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Prevalence of Hypertension and Diabetes among Employees at a University in Trinidad and Tobago

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INTRODUCTION

The aim of this study is to determine the prevalence of non communicable diseases among employees at a University in Trinidad and Tobago.

METHODS

In September 2019, cross-sectional data were anonymously collected from 99 faculty and staff members at a university using a printed survey.

We collected demographic data and assessed lifestyle habits including disease status. The survey was designed to collect data for a workplace wellness study. Self-reported data were collected on hypertension and diabetes prevalence.

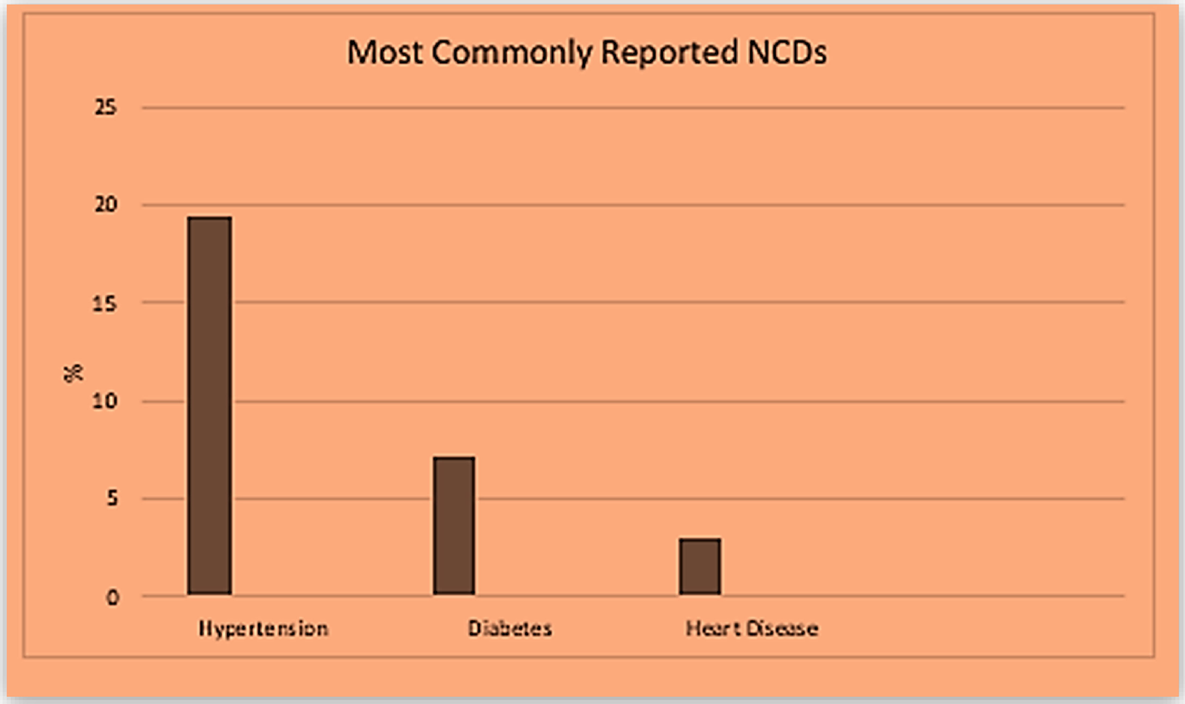
The data were analyzed using SPSS-X version 25 and the major trends in the data analyzed.

RESULTS

Demographic data from the study indicated that most of the participants were females (68.7%) and males (31.3%). The majority of the participants were between the ages of 31- 40 years (29.6%) and above 50 years (29.6%).

Self reported data reveled that 19.4% of the participants had a diagnosis of hypertension. Diabetes were reported by 7.1% of the participants and 3% reported heart disease.

Sixty-five percent of the population had a family history of hypertension and 56% had a family history of diabetes.



Almost half of the participants (48.5%) reported exercising at least 30 minutes, three times weekly meeting the requirements of the guidelines.

Almost half of the participants (48.5%) reported eating fast foods at least once weekly.

CONCLUSION

Poor health and unhealthy lifestyles can impact work performance and can result in a burden for employers.

Workplaces are ideal places to implement health promotion programs as workers spend a significant portion of their day there.

If these disease are not controlled they can lead to cardiovascular disease, increased absenteeism and increased costs for employers.