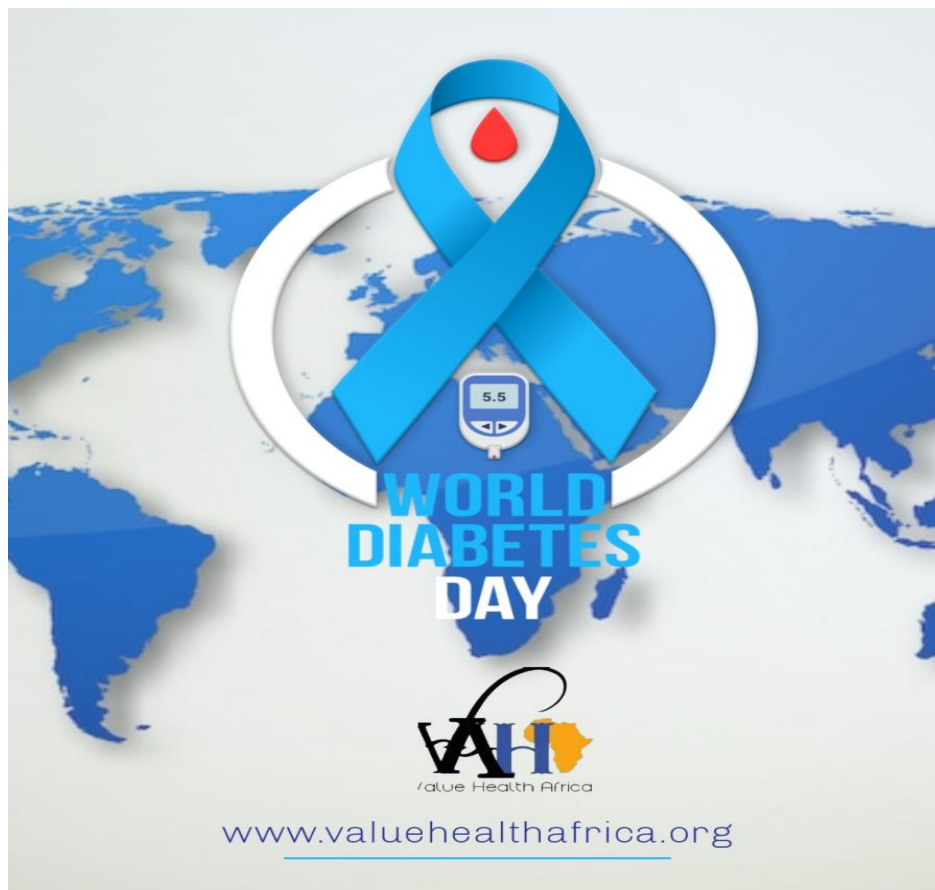


# ACTIVITY REPORT



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## Introduction

World Diabetes Day, observed annually on November 14th, is a global health campaign aimed at raising awareness of diabetes and its devastating health consequences. This year's theme, "Diabetes and Well-being," underscores the importance of prioritizing mental and physical health for individuals living with diabetes. Given the sedentary nature of office jobs and the increased risk factors associated with desk-bound lifestyles, such as obesity and hypertension, screening office employees for diabetes and its comorbidities is crucial. This report presents the findings of a diabetes screening initiative conducted among Cameroon NSIA's employees on 2024/11/15.



## Objectives

- To identify employees with undiagnosed diabetes or prediabetes.
- To assess the prevalence of hypertension among employees.
- To evaluate the prevalence of obesity based on body mass index (BMI).
- To promote awareness of diabetes risk factors and preventive measures.

## Methodology

A voluntary diabetes screening program was conducted for Cameroon NSIA employees. The screening included:

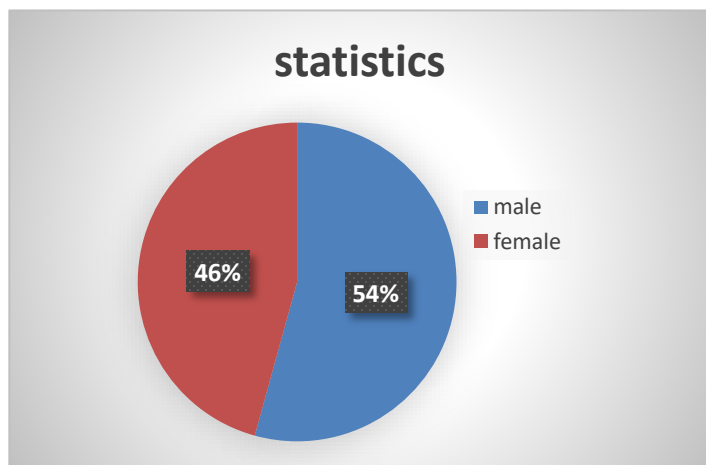
- **Blood glucose testing:** To detect elevated blood sugar levels indicative of diabetes.
- **Blood pressure measurement:** To assess for hypertension.

- **Height and weight measurement:** To calculate BMI and identify individuals at risk for obesity.



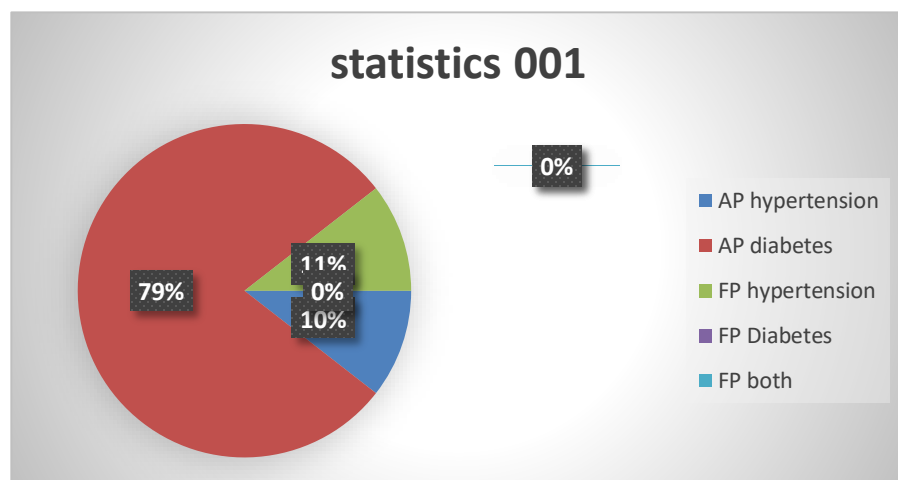
## Results

A total of 70 employees participated in the screening, with a gender distribution of 27 males and 43 females. The age range of participants was between 25 and 49 years.



Male	38 (54%)
Female	32 (46 %)
<b>Total</b>	<b>70</b>

Patients With Hypertension	Patients with Diabetes	À suivre hypertension	Follow for Diabetes	Follow for both
2	15	2	0	0







## Key findings:

- 85% of participants had elevated blood glucose levels, suggesting a potential for undiagnosed diabetes or prediabetes.
- 10 % of participants were identified as hypertensive.
- 5% of participants were classified as obese based on BMI calculations.

## Discussion

The screening results highlight a concerning prevalence of diabetes risk factors among Cameroon NSIA employees. The identification of individuals with elevated blood glucose levels and hypertension underscores the need for targeted interventions to prevent the development of chronic diseases.

## Implications for well-being:

- **Early detection:** Early detection of diabetes and its comorbidities allows for timely intervention and management, improving long-term health outcomes.
- **Lifestyle modifications:** The screening results can be used to promote healthy lifestyle changes, such as regular physical activity, a balanced diet, and stress management, among employees.
- **Workplace wellness programs:** Implementing workplace wellness programs can help create a supportive environment for employees to adopt healthier behaviors.





## Conclusion

The diabetes screening initiative conducted on World Diabetes Day has highlighted the importance of regular health checks for employees. By addressing diabetes and its risk factors, Cameroon NSIA can promote the well-being of its workforce and contribute to a healthier community.



## Recommendations:

- **Follow-up:** Offer follow-up appointments for individuals with abnormal screening results.
- **Education:** Provide educational resources on diabetes prevention and management.
- **Wellness programs:** Develop and implement comprehensive workplace wellness programs.