

# **Knowledge, Attitude and Practice Regarding the Risk of Cardiovascular Disease Among Traders in an Urban Market in Jos North, Plateau State**

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## **ABSTRACT**

**Introduction:** Cardiovascular disease risk factors are majorly divided into two types: modifiable and non-modifiable. These factors increase the likelihood of having cardiovascular diseases, which are detrimental to the heart and blood vessels. The cardiovascular diseases commonly known include coronary artery disease, cerebrovascular diseases (such as stroke and transient ischemic attacks), peripheral artery disease, rheumatic heart disease, congenital heart disease, deep vein thrombosis, and pulmonary embolism.

**Methodology:** A descriptive cross-sectional research was employed. Questionnaires were administered to a sample size of 174 traders on Rwang Pam Street in Terminus market, Jos. Data was analysed using SPSS and Microsoft excel and was presented in tables and charts. The Chi Square test was used to determine statistical significance between categorical variables at a level of less than 0.05 (<0.05).

**Results:** The majority of our traders (90.8%) did not have any pre-morbid cardiovascular diseases and 75.9% had no family history of cardiovascular diseases. About three-quarters (77.6%) had good knowledge of risk of cardiovascular diseases while less than half (44.3%) demonstrated a positive attitude towards its prevention. About two-third (63.2%) of the study respondents have good practices towards the prevention of acquiring Cardiovascular Diseases. Our study also highlights that 51.7% of the traders have a normal body mass index. However, 28.2% are overweight and 12.1% are obese. A minor percentage were underweight.

**Conclusion:** The study shows that the majority of traders have good knowledge though this does not reflect in their attitudes as more than half of the respondents have a negative attitude. In addition, about two-third of the respondents have good practices whereas 36.8% have poor practices towards the prevention of cardiovascular diseases.

