

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-ethnic 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

Walking

Artwork

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