GAMBIA TEAM

BASELINE SURVEY ON HEART HEALTHY LIFESTYLES IN SIX SELECTED GAMBIAN SCHOOLS
INTRODUCTION

Kanifing Municipal Council - Est. pop of 250,000. (2003 Census) accounting for more than 25% of the population
This community was selected because of its rapid population density and multi-ethnical nature that offers a good representation.
KMC

20 Upper Basic and Senior Secondary schools
6 schools randomly selected
- 3 Upper Basic
- 3 Senior Secondary
In each selected school
- 2 classes participate in the study
Adopted WHO Stepwise Questionnaires were administered to students in schools.
FINDINGS

Demographic Information

468 students participated (480)

216 females

252 males

Ages 15 - 24 years

8 to 11 years in school
Ethnicity

135 Mandinka
121 Wollof
104 Fulla
67 Jolla
41 Sarahuley
468 Students

- 468 completed primary school
- 242 completed secondary school

They are student and unemployed
Households

For the number of people in their household who are older than 18 years, this ranges between 3 – 7 people.
Past year average Earnings

D  500.00 – D 3,000.00 per week

D  4,000.00 – D20,000.00 per month

D50,000.00 – D90,000.00 per year
However, some of them do not know and cannot estimate the amount
Behavioural Measurements

Current smokers

- 168 use cigarettes
- 94 smoke cigarettes daily
Age at start of Smoking

9 – 16 years old

6 – 12 years ago
In the Past

192 smoked cigarettes
Stopped Smoking

10 – 20 years old

7 – 18 years ago
Alcohol Consumption

16 consumed beer/wine

None on daily basis

2 to 4 times a week
Fruits and Vegetables

3 – 4 days/week
4 – 5 days/week
Oil or Fat

Vegetable and margarine
Physical Activities

- Running
- Artwork
- Walking
- Playing

7 days per week
Typical Week

2 hours a day doing vigorous-intensity activities at work
5 days a week

BUT

1 to 2 hours a day doing moderate-intensity activities at work
Getting to and from Places

Bicycle or walk for at least 10 minutes continuously
Typical Week

7 days using bicycle or walking 10 minutes continuously to get to and from places.
Recreational Activities

Football
5 days a week
1 to 3 hours
Increase Breathing/Heart Rate

Running   Cycling   Walking

1 to 2 hours seven days a week.
History of Raised Blood Pressure

159 reported having their blood pressure measured by a health professional within the past 12 months

231 said between 1 to 5 years ago

78 not within the past 5 years

None - high blood pressure or hypertension
History of Diabetes

Very few - blood sugar measured in the past 12 months

None was informed of diabetes status
Thank you