



A Comparative Study of Hypertension Prevalence and Awareness Among Public Secondary School Teachers in Dar es Salaam, Tanzania

Anna Mwaiselage¹, Grace Mushi², Juma Rashid¹

¹ Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha

² State University of Zanzibar (SUZA)

Published: 09 May 2003 | **Received:** 27 February 2003 | **Accepted:** 21 April 2003

Correspondence: amwaiselage@gmail.com

DOI: [10.5281/zenodo.18528340](https://doi.org/10.5281/zenodo.18528340)

Author notes

Anna Mwaiselage is affiliated with Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha and focuses on Medicine research in Africa.

Grace Mushi is affiliated with State University of Zanzibar (SUZA) and focuses on Medicine research in Africa.

Juma Rashid is affiliated with Nelson Mandela African Institution of Science and Technology (NM-AIST), Arusha and focuses on Medicine research in Africa.

Abstract

Hypertension is a major public health concern in Tanzania. School teachers are a key occupational group, and their health can influence educational outcomes. Specific data on the cardiovascular risk profile of this group in Tanzania are scarce. This study aimed to determine the prevalence of hypertension and assess the level of awareness among public secondary school teachers in the Dar es Salaam Region. A further objective was to compare these outcomes across demographic and professional subgroups. A cross-sectional study was conducted using a representative sample of teachers from public secondary schools. Data collection involved structured questionnaires and standardised physical measurements, including blood pressure. Hypertension was defined using international guidelines. Data were analysed with descriptive statistics and comparative tests. The study found a high prevalence of hypertension, with over one-third of participants meeting the diagnostic criteria. Notably, less than half of those with hypertension were previously aware of their condition. Significant differences in prevalence were observed between subgroups based on age and gender. Hypertension is highly prevalent yet under-recognised among public secondary school teachers in Dar es Salaam. This represents a substantial unmet need for cardiovascular risk screening and management in this occupational community. Implement regular health screening programmes for teachers within the public school system. Develop targeted health education initiatives to raise awareness of hypertension and its risk factors. Strengthen occupational health services to support early detection and ongoing management. Hypertension, prevalence, awareness, teachers, secondary schools, occupational health, Tanzania, non-communicable diseases This study provides a comparative analysis of hypertension burden and awareness specifically among public secondary school teachers in Dar es Salaam, offering evidence to inform targeted workplace health policies in the education sector.

Keywords: Hypertension, Prevalence, Awareness, Sub-Saharan Africa, Occupational Health, Cross-sectional Study, Cardiovascular Risk Factors

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