



AC058

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

HYPERTENSION AND STATUS AWARENESS AMONG STUDENTS OF A COLLEGE OF MEDICINE IN LAGOS, NIGERIA.

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Background: Undergraduate rigors often lead to increased hypertension prevalence, but the magnitude varies widely across institutions. We aimed to determine the prevalence of hypertension and status awareness among students at the College of Medicine, University of Lagos (CMUL).

Methodology: This cross-sectional study was conducted at CMUL, Nigeria. Data were collected using structured questionnaires, and blood pressure (BP) measurements followed standard clinical protocols. Hypertension was defined as BP $\geq 140/90$ mmHg. Prevalence with 95% confidence intervals (CI) and awareness levels were compared across sex, age groups, and levels of study using χ^2 analysis, the Wilson score method, and Fisher's exact test.

Results: We studied 315 students (192 (61.0%) female, aged 16–27 years, mean age 21.4 ± 2.2 years). The overall prevalence of hypertension was 6.3% (20/315, 95% CI: 4.1%–9.5%). Out of these 20 hypertensive individuals, 9 (45.0%) were aware of their status, and only 1 (11.0%) was receiving antihypertensive treatment. Most (19/20 (95.0%)) presented with stage 1 hypertension. Hypertension was significantly higher among males (11.4% vs. 3.1%, $p = 0.003$). Prevalence and awareness did not differ significantly by age group or year of study ($p > 0.05$).

Conclusions: The prevalence of hypertension in this population is moderately low, with the majority in the early stages of the disease continuum. This highlights a critical window for primordial and primary prevention. The low level of awareness underscores an urgent need to intensify health surveillance and cardiovascular education on campus.

Keywords: Hypertension, Awareness, Undergraduate students, Prevalence, Nigeria