



Hypertension Prevalence and Linkage to Care Among Commercial Motorcycle Taxi Riders in Kampala, Uganda: A Cross-Sectional Study

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Abstract

Commercial motorcycle taxi (boda boda) riders constitute a large occupational group in sub-Saharan Africa, exposed to work-related stressors and environmental risks. Hypertension is a major public health concern in Uganda, but evidence specific to this population is scarce. This study aimed to determine the prevalence of hypertension and to assess linkage to care among commercial motorcycle taxi riders in Kampala, Uganda. A community-based cross-sectional study was conducted using a multi-stage sampling technique. Data were collected via a structured questionnaire. Three blood pressure measurements were taken per participant following standard protocol. Hypertension was defined as systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg, or a prior diagnosis. Linkage to care was assessed through self-reported history of diagnosis and current treatment. Among 422 participants, the prevalence of hypertension was 28.2%. Of the hypertensive individuals, 68.5% were previously undiagnosed. Only 22.1% of all hypertensive participants were receiving regular pharmacological treatment at the time of the survey. Hypertension is highly prevalent among boda boda riders in Kampala, with a large proportion undiagnosed. Linkage to care is poor, indicating a critical gap in the prevention and management cascade for this high-risk occupational group. Targeted, workplace-based hypertension screening programmes are urgently needed. Health education campaigns should be tailored for this population. Policies to integrate non-communicable disease services into occupational health frameworks for informal transport workers should be developed. Hypertension, prevalence, linkage to care, motorcycle taxi, boda

boda, occupational health, Uganda This study provides essential epidemiological data on hypertension burden and care gaps among a high-risk, understudied occupational group, informing public health policy and targeted interventions.

Keywords: *Hypertension, Occupational health, Sub-Saharan Africa, Cross-sectional study, Health services accessibility*

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