7.8, $p < 0.001$), male sex (OR 1.6, 95% CI 1.1-2.2, $p < 0.01$) and BMI ≥ 25 (OR 3.9, 95% CI 3.1-5.1, $p < 0.001$) were strongly associated with 'newly diagnosed hypertensive' status.

Conclusions: Our findings suggest that excess body weight is a single modifiable risk factor strongly associated with high blood pressure. In view of this; strategic, collaborative and aggressive pan-African measures to control the obesity epidemic is fundamental in the fight against hypertension.



Biography:

Dr Pedro Pallangyo has completed his Master of Medicine in Internal Medicine and Master of Public Health from Muhimbili University, Tanzania and Dartmouth Medical School, USA. He is the director of Research and Training at the Jakaya Kikwete Cardiac Institute in Tanzania. He has published more than 20 papers in reputable peer reviewed international journals. His key research interests are in NCDs particularly CVDs, nephrology, obesity and Public health.

Speaker Publications:

1. "Knowledge of cardiovascular risk factors among caretakers of outpatients attending a tertiary cardiovascular center in Tanzania: a cross-sectional survey"; BMC Cardiovascular Disorders / 2020 / 10.1186/s12872-020-01648-1
2. "Burden and correlates of atrial fibrillation among hypertensive patients attending a tertiary hospital in Tanzania"; BMC Cardiovascular Disorders / 2020 / 10.1186/s12872-020-01517-x
3. "A Case of Wellens Syndrome in a 30-Year-Old Woman From Sub-Saharan Africa: A Perplexing Clinical Entity With Invaluable Lessons"; Journal of Investigative Medicine High Impact Case Reports / 2020/ 10.1177/2324709620918552

[8th World Heart Congress](#); Webinar – May 11-12, 2020;

Abstract Citation: Pedro Pallangyo, Hypertension in Urban Tanzania: A ticking time bomb, Euro Heart Congress 2020, 8th World Heart Congress; Webinar – May 11-12, 2020 (<https://heartcongress.cardiologymeeting.com/abstract/2020/hypertension-in-urban-tanzania-a-ticking-time-bomb>)