

Nutrition-Related Recommendations Provided by Health Care Providers Following Hypertension Diagnosis: Findings from the 2015 Kenya STEPS-Survey

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Abstract

Objective: To determine the proportion of individuals diagnosed with HTN that were provided lifestyle modification advice by Health Care Providers (HCP) in Kenya.

Methods: Secondary data analysis of cross-sectional data collected among 4500 Kenyan adults (18- 69 years) participating in the 2015 Kenya STEPwise approach to surveillance study (STEPS). Lifestyle modification advice and diagnosis of HTN were determined using survey questions. Descriptive statistics and cross tabulations were used for data analysis.

Results: 49% of the all (n=4500) participants had been screened for HTN with 484 (21.8%) reporting that they were diagnosed with HTN. Of those diagnosed, 37% were advised to increase intake fruits and vegetables, 37%, 27% and 25% were advised to reduce, salt, fat and sugary beverages intake respectively, and 21% and 22% were advised to start or do more physical activity, and maintain a healthy body weight or lose weight respectively. Those with no education, low wealth status and younger were significantly (p<0.005) less likely to have received this advice.

Conclusion: Majority of those diagnosed with HTN had not received dietary modification advice from HCP. Policy makers need to work closely with HCP to develop appropriate policy implementation strategies.

Background

- Hypertension is one of the main modifiable risk factors for cardiovascular disease morbidity and mortality.
- Pharmacological and lifestyle modification approaches are used in the treatment and management of hypertension.
- Kenya is experiencing a rapid economic development and an increase in the prevalence of chronic diseases.
- In a bid to encourage primary prevention of non-communicable diseases, the Kenyan government launched the national NCD strategic plan in 2015.

Objectives

- To determine the proportion of individuals diagnosed with HTN that were provided lifestyle modification advice by Health Care Providers (HCP) in Kenya.

Methods

- Secondary data analysis of cross-sectional data collected among 4500 Kenyan adults (18- 69 years) participating in the 2015 Kenya STEPwise approach to surveillance study (STEPS).
- Lifestyle modification advice was assessed using the question: "During any of your visits to a doctor or other health worker in the past 12 months, were you advised to do any of the following?"
 - Eat at least five servings of fruit and/or vegetables each day,
 - Reduce fat in your diet
 - Start or do more physical activity
 - Maintain a healthy body weight or lose weight
 - Reduce sugary beverages in your diet".
- Diagnosis of HTN was determined by the response to the question, "Have you ever been told by a doctor or other health worker that you have raised blood pressure or hypertension?"
- Descriptive statistics and cross tabulations were used for data analysis

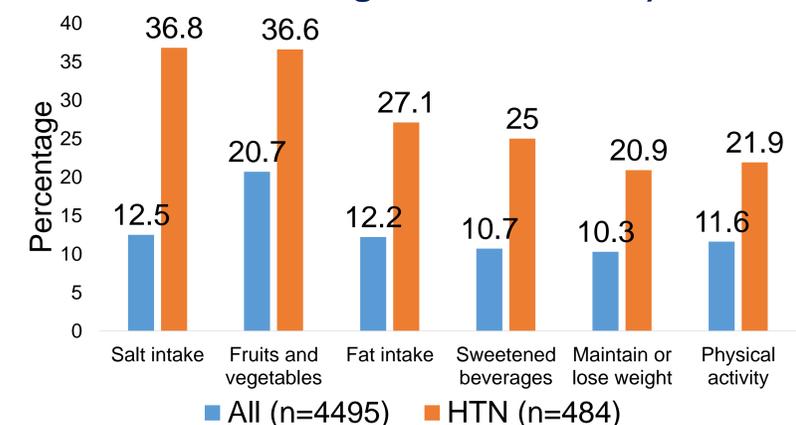
Demographic characteristics of the participants

		% All participants (n=4500)	% Screened for HBP (n=4500)	% Diagnosed with HBP (n=2218)
All		100	49	21.8
Age years	18-29	33.3	29.7	18.4
	30-44	38.1	38.1	29.5
	45-59	19.4	21.5	33.1
	60-69	9.2	10.7	19
Sex	Female	60	73.9	75.8
	Male	40	26.1	24.2
Residence	Rural	51.2	43.9	47.1
	Urban	48.8	55	52.9
Wealth status	Poorest	20	13.5	11.6
	Second	20	16.4	16.1
	Middle	20	21.4	24
	Fourth	20	22.3	22.5
Education level	No formal Schooling	16.8	13.9	15.9
	Primary incomplete	24.5	21.4	21.7
	Primary complete	31.7	30.8	30.4
	Secondary+	27.1	33.9	32
	Richest	20	26.4	25.8
BMI (Kg/m2)	<18.4	10.9	8.6	4.8
	18.5-24.9	53.4	48.3	36.1
	25-29.9	20.8	26.9	32.6
	>30	10.6	16.2	26.6

Results

- Of those diagnosed, 37% were advised to increase intake fruits and vegetables, 37%, 27% and 25% were advised to reduce, salt, fat and sugary beverages intake respectively, and 21% and 22% were advised to start or do more physical activity, and maintain a healthy body weight or lose weight respectively.
- There were significantly more individuals provided lifestyle modification advice among those diagnosed with HTN as compared to the whole population
- Those with no education, low wealth status and younger were significantly (p<0.005) less likely to have received this advice.

Percentage of individuals provided lifestyle modification advice (All verses diagnosed with HTN)



Conclusions

- Majority of those diagnosed with HTN had not received dietary modification advice from HCP despite this being a policy recommendation in Kenya.
- Policy makers need to work closely with HCP to develop appropriate policy implementation strategies.

References

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