



Workplace-Based Hypertension Screening and Management: Impact on Blood Pressure Control in an Addis Ababa Factory Workforce

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Abstract

Hypertension is a major public health challenge in Ethiopia, characterised by low awareness and control rates. The workplace presents a strategic venue for reaching a large adult population, but evidence on the impact of such programmes in Ethiopian industrial settings remains limited. This brief report assessed the impact of a workplace-based hypertension screening and management programme on blood pressure control among factory workers in Addis Ababa. A voluntary workplace programme was established, offering screening, on-site counselling, and referral for treatment. Blood pressure was measured at baseline and after programme participation. A pre-post analysis was conducted on workers who completed both measurements. Among 347 workers with paired measurements, the proportion achieving controlled blood pressure (<140/90 mmHg) increased from 42% at baseline to 67% at follow-up. The workplace-based programme was associated with a marked improvement in blood pressure control among participating factory workers, indicating a feasible and effective approach in this setting. Scale-up of integrated workplace health programmes should be considered. Further research should investigate long-term sustainability and cost-effectiveness. Hypertension, workplace health, screening, programme evaluation, Ethiopia, non-communicable diseases This report provides practical evidence from an operational programme, contributing to the literature on workplace-based non-communicable disease interventions in low-resource industrial settings.

Keywords: *Hypertension, Workplace health, Screening, Sub-Saharan Africa, Blood pressure control, Occupational health, Non-communicable diseases*

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