High blood pressure from ALUCAM group's workers: the impact of the activity.

*Jean Marcel NANGA**, Fondation Universitaire Ibéro-américaine – FUNIBER,
Sidy Akhmed DIA, Cheikh Anta Diop University, Dakar
Désiré TCHOFFO, Faculty of health and life science, Distant Production House University (DPHU)
Martine EUTROPE, Mayotte Health Network, Paris
Philip CHEVAL, ALUCAM Medical Center, Edea
Bay Karim DIALLO, Cheikh Anta Diop University, Dakar

Introduction

The recrudescence of new cases of high blood pressure (HBP) and its complications are very worrying, especially since the high blood pressure seems more present among the workers. the aim of the study was to evaluate the impact of the activity on the occurrence of high blood pressure among ALUCAM group's workers.

Method

This is an analytical, descriptive and cross-sectional study of all workers in the ALUCAM group from Cameroon. It was conducted between January and September 2013. We collected socio-professional data and assessed psychosocial risk using the Karasek model. The data were processed from Epi-info version 3.5.4 of July 30, 2012. The Chi-square statistical tests were used to compare our results ($P < 0.05$).

Results

The prevalence of HBP was 14.3% (n = 91). Older workers (> 45 years) make up 73% (n = 465) of our study population. HBP was significantly correlated with age (p = 0.000, OR = 16.95). The high blood pressure was significantly related to obesity (p = 0.0000; OR = 4.7). Active workers accounted for 91% (n = 83) of Hypertensive workers. There was a significant difference between active and non-active hypertensive workers (p = 0.0000 with OR = 7.16). There were more workers posted with high blood pressure (p = 0.0168; OR = 1.72). The workers in 63% (n = 401) of the cases were in the "job strain" dial, among which 70% (n = 280) of operators. Social support and decision latitude decreased as psychological demand increased.

Conclusion

The prevalence of high blood pressure was significantly high among older and obese workers. Stress was a major risk factor for the development of high blood pressure. The activity has an impact on the occurrence of HBP, through its psychosocial components often unfavourable for the worker. Shift work was a contributing factor for the occurrence of HBP in these workers (p = 0.0168, OR = 1.72).

Key words: High blood pressure, Activity, stress at workplace, obesity