

Prevalence of Hypertension in Nigerian Children and Adolescents: A Comparison of the Fourth Working Group Report and the American Academy Pediatricians' Guidelines

Sunday O. Onagbiye^{1,*}, Abel L. Toriola², Olusesi Bennett Ajayi-Vincent³, Joel Adegun³, Joseph Adegboyega³, Eunice Oluyemisi Alebiosu³, Olufunke Olayinka Aina³, Emily Oluremi Adeloye³ and Olurotimi Marcus Bolarinwa³

¹*Africa Unit for Transdisciplinary Health Research (AUTHeR), North-West University, Potchefstroom Campus 2520, South Africa*

E-mail: onagbiyesunday@gmail.com, 24539678@nwu.ac.za

²*Sport, Rehabilitation and Dental Sciences, Tshwane University of Technology, Pretoria 0001, South Africa*

³*Department of Human Kinetics and Health Education, Ekiti State University, Ado-Ekiti 360213, Nigeria*

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ABSTRACT The purpose of this study was to compare the prevalence of hypertension based on the Fourth Report (FR) guidelines issued in 2004 and the 2017 American Academy of Pediatrics (AAP), medical practice commendation of defining high blood pressure among Nigerian youths. A cross-sectional study of 1758 boys and girls aged between 9 and 19 years in Ado-Ekiti, Southwest Nigeria participated in the study. Physiological and anthropometry parameters were determined using the standard protocols. The prevalence of hypertension by gender based on the AAP guideline systolically stands at 9.5 percent and 5.9 percent compared to the FR guidelines of 1.5 percent and 1.7 percent for boys and girls, respectively, and diastolically stands at 6.3 percent and 3.9 percent compared to the 1.6 percent and 0.9 percent for boys and girls, respectively. A high prevalence of hypertension was found in children and adolescents following the recent AAP guidelines compared to the FR guidelines highlighting the need to scale up the intervention and prevention in children especially from low-income countries.