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Prevalence of Arterial Hypertension and Risk Factors Among Vendors at the Liberdade Market – Golf II in September 2024

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Introduction: Arterial hypertension is a global health problem due to its magnitude and impact. The WHO estimates that 1.28 billion adults aged 30–79 worldwide have hypertension, with two-thirds living in low- and middle-income countries. It is further estimated that 46% of adults with hypertension are unaware of their condition. Hypertension is one of the leading causes of premature death globally.

Material and Methods: A cross-sectional descriptive observational study was conducted to assess the prevalence of hypertension and associated risk factors among vendors at the Liberdade Market – Golf II, located in the Kilamba Kiaxi municipality, in September 2024. The study included a sample of 254 individuals selected through simple random sampling from a total population of 800 vendors. Participants aged 18 years or older, regardless of gender, were included. After a 10-minute rest, blood pressure was measured on the left arm using an Ardiomy sphygmomanometer. A structured questionnaire with closed-ended questions was administered. Data were processed and analyzed using SPSS software, where the odds ratio (OR) was calculated to assess the association between hypertension and risk factors.

Results: The majority of participants were young adults aged 18–24 years, with ages ranging from 18 to 89 years (mean age: 30 years). The prevalence of systolic hypertension was 33.9%, and diastolic hypertension was 31.1%. Among the risk factors analyzed, the most prevalent were the consumption of foods high in sugar, observed in 97% and 95% of participants, respectively. Body mass index (BMI) showed the strongest association, with 37% of respondents having a BMI ≥ 25 and odds ratios of 3.2 and 2.6 for systolic and diastolic hypertension, respectively.

Conclusion: The study revealed a high prevalence of arterial hypertension among market vendors at Liberdade Market, mainly associated with overweight and poor dietary habits. These findings highlight the need to expand research across different population groups with more representative samples to better understand the determinants of hypertension in Angola and to guide effective prevention and control strategies.

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