



Applicant Information

Applicant Name	Applicant Email	Affiliation	Country
Mr Wadus Awudu	awudu.wadus@kintampo-hrc.org	Kintampo Health Research Centre, GHS	Ghana

Abstract Details

Title:

Prevalence and determinants of physical activity in a rural setting in Ghana: a cross-sectional study

Category:

Non-communicable diseases including mental health

Authors:

Wadus Awudu, Nyame Solomon, Opoku Marfo Keziah, Anokye Patience, Stephaney Gyaase, David Dosoo, and Kwaku Poku Asante

Objectives:

Physical activity is an independent risk factor for chronic diseases, especially NCDs. Studies into physical inactivity are shared globally, but little is known about the status of physical activity in Ghana. This study aimed to determine the prevalence and associated factors of physical activity among adults in the Kintampo Municipality.

Method:

This community-based cross-sectional study assessed physical activity among 2,555 adults between 18-64 years old in the Kintampo North and South municipalities. Using the WHO STEPWISE approach to chronic disease risk factors surveillance-Instrument v2.1, we collected demographic, anthropometric, behavioural and morbidity data. Physical activity was defined as a level sufficient to reach the current WHO guidelines. Data analysis was conducted using Stata version 14, employing bivariate and multivariate analyses to identify prevalence and risk factors

Results:

Physical activity prevalence was 90.1%, with females (58.1%) being more physically active than males. Physical inactivity levels were similar among younger adults (18-39 years), 39.7%, and older adults (60 years and more), 39.3%. Most participants had normal BMI (63.8%), normal blood pressure level (40.0%), higher cholesterol levels (59.0%), and normal diabetes status (84.8%). Significant factors associated with physical activity included age, gender, marital status, blood pressure, and cholesterol levels.

Conclusion:

While physical activity levels in this study were high, they were lower compared to studies conducted in Kenya, Burkina Faso, and Malawi. This highlights the need for targeted health promotion and policy interventions to enhance physical activity levels and reduce the risk of cardiovascular and other chronic disease.

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