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The prevalence of non-communicable diseases among academic staff members in rural university, SA

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Abstract

Background: Globally non-communicable diseases (NCDs) remain unacceptably high amongst adult population and its prevalence increases yearly.

Aim: The aim of the study was to determine the prevalence of non-communicable diseases

Methods: The study design used was cross-sectional. The study population was academic staff members, whereas the targeted population was UNIVEN academic staff members. Convenience sampling was used to select participants. Data was collected using a questionnaire. Anthropometric, clinical and biochemical measurements were also taken. Descriptive data statistics were used to interpret data. Percentage and tables were used to present data.

Results: Almost all participants (93%) were Africans while very few were from other race such as European and Asian. More than one third (39.2%) of the participants had no family history of diseases, 23.8% had family history of hypertension and diabetes. The majority of the participants (82.3%) did not suffer from any chronic diseases of lifestyle. About 7.7% had SBP between 140–159mmHg, while very few participants (5.4%) had ≥ 160 mmHg. About 13.8% had DBP between 90–99mmHg, while very few participants (5.4%) had ≥ 100 mmHg. About 43.8% of the participants were pre-diabetic. Nearly two thirds (66.2%) of the participants fell within high borderline of cholesterol, while 13.8% of participants had normal total cholesterol. About 40% of the participants were overweight, 20.7% were obese class I, about 43.8% of the participants had low waist circumference, more than one thirds (35.4%) had high waist circumference.

Conclusion: The study revealed that majority of academic staff members are at risk of developing NCDs. Nearly half of participants (49.3%) their systolic blood pressure was above normal and the diastolic blood pressure was 48.4%. The blood glucose levels showed that 43.8% of participants were pre-diabetic and 13.1% were diabetic. Furthermore, majority of participants (83.1%) showed that the cholesterol level was above borderline and had high cholesterol. Majority of participants (80.8%) were overweight and obese.

Conflict of Interest

No conflict of interest