

The Prevalence of Raised Blood Pressure and Self-Reported Hypertension in The Bahamas: Findings from the STEPS Survey, 2012

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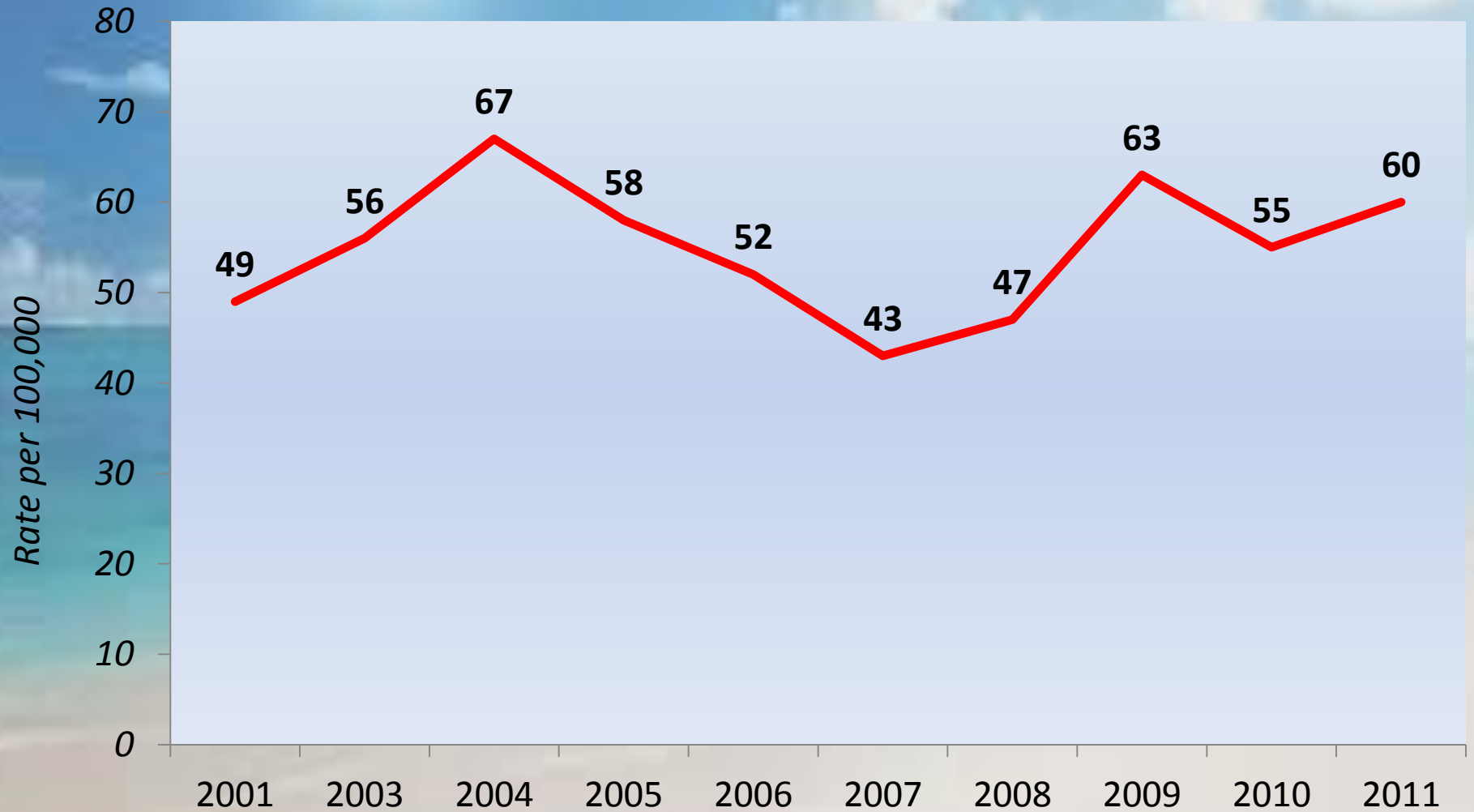
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UWI Research Day, 19 September, 2014

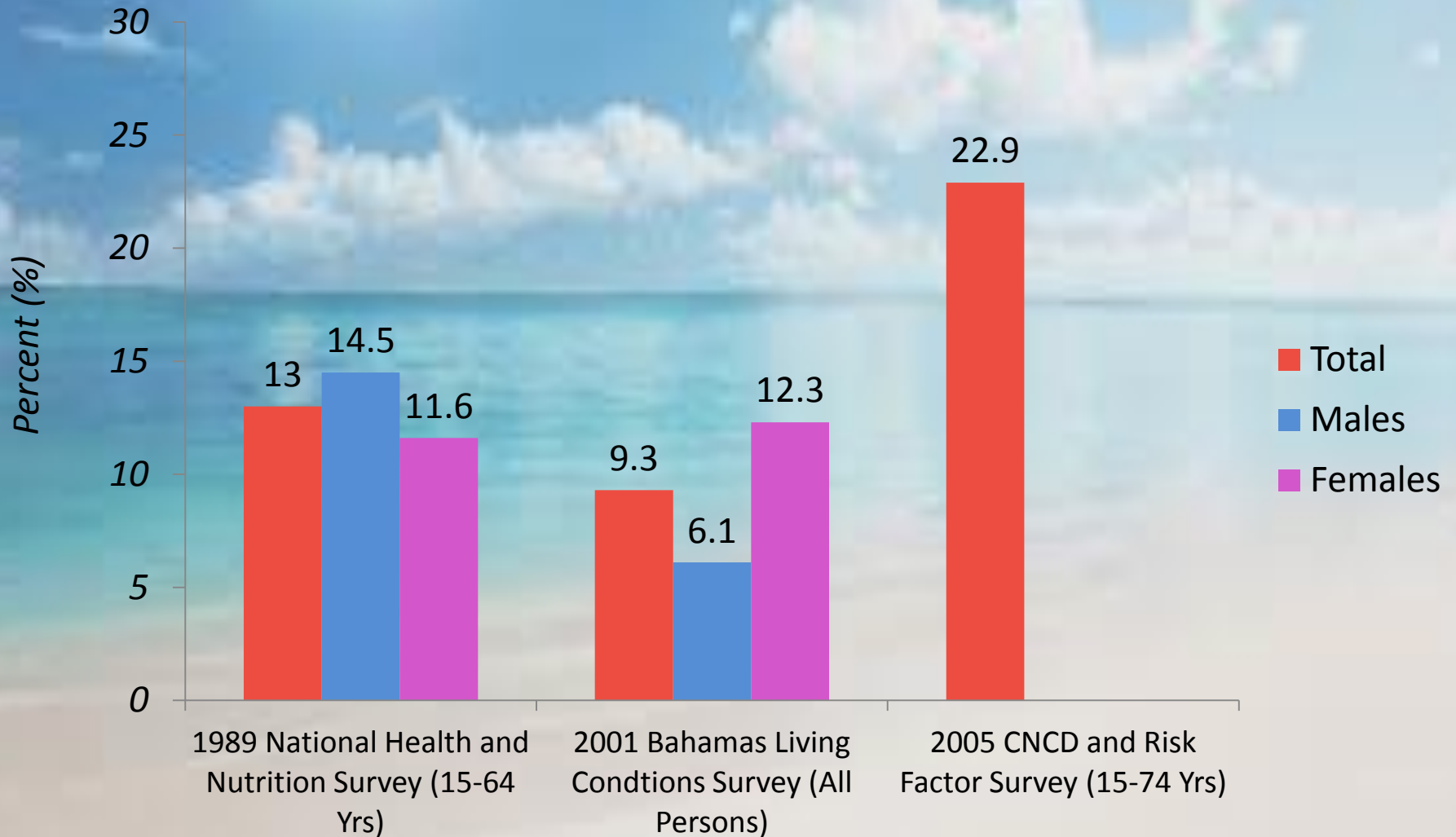
Introduction

- Hypertension has long been among the leading causes of illness and death in the Bahamas
- In 2011, it was the leading cause of death (3rd in males, 1st in females)
 - 200 deaths overall
 - 10% of deaths
 - 60 mortality rate per 100,000 population
- In 2001, it was the 3rd leading cause (8% deaths; 151 deaths)
- Comprised around 3% of hospital visits (~ 500 visits annually)
- Leading cause of public health general clinic visits
 - 16% of visits
 - ~ 38,000 visits per year

Hypertension Mortality Rate per 100,000 Population Bahamas, 2001, 2003-2011



Prevalence from Past Surveys (Self-Reported)



Objective

- To determine the prevalence of raised blood pressure and hypertension in The Bahamas

Design and Methods

- Data from the 2012 Bahamas STEPS Survey was used
 - Population based stratified multi-stage cluster sample
 - Adults 25 to 64 years
 - Islands included
 - New Providence
 - Grand Bahama
 - Cat Island
 - Inagua

Design and Methods

- Data collected using Personal Digital Assistants (PDAs)
 - entered on-site
- Analyzed using Epi-Info 3.43
- Complex sample taken into account for weighting and variance estimation

STEPS Approach

STEP 1: To measure self-reported hypertension, questionnaire used to measure 3 questions:

1. Have you ever had your blood pressure (BP) measured by a doctor or other health worker?
2. Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?
3. Have you been told in the past 12 months?

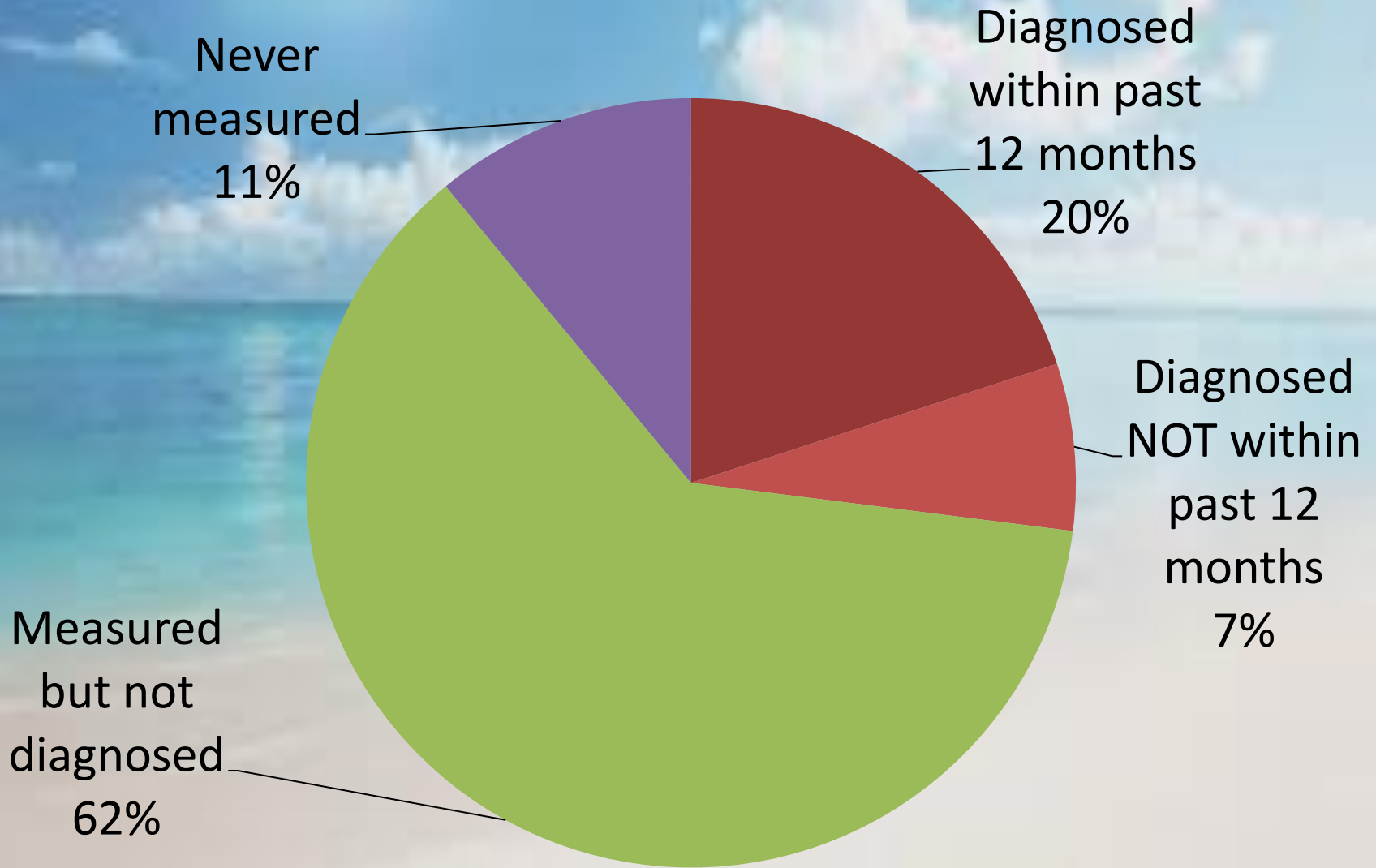
STEP 2: Physical measurements on a sub-sample by interviewer

- height, weight
- blood pressure

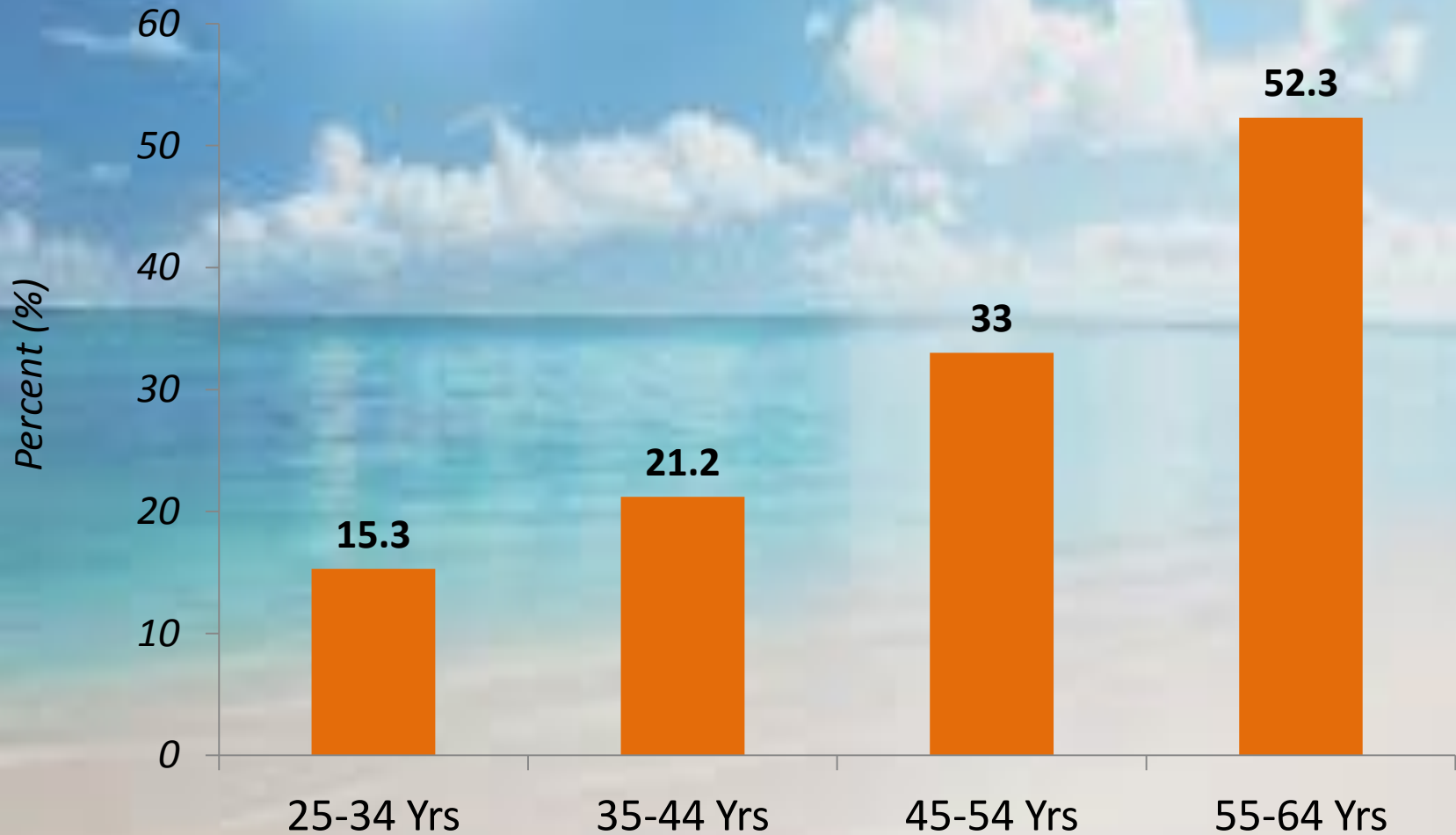
Results – Self-Reported (n=1,632)

- 27% had been told they had raised blood pressure/hypertension
 - 7% not within past 12 months
 - 20% diagnosed within past 12 months
 - 62% measured but not diagnosed
 - 11% were never measured
- 22% men, 31% women

Results – Self-Reported (n=1,632)



Self-Reported Prevalence by Age Group



Among those Diagnosed Lifestyle Advice (n=136)

- Advised to reduce salt intake – 76%
 - 77% men
 - 76% women
- Advised to lose weight – 59%
 - 62% men
 - 57% women
- Advised to stop smoking – 15%
 - 24% men
 - 8% women
- Advised to start/do more exercise – 70%
 - 76% men
 - 66% women

Among those Diagnosed Medication (n=136)

- Currently taking blood pressure drugs – 58%
 - 54% men
 - 61% women
- Seen a traditional healer – 13%
 - 14% men
 - 13% women
- Currently taking herbal/ traditional remedy – 11%
 - 10% men
 - 11% women

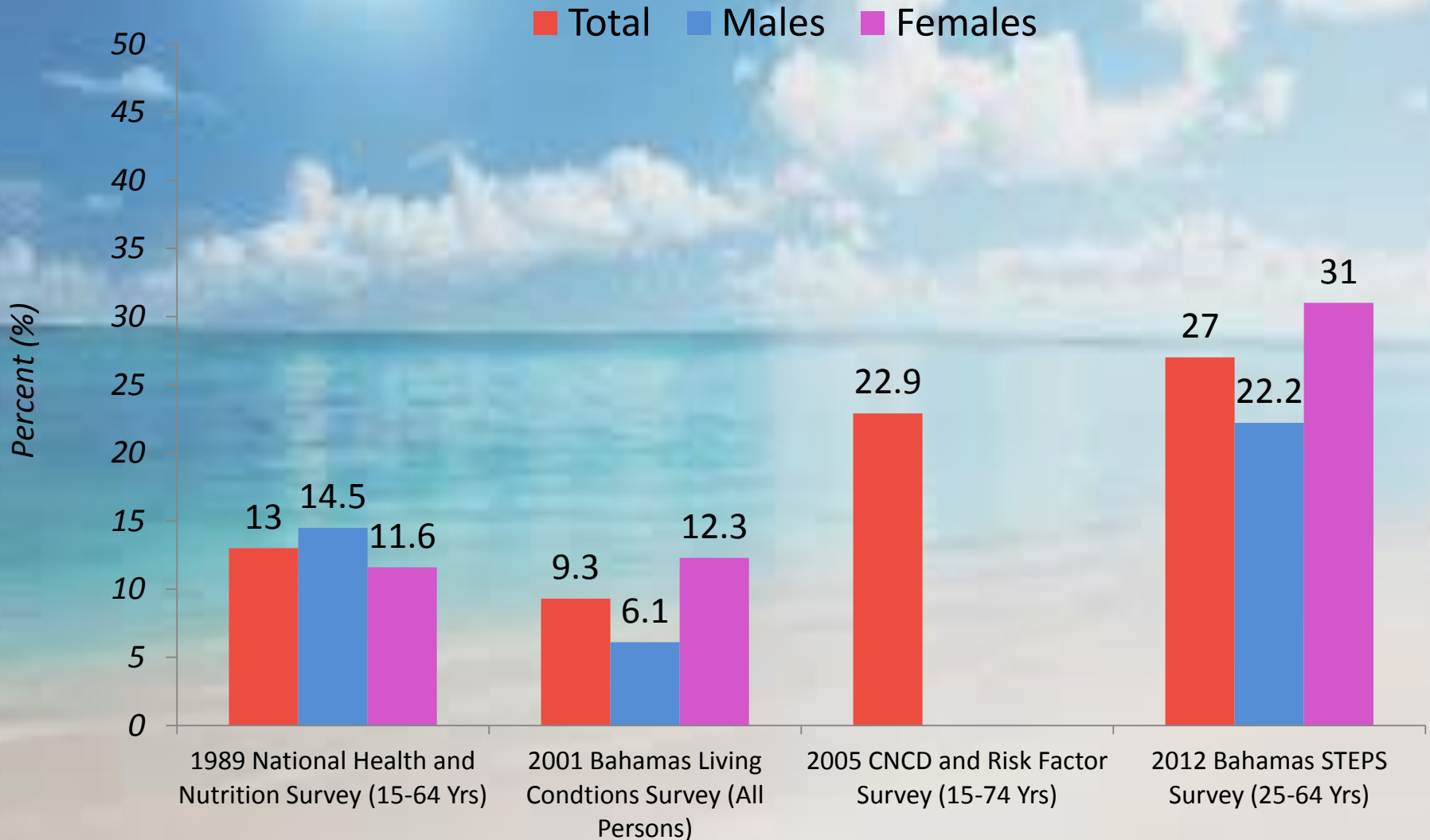
Results – Physical Measurements

- Mean systolic blood pressure, including those currently on medication – 127.4
 - 129.3 men
 - 125.6 women
- Mean diastolic, including those on medication – 81.6
 - 82.7 men
 - 80.5 women

Results – Physical Measurements

- Percent with raised BP or currently on medication
 - 34%
 - 36% men
 - 33% women
- Percent with raised BP NOT currently on medication – 24%
 - 28% men
 - 19% women

Comparisons with Previous Surveys



Risk Factors from STEPS Survey

- Mean BMI 30.5 (no sex difference)
- 80% overweight (including obese)
- 49% obese
- 90% ate less than 5 servings of fruits and/or vegetables on average daily
- 73% do not engage in vigorous physical activity

Limitations

- Somewhat low response rate of 54%

Conclusions

- Around one out of three adults have raised blood pressure or hypertension
- A notable proportion may have hypertension but never been measured by health practitioner ~ 10%
- Ongoing screening and interventions should continue, especially for at-risk groups as defined by findings from available research
- Further research is recommended

Acknowledgements

- Dr. Delon Brennen, Ag. Chief Medical Officer, Ministry of Health (MOH) (Focal point)
- Dr. Merceline Dahl-Regis , Former CMO (PI)
- Dr. Merle Lewis, Former PAHO/WHO Representative (Advisor)
- Dr. Glennis Andall-Brereton, Epidemiologist & Manager (Acting) Surveillance and Risk Assessment, CARPHA
- Ms. Sarah Quesnel, Biostatistician, CARPHA
- Mrs. Kathy Johnston, (Survey Coordinator/Formal M & E Specialist)
- Mrs. Kelsie Dorsett, Director, Department of Statistics (DOS)
- Mrs. Cypreanna Winters, Statistician, DOS (Statistical Advisor)
- Ms. Nanika Brathwaite, Statistician, Ministry of Health
- Ms. Camille Deleveaux, Epidemiologist, Ministry of Health



Thank you