

**AN ASSESSMENT OF THE PREVALENCE OF RISK FACTORS FOR NUTRITION
RELATED CHRONIC DISEASES IN THE TRINIDAD AND TOBAGO REGIMENT AT
TETERON BARRACKS, CHAGUARAMAS.**

Tashalee Greenidge-Johnson

Project Supervisor: Dr. Isabella Granderson

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Background: Chronic diseases are diseases that persist over a long period. They may be progressive, result in complete or partial disability, or even lead to death.(1) They are also referred to as non-communicable diseases (NCDs) and usually present themselves after extensive exposure to risk factors. Some examples include cardiovascular diseases, (mainly heart disease and stroke), cancer, chronic respiratory diseases and diabetes

Objective: To determine the prevalence of tobacco use, excessive alcohol consumption among active duty soldiers at Teteron barracks of the Trinidad and Tobago Regiment, to assess alcohol and tobacco consumption in relation to officers' BMI and waist circumference and to determine the prevalence of obesity by BMI and waist circumference.

Design: The study comprised of ninety six active duty officers at the Teteron Barracks. The questionnaire was an adaptation of the WHO STEPwise approach.

Results: The prevalence of tobacco use and excessive alcohol consumption was low. Obesity had a high prevalence.

Conclusion: The findings suggest the prevalence of tobacco use and alcohol consumption was low. It also shows that despite efforts to make participants aware of the raised blood pressure advice or treatment was being adhered to and as result the prevalence of raised blood pressure was increased. The major findings pf this study was that there were a number of significantly overweight and obese officers and hence this increased their risk of a non communicable disease.

