



International Conference on  
**NUTRITION AND HEALTH CARE**

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**TITLE:** Associated risk factors of non-communicable disease in three sites across Ivory Coast: an Urban (Cocody), Peri-Urban (Abobo) and Rural (Yocoboué) Area

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**ABSTRACT**

Introduction: As countries urbanize and modernize, greater numbers of Africans are adopting lifestyle changes that drive the increasing prevalence of non-communicable diseases (NCDs). To stem this growing epidemic, WHO recommends implementing cost-effective interventions dubbed “best buys” to curb the main risk factors of NCDs. Our study aimed to determine the prevalence and associated factors of the major risk factors of NCDs among the population of Cocody, Abobo and Yocoboué in the Ivory Coast. Methods: A descriptive and analytical cross-sectional study was conducted and involved 1146 adults of 19 to 60 years from population in Cocody (urban), Abobo (peri-urban) and Yocoboué (rural). The WHO STEPS risk factor survey has been changed and was administered. It contains anthropometric and biochemical measures. Results: The prevalence of NCD risk factors was different across the three sites between urban (Cocody) and rural (Yocoboué) areas. The overall prevalence estimates of the risk factors were 15.2% for current smoking, 57.71% for harmful alcohol, 58.84% for

low physical activity, 24.71% for sedentariness, 69.45% for skipping breakfast, 61% for having late dinner and 36% for snacking. Concerning biological factors, we noticed 40.95% for Overweight/obesity, 52.96% for abdominal obesity, 14.61% for raised blood pressure, 23.37% for raised blood sugar and 18.51 low HDL-C. Being female was associated with an increased risk for having abdominal obesity (OR: 25.7) and being overweight or obese (OR: 11.3), suffering from hypertension increased with age, 30-39 years (OR 8.45), 40-49 years (OR: 13.4) and 50 years and above (OR: 24.6). Conclusion: Adult residents in the of three different areas are developing high-risk NCDs, particularly Cocody’s population. Finally, we observed female gender, living in urban areas and clustering are the most concerned by non-communicable disease risk factors. To reach the goal, preventive and therapeutic interventions are needed among the targeted population.



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## BIOGRAPHY

Nina Laurette AHOUEFA has completed his PhD from Nangui Abrogoua University, Abidjan, Ivory Coast. She received her bachelor's degree in Science and Food Technologies, then proceeded to obtain her master's degree in Nutrition and Food Safety in the same University. During her studies, Nina Laurette worked as a nutrition educator for a private enterprise of infant's Food and as a research assistant for a technology-based nutrition intervention for human's health. Currently, her research is focused on health, in partuculary person suffering from HIV. The subject's goal was firstly to advise them food supplement consumption for rapid recovery and secondly promote local products. As Doctoral student at Nangui Abrogoua University, Nina Laurette was lead researcher for a survey study that explored. The Doctoral's study have permitted two publications: the first concerned physical activity and the second focused on non-communicable diseases.

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