



## Report of the Screening campaign organized in Nyasoso on the 27th and 28th of August 2022

The campaign was organized in collaboration with the Nyasoso youth development association (NYDA) in the Nyasoso rural community.

Forty-eight participants were involved in this activity. Only participants that presented with elevated blood pressure, elevated sugar levels and/or above 50 years with or without the other parameters were considered for urinalysis screening.

- **Demographic:**

- **Age/Sex:** Of the 48 participants, 54.2%(26/48) were females, while 45.8% (22/48) were males. Amongst these, 2.1% (1/48) represented our pediatric population ( $\leq 14$ ), 35.4% (17/48) represented our young adults (15 to 45yrs), 31.3% (15/48) represented our middle age adults (46 to 59) and 31.3% (15/48) represented our elderly population ( $\geq 60$ yrs).
- **Other Demographic:** Majority were married (50.0% (24/48)), with 39.0% (16/41) having about 4 to 6 children. Farming was shown to be the main occupation (60.5% (26/43)) having an average income within the range of 10000 to 49000 frs (67.5% (27/40)).

- **Analysis Body Mass Index:** While evaluating the data provided, it was observed that 31.3% (15/48) were overweight, 12.5% (6/48) were grade I obese (30 to 34.9), 10.4% (5/48) were grade II obese (35 to 39.9) and 8.3% (4/48) were grade III obese ( $\geq 40$ ).

- **Analysis Blood Pressure:** Furthermore, blood pressure was analyzed using systolic reading. 45.8%(22/48) presented as prehypertensive (120-139mmhg), 27.1% (13/48) reported as stage 1 hypertensives (140-159mmhg), and 12.5% (6/48) were stage 2 hypertensives ( $\geq 160$  mmhg).

- **Glycemia Analysis:** Overall, we had 24 participants for fasting blood sugar (FBS) and 20 for random blood sugar (RBS). The analysis of blood sugar distribution revealed that within participants for FBS; 4.2% (1/24) had pre-diabetic readings (100-125 mg/dl), and 8.3% (2/24) with diabetic readings ( $\geq 126$  mg/dl). For people who were evaluated for RBS; 25.0% (5/20) presented as pre-diabetic (140-199 mg/dl) and 5.0% (1/20) reported as diabetic ( $\geq 200$  mg/dl).

- **Urinalysis Analysis:**



- 33 individuals had their urine examined for protein, sugar and blood
- In this group, 3% (1/33) presented with glucosuria (value 4+)
- In the evaluation of proteinuria, 9.1% (3/33) had trace (+or\_), 3.0%(1/33) had 1+
- While evaluating hematuria, 3.0%(1/33) had 50 ery/microliters, 6.1% (2/33) had 2+, 3.0%(1/33) had traces of blood.

### **Laboratory Analysis**

48 glucometer strips were used throughout the campaign, leaving the remaining number of strips at the office to be 222(122+100 strips returned by BMSA strips). 33 urinalysis strips were used leaving 221 strips.