

PM325Cardivascular risk factors in young adult university students in Nairobi, Kenya
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Introduction:

Cardiovascular diseases (CVD) are rapidly increasing in Africa due to epidemiologic transition. Many risk factors are acquired in childhood and early adulthood. University students are exposed to multiple lifestyle influences. Understanding the dynamics of risk factors in this population provides a platform for early intervention.

Objectives:

To determine the prevalence of CVD risk factors in University of Nairobi students.

Methods:

A cross sectional survey was done using the WHO STEPs questionnaire. BP; weight and height for BMI and non fasting sugar were measured. Fasting lipid profile was done in a subsample. Descriptive statistics such as means, proportions and frequency distributions were used. Associations were analyzed using students test or chi square as appropriate.

Results:

768 students were studied. Median age was 22 years (IQR 20-23), 64% were male. Prevalence of hypertension was 13.7% (CI 11.2-16.6), all but 3 were newly diagnosed. Overweight was 12.55% (CI 10.1-15.4) and obesity 1.9% (CI 1.05-3.2). Females were more likely to be overweight: 28.6% vs. 6.8% (OR 5.5, CI 3.5-8.6). Current smokers were 8.2% (CI 6.3-10.5), all were male. There were 3 diabetics, 2 previously diagnosed. Alcohol use was 51.2% (CI 46.2-56.5). There was a higher male prevalence: 56.4% (CI 50-63.4) vs. 41.8% (CI 34.5-50.2). Twenty (17 males, 3 females) engaged in hazardous drinking (2.6% -CI 1.6-4.0). A subsample of 91 had fasting lipid profile. By ATP III criteria 48.4% and 42.9% had elevated total and LDL cholesterol respectively. Confidence intervals were at 95%.

Conclusion:

We demonstrate a high prevalence of CVD risk factors in a young population. This implies high lifetime risk exposure. University students are exposed to various lifestyle choices in the setting of newly found autonomy. They are also seen by their peers as role