



Prevalence of hypertension and associated factors among adults in Bahir-Dar city, North-west Ethiopia

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Abstract:

Hypertension is one of the most common chronic disease affecting humans worldwide and it has imposed significant burden in developing countries as well. According to the Ethiopian national STEP survey result, the prevalence of hypertension is 15.8%. Despite the national estimate of high prevalence of hypertension in Ethiopia, little is known about associated factors at country level particularly at Bahir-dar town. Thus, this study was conducted to determine the prevalence and associated factors of hypertension among adults in Bahir-Dar city, North West Ethiopia.

Methods: Community based cross sectional study design was conducted by interviewing 522 households with adults using multi-stage sampling technique. A standard digital beam balance, tape meter and adult blood pressure measuring digital blood pressure apparatus were used to measure weight, height, and blood pressure, respectively. Data were analyzed using SPSS version 16.0. Descriptive, bivariate, and multivariate logistic regression methods were used to analyze prevalence of hypertension and the factors associated with it.

Results: Prevalence of hypertension was 24.3% and about 44.4% of participants were not aware that they had hypertension. Age, cigarette smoking, Overweight/Obesity, family history of hypertension and self-reported diabetes mellitus were found to be predictors of hypertension (P-value < 0.05).

Conclusion: The prevalence of hypertension is high which is relatively high compared to the national estimate of 15.8%. A significant proportion of participants were unaware of having the hypertension. Hence, the community should visit the nearby health facilities and have a regular checkup for hypertension especially those with the risk factors such as who are overweight, elderly (≥ 55 years) and have family history of hypertension. Health workers should also focus to provide health education on early detection and timely treatment of hypertension.

Key Words: Adults, hypertension, risk factors, community based study.

Biography:

Mr. Henok has over 13 years of experience in the health sector in Ethiopia, having worked in clinical, public health, project management and leadership roles. Henok has a strong project implementation experience in area of HIV/AIDS, MNCH, TB, NCD, primary health care transformation, health care leadership



and management, capacity building, research and monitoring and evaluation. Currently, Henok is working for Resolve to Save lives, an initiative of Vital Strategies (a global health initiative) as Hypertension prevention and control coordinator based in Addis Ababa. Prior to that, Henok worked at Yale Global Health Leadership Institute where he served as Technical Advisor for a national initiative to strengthen management systems for primary health care across Ethiopia. Having started his career as a clinician and inpatient director in a government hospital, Henok went on to work on HIV/AIDS prevention, care and treatment and private health care sector engagement with international NGOs, I-TECH and Abt Associates, respectively. He also worked for the Clinton Health Access Initiative (on two occasions) first as a clinical mentor for the Ethiopian Millennium Rural Initiative project, and later on as a program officer where he successfully led a national pilot cryptococcal meningitis screening, diagnosis, and management project. Working closely with the Federal Ministry of Health, Henok has contributed to the development and review of national guidelines for palliative care and viral hepatitis. He holds a Bachelor of Science degree in Nursing from Hawassa University and a Master's in Public Health from Gondar University. Recently, Henok also received a postgraduate certificate (CPD) in health services research from Bangor University in United Kingdom.

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