

Frequency of Cardiovascular Risk Factors Among Employees of a Public Company in Eastern Angola

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Introduction: Cardiovascular diseases (CVDs) represent one of the major global public health challenges, characterized by conditions affecting the heart and blood vessels, including coronary artery disease, stroke, hypertension, and heart failure. CVDs remain leading causes of death worldwide, accounting for an estimated 32% of global mortality.

Objective: To investigate cardiovascular risk factors and determine their prevalence among employees of a public company in eastern Angola in 2022.

Material and Methods: A descriptive, cross-sectional, observational study was conducted using a convenience sample of 204 employees of the National Electricity Distribution Company (ENDE), following all ethical procedures. Data were collected via a pre-tested questionnaire, and anthropometric and hemodynamic parameters were measured. Statistical significance was set at $\alpha < 0.05$, and analyses were performed using SPSS version 23.0.

Results: Among the 204 participants, most were men (82.8%) with a mean age of 37.8 ± 8.3 years, residing in eastern Angola: Lunda Sul (36.2%), Lunda Norte and Moxico (31.9% each). Regarding risk factors, 44.1% reported a family history of hypertension, 39.7% had elevated blood pressure, of whom 11% identified as hypertensive, and only 5.4% were under treatment. Overweight/obesity was observed in 49% of participants, 63.2% were sedentary, 53.9% reported regular alcohol consumption, and 69.1% presented 2–4 CVD risk factors.

Conclusion: Significant cardiovascular risk factors were observed among ENDE employees in eastern Angola, with sedentary behavior and hypertension being most prevalent. Notable differences were identified among provinces.

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