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## Risk factors of non-communicable diseases among population in Wad- Medani city, Gezira state, Sudan (2013)

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The burden of Non-Communicable Diseases (NCDs) is on the rise in middle and low income countries on top of the existing infectious diseases. Recently in Sudan, NCDs accounted for a total of 44% of the overall mortality. Moreover, the distributions of the specific risk factors are not systematically identified in the country, which hinder the designing of appropriate preventive and control strategies. The objective of this study was to describe the distribution and prevalence of risk factors for NCDs. This is a descriptive cross-sectional analytic community based study conducted from October to December, 2013 in Wad-Medani city, Gezira State, Sudan. In this house to house survey, data was collected using structured questionnaires, anthropometric measurements and blood pressure apparatus. A total of 380 individuals of age 30 years and above were selected for the study by stratified proportional random sampling technique. Data was analyzed using Statistical Package for the Social Sciences (SPSS) for Windows version (16.0). The distributions of the various categories of risk factors were identified in which the prevalence of smoking for males and females were (18.4%) and (0.3%) respectively, alcohol consumption (3.9%) only among males, consumption of fruits and vegetables below adequate level (72.9%) and physical inactivity (75.0%). This study showed cigarette/tobacco use and personal documented history of NCDs were associated and was found highly statistically significant ( $p$ -value  $<0.005$ ). Similarly there was a statistical significance between association of physical activity with both age and educational level ( $p$ -value of 0.003 & 0.011) respectively. Mean systolic and diastolic blood pressures were 135.5 mmHg and 85 mmHg respectively for both sexes. The prevalence of hypertension was (29.7%) on physical assessment for both sexes. Based on BMI criteria, (1.6%) were underweight, (35.5%) were overweight and (22.6%) were obese and (0.8%) were severely obese. The prevalence of central obesity measured by waist circumference revealed that almost a quarter (24.7%) and above half (51.5%) of study participants were having an substantial increased values respectively. In this study, association between physical inactivity and central obesity was found statistically significant ( $p$ -value=0.002). This study also found statistically significant association between personal and family history of NCDs ( $p$ -value=0.00). In conclusion, the magnitude of risk factors for NCDs is considerably high in the study population.

### Biography

Daniel Tekie Ghebreselasie has completed his graduation in Medical studies and earned Degree of Doctor of Medicine from Latin America School of Medicine (ELAM), Cuba in 2009. He has recently completed his Master's in the field of Community Medicine from University of Gezira. He is currently pursuing his PhD studies in the field of Community Medicine at the University of Gezira, Sudan. As a young Junior Doctor, he is always interested in research and publications. He has published three original articles in Gezira Journal of Health Sciences as lead author and presented an article in the Gezira first International Family & Community Medicine conference, under the theme "Partnership and integration towards comprehensive health care for families and communities", Wad-Medani city, Sudan. In addition to that, he has also co-authored an article in Journal of Eritrean Medical Association. He is so much interested in medical researches focusing mainly on NCDs.

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