

Prevalence, Awareness, Treatment, and Control of Hypertension in Angola: Systematic Review and Meta-Analysis

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Introduction: Arterial hypertension is a silent condition and one of the main risk factors for cardiovascular diseases. In Angola, although several studies have assessed its prevalence, results remain heterogeneous and inconsistent. Therefore, we conducted a systematic review and meta-analysis to estimate the prevalence, awareness, treatment, and control of hypertension in the country.

Material and Methods: A search was conducted in Medline, Embase, Google Scholar, and Web of Science databases, covering community and non-community studies that included adults and reported at least one outcome of interest. This systematic review with meta-analysis was previously registered on the PROSPERO platform. Statistical analysis was performed using RevMan 5.4.1 software, and study heterogeneity was assessed through Cochran's Q test and the I² statistic.

Results: The search identified 400 studies, of which 12 met the inclusion criteria, totaling 54,137 participants. The overall prevalence of hypertension was 29.38% [95% CI: 24.29–35.04; $p < 0.0001$], being slightly higher in men (29.58%) compared to women (25.60%). The proportion of individuals aware of their condition was 42.61% [95% CI: 32.99–52.82; $p < 0.0001$]. Among hypertensive patients, 40.42% were receiving treatment [95% CI: 27.48–54.85; $p < 0.0001$], of whom only 36.90% had controlled blood pressure [95% CI: 30.79–43.46; $p < 0.0001$]. A significant difference was observed between community and non-community studies ($p < 0.0001$), with control rates of 41.06% and 24.73%, respectively.

Conclusion: The findings of this research highlight a high prevalence of arterial hypertension in Angola. More than half of participants were unaware of their condition, the proportion of individuals under treatment was relatively low, and nearly two-thirds had uncontrolled blood pressure. These results underscore the urgent need to implement more effective strategies for screening, health education, and expanding access to treatment.

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