

Lipid Profile of Civil Servants in Abeokuta Ogun State Nigeria

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Abstract : Cardiovascular diseases are now becoming dominant sources of morbidity and mortality worldwide. This study investigated the lipid profile of civil servants. A cross-sectional study was carried out among randomly selected 202 male and 298 female civil servants in Abeokuta Ogun state. A pretested structured questionnaire was used to elicit information on history of non-communicable diseases and physical activity pattern of the respondents. The blood pressures of the subjects were measured and classified using World Health Organization criteria. The total cholesterol (TC), triglycerides (TG), low-density lipoprotein (LDL), high-density lipoprotein (HDL). Ethical approval was obtained from Ogun State Ministry of Health. Data collected were analysed using Statistical package for social science version 17.1. Results showed that majority (76%) of the subjects were within the age range of 20 - 40 years, 75% earned between N58,500 - N98,000 monthly and 68% were sedentary. The mean energy intake of men and women were 3942 ± 38 kcal and 2791 ± 3 kcal respectively, while the protein intake for men was 65 ± 49 g/day and 54.28 ± 40 g/day for women. Desirable TC level (< 200 mg/dl) was found in 80% of the selected subjects while the normal TG (< 150 mg/dl) and LDL (< 129 mg/dl) was found in 95% and 90% subjects respectively. The mean TC was 78.91 ± 11 mg/dl and 62.69 ± 9 mg/dl in men and women respectively. The study showed that most of the subjects had normal lipid in terms of serum triglycerides, total cholesterol, HDL cholesterol and LDL cholesterol.

Keywords : high density lipoprotein, morbidity, mortality, triglycerides

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