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Prevalence and determinants of blood pressure variability in pygmies of Southern region Cameroon
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Abstract

INTRODUCTION: The impact of urbanization and living conditions on the prevalence of hypertension in the Cameroonian population is poorly known. **AIM:** To evaluate the prevalence and determinants of blood pressure (BP) in adult Pygmies and Bantus living in urban and rural areas of Southern Cameroon. **PARTICIPANTS AND METHODS:** This was a cross-sectional comparative study of 406 adults (96 urban Bantus, 100 urban Pygmies, 111 rural Bantus and 99 tropical rainforest Pygmies with a traditional Pygmies way of life), recruited in Southern Cameroon (mean age 42±17 years; 56.7% women). Sociodemographic, anthropometric and BP parameters were collected. Hypertension was defined as BP at least 140/90mmHg and/or use of BP-lowering drug(s). **RESULTS:** The age-standardized prevalence of hypertension in urban Bantus, rural Bantus, urban Pygmies and traditional Pygmies was 18.0, 13.5, 9.3 and 4.1%, respectively. Mean SBP and DBP differed significantly according to Bantu vs. Pygmy ethnicity, and urban vs. rural residency. After multiple adjustments, mean arterial pressure was significantly associated with age, BMI, Bantu ancestry and urban residency. **CONCLUSION:** Bantu ethnicity and urban residency are significantly associated with high-BP among people from Southern Cameroon.

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