



**AC030**

**Adult Cardiology & Clinical Cardiovascular Medicine** • Poster Presentation

## **KNOWLEDGE, ATTITUDE, AND PRACTICES REGARDING DIETARY PATTERNS AND THEIR ASSOCIATION WITH HYPERTENSION AMONG RESIDENTS OF MUSHIN LOCAL GOVERNMENT AREA, LAGOS, NIGERIA**

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**Stand:** POSTER #AC030 | **Venue:** Poster Exhibition Hall & Gallery - Eko Convention Centre | **Online Ref:** <https://nigeriancardiacsociety.com/abstracts/AC030>

**Background:** Hypertension is a leading modifiable risk factor for cardiovascular disease and is increasingly prevalent in Nigeria due to rapid urbanization and unhealthy dietary transitions. Despite evidence supporting dietary interventions such as the Dietary Approaches to Stop Hypertension (DASH) diet, adherence remains poor. This study assessed the knowledge, attitudes, and practices regarding dietary patterns and their association with hypertension among residents of Mushin Local Government Area, Lagos.

**Methodology:** A descriptive cross-sectional study was conducted among 300 adults selected using a multistage sampling technique. Data were collected using a pre-tested interviewer-administered questionnaire and analyzed using IBM SPSS. Descriptive statistics and Chi-square tests were used, with statistical significance set at  $p < 0.05$ .

**Results:** The mean age of respondents was  $35.66 \pm 10.70$  years, with over 85% attaining at least secondary education. Daily fruit intake was low (3.7%), while 45.3% reported daily use of seasoning cubes. Although 90% recognized excess salt as a risk factor for hypertension, only 34.7% were aware of the DASH diet. Dietary knowledge was significantly associated with self-reported hypertension status ( $p < 0.001$ ). Cost and the belief that hypertension is inevitable with aging were major barriers to healthy eating.

**Conclusion:** Despite good awareness of diet-related hypertension risks, healthy dietary practices remained suboptimal. Community-based nutrition education and interventions addressing socioeconomic barriers are needed to improve preventive dietary behaviors.

**Keywords:** Hypertension; Dietary patterns; Knowledge, attitude and practices; DASH diet; Nutrition; Cardiovascular disease; Mushin; Lagos; Nigeria.