



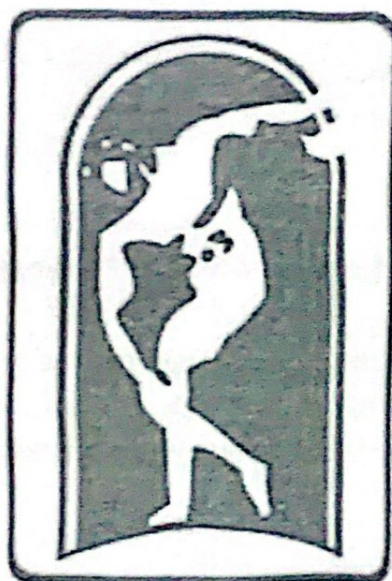
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INFLUENCE OF LIFESTYLE FACTORS ON THE PREVALENCE OF SELECTED OF SELECETED NON-COMMUNICABLE DISEASES AMONG ADULTS IN ASA LOCAL GOVERNMENT AREA, KWARA STATE

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Abstract

The study examined the influence of lifestyle factors on the prevalence of selected non-communicable diseases among adults in Asa Local Government Area of Kwara State, Nigeria. Specifically, the study investigated the (i) the influence of physical inactivity on diabetes mellitus and (ii) the influence of smoking on cardiovascular diseases. An ex post facto research design was employed for the study. A sample of 384 respondents were selected across wards in Asa LGA using multi-stage sampling procedure. Researcher developed questionnaire tagged "QKRLFCD" which was validated by three Jurors and tested for reliability using split-half method was used for the study. A result of 0.791r clearly indicated the instrument was reliable. Chi-square was used to analyse the hypotheses for the study at 0.05 alpha level of significance. The findings revealed that physical inactivity do not significantly influence diabetes mellitus [calculated χ^2 value (13.03) < table value (12.592)]; and smoking do not significantly influence cardiovascular diseases [calculated χ^2 value (10.) < table value (16.9)] among adults in the study area. It was concluded that adults in Asa LGA do not significantly perceive the influence of physical inactivity on diabetes mellitus and the influence of smoking on cardiovascular diseases. It was recommended that there should be massive campaign by community health educators in Asa LGA on the importance of physical activity and avoidance of smoking in the prevention of diabetes mellitus and cardiovascular diseases.

Keywords: Lifestyle factors, communicable diseases, heart diseases, diabetes mellitus, Health promotion

Introduction

Health promotion is one of the major avenues for addressing public health problems. The world today is faced with myriad problems of communicable diseases, newly emerging and re-emerging cases as well as the unprecedented rise of non-communicable diseases (Buch, 2011). The factors which aid economic progress and development including globalization of trade, urbanization, ease of global travel, and advanced technologies have both positive and negative implications on public health. On one hand, they lead to positive health outcomes, and on the other hand increase the vulnerability to poor health. This is because; they contribute to sedentary lifestyles and unhealthy dietary patterns among people. There is a notably high prevalence of tobacco use along with increase in unhealthy dietary practices and decrease in physical activity, which contribute to increase in biological risk factors that in turn leads to increase in the prevalence of non-communicable diseases (World Health Organization WHO, 2015).

Health is a state of complete physical, mental, social and emotional well being and not merely the absence of any disease or infirmity (WHO, 2008). The enjoyment of highest attainable standard of health is considered as one of the fundamental rights of every human being no matter the origin, race or ethnicity (Dans, Varghese, Firestone & Bonita, 2011). Over the past few decades, there has been increasing recognition that biomedical interventions alone cannot guarantee better health, because health is heavily influenced by factors outside the domain of the health sector, especially socio-economic and political factors. These factors largely shape the circumstances in which people grow, live, work and age as well as the systems put in place to deal with health needs ultimately leading to inequities in health between and within nations (Pinder & Rootman, 2011). Thus, the attainment of the highest possible standard of health depends largely on a comprehensive and holistic approach, which goes beyond the traditional curative care, involving communities, health providers and other stakeholders. This holistic approach should empower individuals and communities to take actions for their own health, foster leadership for public health, promote inter-sectoral action to build health public policies and create sustainable health systems in the society. These elements capture the essence of health promotion, which is about enabling people to take control over their health and determinants, and thereby improve their health. It includes interventions at personal, organizational, social and political levels in order to facilitate adaptations (lifestyle, environmental and behavioural) conducive to improve or protect health (WHO, 2009).

Lifestyle factors are very important considerations for non-communicable diseases. For instance, several investigators have reported a prospective association between physical activity and type 2 diabetes. Helmrigh, Ragland, Leung and Paffenbarger, (2011) examined patterns of physical activity and other personal characteristics in relation to the subsequent development of type 2 diabetes in 5,955 male alumni of the University of Pennsylvania and found that leisure-time physical activity was inversely related to the development of type 2 diabetes. The association remained the same when data were adjusted for other risk factors of diabetes, such as obesity, hypertension, and parental history of diabetes. Manson, Nathan, Krolewski, Stampfer, Willett and Hennekens, (2011) also reported the results of a study in which they examined the association between regular vigorous exercise and the subsequent incidence of type 2 diabetes in a prospective cohort of 87,253 U.S. women during 8 years follow-up. It was found that women who had engaged in vigorous exercise had a lower risk of developing diabetes than those who did not exercise. Similar findings were observed between engagements in exercise and incidence of type 2 diabetes in a 5-year prospective study of men.

physicians. The study revealed that the risk of developing diabetes over a 13-year period was reduced by 50 per cent in men who engaged in moderate to vigorous levels of physical activity compared with less active men (Perry, Wannamethee, Walker, Thomson, Whincup & Shaper, 2010).

In the same vein, smoking has been linked with cardiovascular diseases. Smoking is a major cause of cardiovascular disease (CVD) and causes one of every three deaths from CVD, according to the 2014 Surgeon General's Report on smoking and health. CVD is the single largest cause of death in the United States, killing more than 800,000 people a year. More than 16 million Americans have heart disease. Almost 8 million have had a heart attack and 7 million have had a stroke. Even people who smoke fewer than five cigarettes a day may show signs of early CVD (Surgeon General's Report on Smoking and Health, 2014). Plnder and Rootman (2011) also reported that the risk of CVD increases with the number of cigarettes smoked per day, and when smoking is continued for many years. Smoking cigarettes with lower levels of tar or nicotine does not reduce the risk for cardiovascular disease. Exposure to second-hand smoke also causes heart disease in non-smokers. More than 33,000 non-smokers die every year in the United States from coronary heart disease caused by exposure to second-hand smoke. Exposure to second hand smoke can also cause heart attacks and strokes in non-smokers. It is against this backdrop that the researchers carried out a study on the influence of lifestyle factors on the prevalence of selected non-communicable diseases among adults in Asa Local Government Area of Kwara State.

Statement of the Problem

For a nation to attain a sustainable development, the health of its citizens must be a major priority. Communicable diseases have been a constant threat to the attainment of optimal health among people around the world. Lifestyle factors including smoking, eating habit, sedentary lifestyle and physical inactivity has been linked to the high prevalence of communicable diseases among people. The researcher observed that many of the adult residents in Asa Local Government Area of Kwara State do not engage in physical activities either for leisure or in a coordinated form. A lot of adults also engage in smoking which is very detrimental to their health. This may lead to a lot of diseases on them and even premature death. In order to enlighten adults in the study area on the adverse effect of lifestyle factors on the prevalence of non-communicable diseases, the researchers examined the influence of lifestyle factors on the prevalence of selected non-communicable diseases among adults in Asa Local Government Area of Kwara State.

Research Hypotheses

1. There is no significant influence of physical inactivity on diabetes mellitus among adults in Asa LGA of Kwara State.
2. There is no significant influence of smoking on cardiovascular diseases among adults in Asa Local government Area of Kwara State, Nigeria.

Methodology

An ex post facto research design was used for the study. The population for the study comprised all the adults in Asa LGA of Kwara State. The total population of Asa LGA is 124,668 which comprise 62,751 males and 61,917 female. A sample of 384 respondents was selected for the study. The sample was selected using a multistage sampling technique. A stratified random sampling was used to divide Asa LGA into its three existing districts which comprise twelve constitutionally recognized wards; simple

random sampling technique was used to select two wards from each district while a systematic sampling technique was used to select respondents going from house to house. The selection was based on 0.31% of the respondents. A researchers' structured questionnaire tagged Questionnaire on Knowledge of Lifestyle Factors and Communicable Diseases (QKLFCDD) was used for the study. The instrument was validated and standardized with a reliability coefficient of 0.71r. The hypotheses for the study were analysed using an inferential statistics of Chi Square set at 0.05 alpha level of significance.

Results

Test of Hypotheses

Ho1: There is no significant influence of physical inactivity on diabetes mellitus among adults in Asa LGA of Kwara State.

Table 1: Chi Square Analysis on influence of physical inactivity on diabetes mellitus among adult in Asa LGA of Kwara State.

S/N	Items	SA	A	D	SD	Cal Chi square	df	Critical value	Decision
1	When people stay for a long time without engaging in exercise, they may not be able to utilize the sugar in their body thereby leading to high blood sugar.	100	18	200	66				
2	People who engage in physical activities such as walking, jogging and running are at lower risk of getting diabetes mellitus	78	20	220	66	13.03	6	12.592	H ₀ Accepted
3	Exercise reduces the risk of diabetes mellitus	101	32	200	51				

A critical analysis of table 1 reveals that the calculated chi square value of 13.03 at a degree of freedom of 6 is lower than the critical value of 12.592 at 0.05 alpha level of significance. Hence, the null hypothesis which states that there is no significant influence of physical inactivity on diabetes mellitus among adults in Asa LGA of Kwara State is accepted. This means that adults in Asa LGA of Kwara State do not significantly perceive that physical inactivity could cause diabetes mellitus.

Ho2: There is no significant influence of smoking on cardiovascular diseases among adults in Asa Local government Area of Kwara State, Nigeria.

Table 2: Chi square analysis of the influence of smoking on cardiovascular diseases among adults in Asa Local government Area of Kwara State, Nigeria.

S/N	Items	SA	A	D	SD	Cal. Chi square	df	Critical value	Decision
1	Most of the particles from cigarette smoke usually mix with blood thereby causing the heart to be constricted	98	10	210	66				
2	Cigarette smoke produces lots of toxic materials which may be dangerous to heart.	66	34	237	47	11.35	9	16.919	H ₀ Accepted
3	The risk of heart diseases increase with the number of cigarettes smoked per day	76	54	209	45				
4.	Exposure to second hand smoke can also cause heart diseases	145	05	204	30				

Table 2 revealed that the calculated chi square value of 11.35 at a degree of freedom of 9 is lower than the critical value of 16.919 at 0.05 alpha level of significance. Therefore, the null hypothesis which states that there is no significant influence of smoking on cardiovascular diseases among adults in Asa LGA of Kwara State. This implies that adults in Asa LGA of Kwara State do not agree that cigarettes smoking could lead to cardiovascular diseases.

Discussion of Findings

The finding revealed that there is no significant influence of physical inactivity on diabetes mellitus among adults in Asa LGA of Kwara State, Nigeria. This was because; the calculated chi square value of 13.03 was greater than the critical value of 12.592. It means that the adults in Asa LGA of Kwara State do not agree that when people stay for a long time without engaging in exercise, they may not be able to utilize the sugar in their body thereby leading to high blood sugar. They also do not agree that people who engage in physical activities such as walking, jogging and running are at lower risk of getting diabetes mellitus. This finding negates the findings of Helmrigh, Ragland, Leung and Paffenbarger, (2011) who examined patterns of physical activity and other personal characteristics in relation to the subsequent development of type 2 diabetes in 5,990 male alumni of the University of Pennsylvania and found that leisure-time physical activity was inversely related to the development of type 2 diabetes. Manson, Nathan, Krolewski, Stampfer, Willett and Hennekens, (2011) also found that women who had engaged in vigorous exercise had a lower risk of developing diabetes than those who did not exercise. Similar findings were observed between engagements in exercise and incidence of type 2 diabetes in a 5-year prospective study of male physicians. The study revealed that the risk of developing diabetes over a 13-year period was reduced by 50 per cent in men who engaged in moderate to vigorous levels of physical activity compared with less active men (Perry, Wannamethee, Walker, Thomson, Whincup & Shaper, 2010). This finding may be because the study area is a rural area and there may not have been adequate sensitization on the dangers of physical inactivity in relation to diabetes mellitus.

The finding also revealed that, there is no significant influence of smoking on cardiovascular diseases among adults in Asa LGA of Kwara State, Nigeria. This was because; the calculated Chi Square value of 11.35 was greater than the critical value of 16.919 with a degree of freedom of 9 at .05 alpha level of

significance. This implies that the adults in Asa LGA do not agree that the risk of heart diseases increase with the number of cigarettes smoked per day and that exposure to second hand smoke can cause heart diseases. This finding disagrees with Surgeon General's Report on Smoking and Health, (2014) that more than 33,000 non-smokers die every year in the United States from coronary heart disease caused by exposure to second-hand smoke and exposure to second hand smoke can also cause heart attacks and strokes in non-smokers. Even people who smoke fewer than five cigarettes a day may show signs of early CVD. Pinder, and Rootman (2011) also revealed that the risk of CVD increases with the number of cigarettes smoked per day, and when smoking is continued for many years. Smoking cigarettes with lower levels of tar or nicotine does not reduce the risk for cardiovascular disease. Exposure to second-hand smoke also causes heart disease in non-smokers. More than 33,000 non smokers die every year in the United States from coronary heart disease caused by exposure to second-hand smoke. Exposure to second hand smoke can also cause heart attacks and strokes in non smokers (Surgeon General's Report on Smoking and Health, 2014)

Conclusions

Based on the findings of this study the following conclusions were made:

1. Adults in Asa Local Government Area of Kwara State do not perceive physical inactivity as contributory factor to diabetes mellitus.
2. Adults in Asa Local Government Area of Kwara State do not have perceived smoking as a cause of cardiovascular diseases.

Recommendations

Based on the findings of this study, the researchers made the following recommendations

1. Community health educators should carry out a massive campaign on the importance of exercise in the prevention of diabetes mellitus among adults in the study area.
2. There should also be a massive campaign at the community level by government and non governmental organizations to sensitize the people of Asa LGA on the dangers of smoking on cardiovascular health.

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