

Prevalence, Awareness, Treatment, and Control of Arterial Hypertension Among Young Adults in Luanda

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Introduction: Arterial hypertension is the most prevalent modifiable risk factor for cardiovascular diseases, which represent the leading cause of mortality and disability worldwide. The persistence of elevated blood pressure (BP) levels in young individuals is a strong predictor of future cardiovascular risk. In Angola, although studies have reported high prevalence rates, data on the young adult population remain scarce. This study aimed to estimate the prevalence, awareness, treatment, and control of arterial hypertension among young adults.

Material and Methods: A community-based cross-sectional study was conducted involving 531 young adults (18–39 years old) residing in Luanda. Sociodemographic variables, lifestyle habits, and family history were obtained through a structured questionnaire. Blood pressure was measured using an automatic digital sphygmomanometer (Omron®), following standardized protocols. Hypertension was defined as systolic BP ≥ 140 mmHg and/or diastolic BP ≥ 90 mmHg. Statistical analysis was performed using SPSS (v. 27.0.1.0).

Results: A total of 531 individuals were assessed, with a mean age of 27.7 ± 5.93 years; 58.6% were male. One hundred and fifteen participants (40.5%) reported a family history of hypertension and 87 (18.3%) diabetes; thirty-six (6.8%) were smokers, 250 (47.1%) reported being sedentary, and 40 (7.5%) consumed alcohol one or more times per week. The prevalence of hypertension was 9.8% ($n = 52$). Only 7 (13.5%) hypertensive individuals were aware of their condition; among them, three (42.8%) were taking antihypertensive medications, and all (100%) had controlled blood pressure.

Conclusion: The prevalence of arterial hypertension among young adults was considerable. Most were unaware of their diagnosis, and less than half of those who knew they were hypertensive were receiving pharmacological treatment. Among those treated, blood pressure control was satisfactory.

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