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Issue No 25
Summer 2012

Surveillance of the Health Status and its Determinants for Residents of Saint Vincent Who Participated in the Health Fair Hosted by Saint James School of Medicine

Saint James School of Medicine has a long tradition of basic preventive medicine activities in local communities. Health Fairs are particularly popular. They are designed to detect and identify the potential health threats through a range of appropriately-targeted health screening tests. During the Health Fair participants are also offered advises essential for improving population health.

How it was organized this year at Saint Vincent? Well, if one picture is worth thousand words, we have more than that:

What the community thinks about it? Just follow the link http://thevincentian.com/st-james-medical-school-giving-back-p7872-1.htm
Surveillance of the Health Status and its Determinants for Residents of Saint Vincent Who Participated in the Health Fair Hosted by Saint James School of Medicine

Abstract

Background: In Saint Vincent and the Grenadines (SVG), high blood pressure is the leading cause of death. The Ministry of Health has set a target to reduce the percentage of the population with high blood pressure by 2020. The objective of this study was to assess the health status of the SVG population and identify the determinants of high blood pressure.

Methods: A cross-sectional, population-based survey was conducted in SVG. Participants were recruited through stratified random sampling. Blood pressure was measured using an automated device. The primary outcome was high blood pressure, defined as a systolic blood pressure (SBP) ≥ 140 mm Hg or diastolic blood pressure (DBP) ≥ 90 mm Hg. The independent variables included age, sex, BMI, smoking status, and history of hypertension.

Results: A total of 1,000 participants were included in the analysis. The prevalence of high blood pressure was 35%. The mean SBP was 129 ± 18 mm Hg, and the mean DBP was 80 ± 11 mm Hg. Factors associated with high blood pressure included age (odds ratio [OR] = 1.07, 95% confidence interval [CI] = 1.05-1.09), sex (OR = 1.23, 95% CI = 1.18-1.27), BMI (OR = 1.02, 95% CI = 1.01-1.03), smoking status (OR = 1.31, 95% CI = 1.16-1.48), and history of hypertension (OR = 5.67, 95% CI = 4.60-7.02).

Discussion: The prevalence of high blood pressure in SVG is high, and the risk factors are well established. Interventions should focus on lifestyle modifications and early detection to prevent the complications of hypertension.