

### Project Goal/Objective

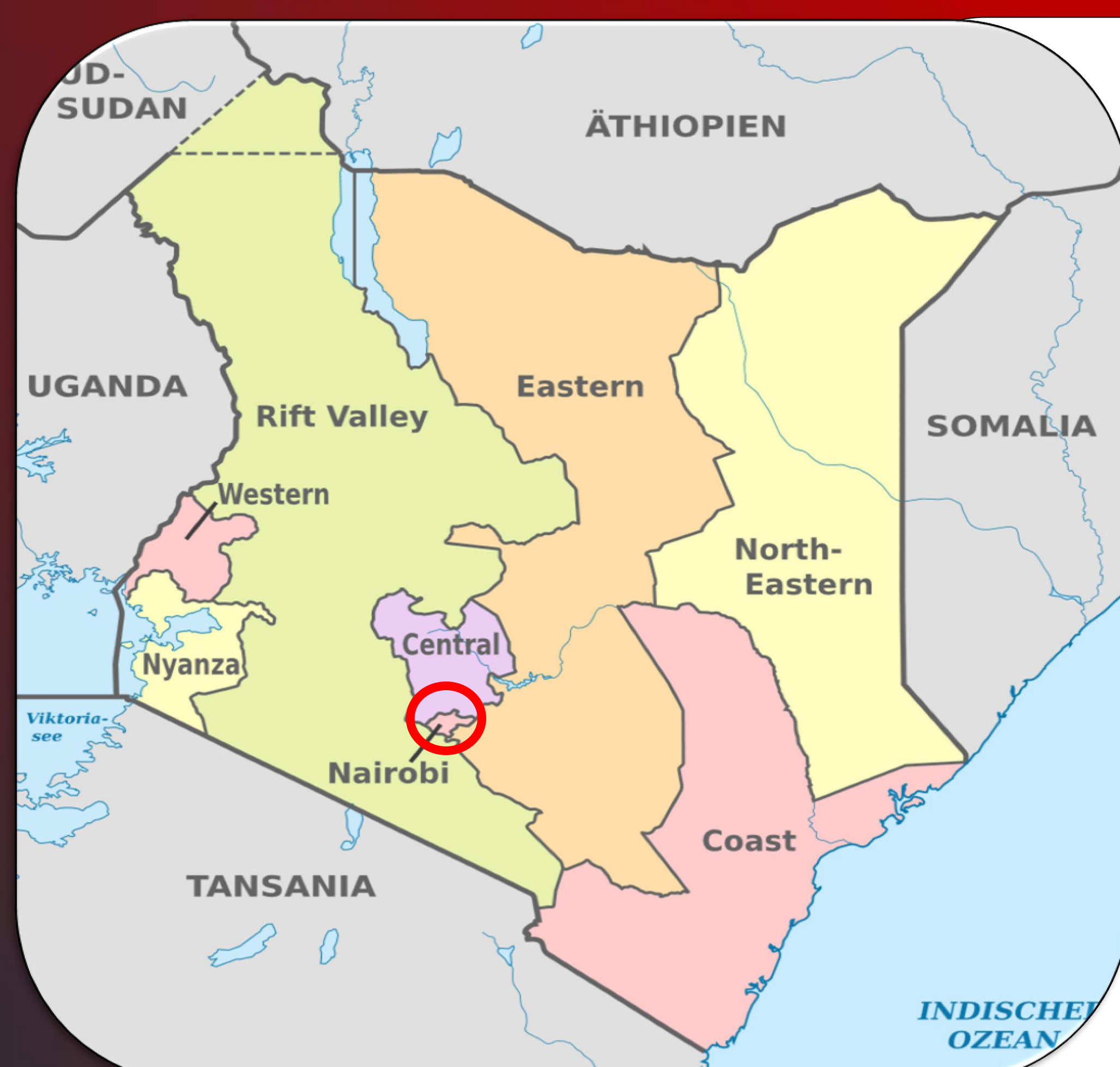
To reduce the incidence of high blood pressure in the Viwandani slum of Nairobi, Kenya.

### Abstract

The rates of hypertension in Kenya are high due to low levels of awareness and treatment. To combat this, blood pressure cuffs will be distributed to local hospitals. Five years after implementation, incidences of hypertension will decrease as education leads to lifestyle changes.

### Background

- Hypertension affects 12,3% of Nairobi slum dwellers and 20% are aware of their condition
- Area has poor healthcare with 11.8 nurses per 10,000 people
- Inexpensive treatment can be implemented involving education, monitoring and lifestyle changes



A map of Kenya showing Nairobi, the area selected for the study.

### Methods/Process

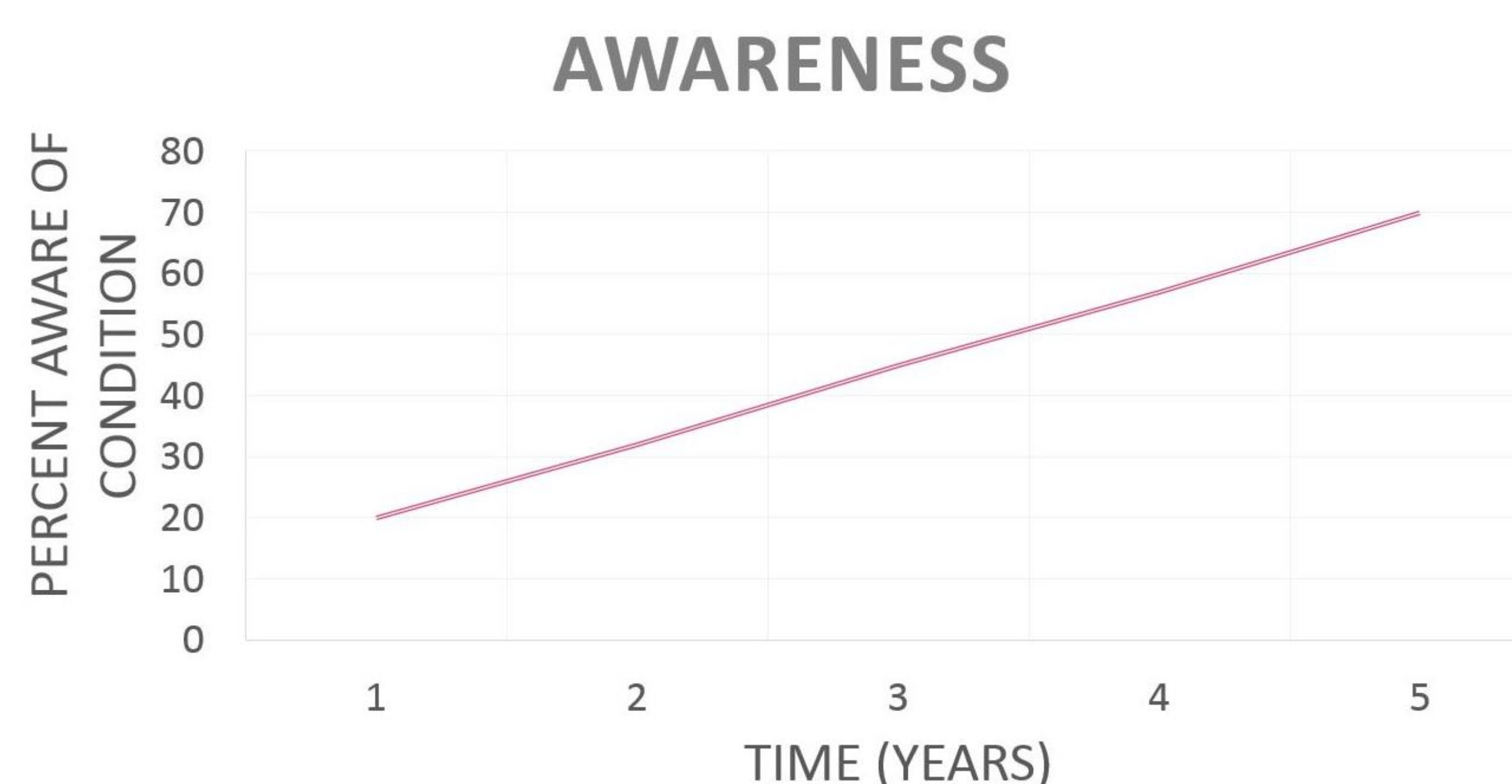
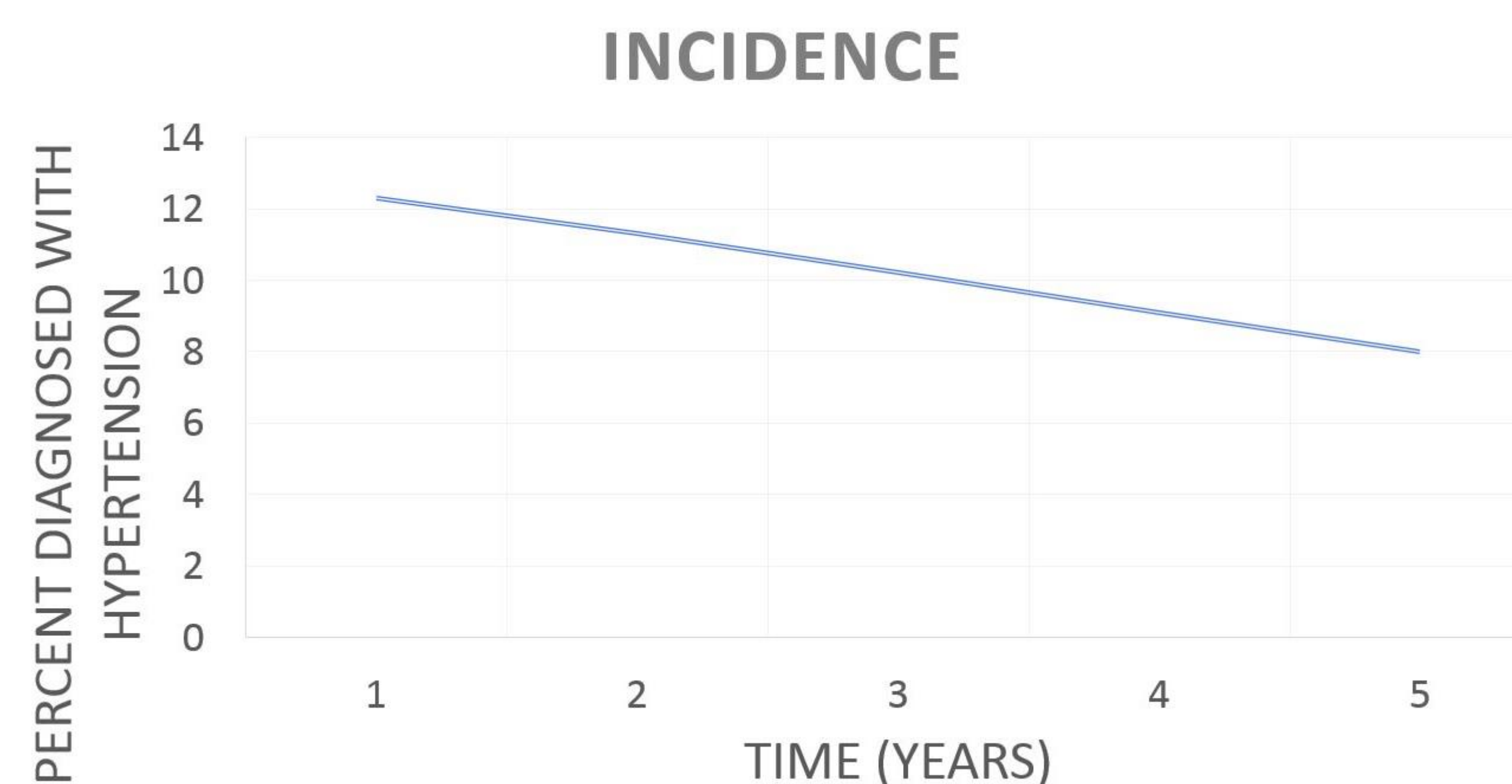
- Submit applications for grants to foundations to obtain project funds
- Distribution of BP Boxes including educational pamphlets and electronic blood pressure cuffs.
- Population includes community members living around hospitals in Viwandani



The screen of one type of electronic blood pressure monitor

### Results/Outcomes

- Incidence rate decreased from 12.3% to 8%
- Percentage of population aware of hypertension, increased from 20% to 70%



### Attributions for Success

- Population's knowledge of hypertension and lifestyle changes, measured by Pre/Post Survey
- Incidences of hypertension in the region over 5 year period, after implementation

### Conclusions/ Recommendations

Lifestyle changes and consistent monitoring have a positive correlation with low blood pressure. This method has potential to be successful in other slums.

### Acknowledgements

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### References

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