

# Prevalence of Cardiovascular Diseases, Risk Factors and Associated Factors Among Residents of Tanga City

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## Abstract

Cardiovascular diseases are defined as the group of diseases which are affecting the heart and blood vessels. We conducted a cross-sectional community-based study that consecutively enrolled 356 consenting adults who came for a health check at Nguvumali Hospital ground, Tanga, was carried on 2018. Whereby, a structured questionnaire was used to obtain demographic data and gather co-morbid information such as record blood pressure and Body weight and BMI, while a 12 lead ECG and Trans thoracic Echo were done to determine the structural and ischemic heart changes from the participants. Out of 356 participants 75.6% were male while female was 24.4%. Furthermore, female participants had more hypertension and diabetes mellitus compared to male (HTN 45% vs 12.9%) (DM 21% vs 6%).

The study determined that most of the prevalent risk factor for cardiovascular disease was hypertension in both males (12.9%) and females (45.5%). Few of the participants were smokers, 2% of all males and 1% of females. The study also found that 6% of females were diabetic and most of these females were obese with a body mass index (BMI) of 30 or above.

## Biography

Samwel Jacob Rweyemamu is studied in Jakaya Kikwete Cardiac Institute.



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