



AC059

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

LIFESTYLE-RELATED CARDIOVASCULAR RISK FACTORS AMONG STUDENTS OF A HEALTH SCIENCE UNIVERSITY IN NIGERIAN

Oluseyi Adegoke, Jared Oseghale, Somtochokwu Mbama

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Background: Rising young adult hypertension demands population-specific data to guide targeted prevention. We assessed the prevalence of modifiable cardiovascular risk behaviours among undergraduate students at the College of Medicine, University of Lagos (CMUL).

Methods: This cross-sectional study at CMUL used a structured questionnaire to evaluate tobacco, alcohol, physical activity, and dietary intakes (fruits, vegetables, sugar, salt, cholesterol) against standard guidelines. Sex-based variations were analyzed using chi-square and Fisher's exact tests.

Results: Among 310 participants (38.7% male; mean age 21.4 ± 2.2 years), high salt intake (91.3%), inadequate fruit/vegetable intake (85.2%), high sugar intake (75.5%), and physical inactivity (53.5%) predominated. Conversely, current alcohol use was low (12.6%), and none smoked tobacco. Food vendors supplied 46.5% of meals. Females experienced significantly higher rates of high sugar intake (80.5% vs. 67.5%, $p=0.010$) and inadequate physical activity (63.2% vs. 38.3%, $p<0.0001$) than males.

Conclusion: Cardiovascular dietary and physical inactivity risks are highly prevalent among these students. Institutional interventions, including subsidized healthy university cafeterias and accessible sports facilities, are recommended to mitigate these risks.

Keywords: Hypertension, cardiovascular risks, undergraduate students, Nigeria, dietary habits, physical inactivity