

University of Iowa student studies hypertension in Ghana



- Mr. Ben Henkle, a Masters in Public Health student from the University of Iowa, in Iowa City, conducted a research project to study the prevalence of hypertension, obesity and its relationship with socioeconomic factors including family history and poverty in Southeastern Ghana.



- Data collection was done on **269 subjects** selected from the following locations: IHDN Mission Hospital at Weta, Worgbato (a village, 3 miles from Agbozume), Agbozume Market, Ketu District Hospital, Aflao and the Sacred Heart Catholic Hospital in Abor.



- The tools used for this research were the Welch Allyn blood pressure monitor, an analogue weighing scale, height meter, and a 4 page questionnaire.



- The major findings were:
 - a) Only 56% of subjects were aware of their diagnosis of hypertension.
 - b) Only 54% of these subjects were treated. Hypertension was controlled in only 22%.
 - c) Subjects were not significantly overweight, with 77% having a BMI <30 and few reported being diabetic (3%) or smoking (3%).
 - d) Approximately a third of the subjects reported family history of hypertension (35%).



- IHDN will use this knowledge to increase the awareness of hypertension and its management.

