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Assessment of Cardiovascular Risk Factors Among Nursing Professionals at Two Tertiary Hospitals in Luanda

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Introduction: Nursing professionals are exposed to daily stress, job dissatisfaction, occupational diseases, work overload, and lack of financial recognition—factors that may further contribute to the development of cardiovascular risk factors.

Objective: To evaluate cardiovascular risk factors among nursing professionals at the Complexo Hospitalar de Doenças Cardiopulmonares Cardeal Dom Alexandre do Nascimento and the Josina Machel Hospital (HJM) in Luanda, 2024.

Material and Methods: A cross-sectional study was conducted including 201 nursing professionals. Demographic, anthropometric, and hemodynamic variables were analyzed, as well as physical activity level using the IPAQ questionnaire. The Kolmogorov–Smirnov test was used to assess the distribution of variables; normally distributed variables were presented as mean and standard deviation, while categorical variables were expressed as frequencies and percentages. Spearman’s correlation coefficient was used to assess variable correlations, and a p-value <0.05 was considered statistically significant.

Results: Of the 201 professionals evaluated, 78.1% were women and young (mean age 35.3 ± 10.2 years). The prevalence of overweight/obesity was 45.3%, alcohol consumption 26.9%, hypertension 18.9%, oral contraceptive uses 18.5%, diabetes 12.3%, and smoking 0.5%.

Conclusion: The most prevalent cardiovascular risk factors were overweight/obesity and alcohol consumption. The level of awareness and treatment among hypertensive professionals was acceptable, but blood pressure control remained low. A negative correlation was observed between physical activity level and blood pressure.

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