

CHRONIC DISEASES AMONG TEACHERS IN SOUTH AFRICA

- SHOULD WE BE CONCERNED?

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HSRC RESEARCH OUTPUT

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BACKGROUND

- In developing countries, there is a dual burden of both infectious and chronic diseases due in part to the epidemiological transition.
- Chronic diseases are usually associated with socioeconomic status, lifestyle factors and age.
- However, in South Africa it is unclear which groups should be targeted for chronic disease prevention as research is limited in this area.

STUDY OBJECTIVES

- To determine the prevalence of chronic diseases (hypertension, diabetes, heart disease, HIV) among South African teachers
- To examine the association of chronic diseases in regards to health status, hospitalization and frequent mental distress.

METHODS

- Education for Life Project: 2004 Study on the determinants of demand and supply of educators based in public educational institutions and FET colleges
- Cross-sectional complex sample survey design
- Teachers from all nine provinces in SA represented
- 21,626 teachers interviewed from 1,766 randomly chosen schools
- Questionnaire included self-reported information:
- Demographics, mobility, HIV impact, health and medical utilization, sexual behavior, alcohol, violence
- Tested for HIV

STUDY VARIABLES

- Chronic diseases: hypertension, diabetes, heart disease, HIV
- Health status, hospitalization
- Frequent mental distress (proxy for depression)

DATA ANALYSIS

- Univariate (descriptive)
- Bivariate
- Weighted estimates
- STATA SE version 9

RESULTS

Table 1: Prevalence of Chronic Conditions

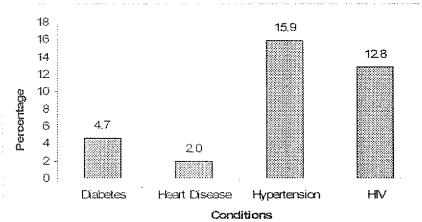


Table 2: Number of Chronic Conditions

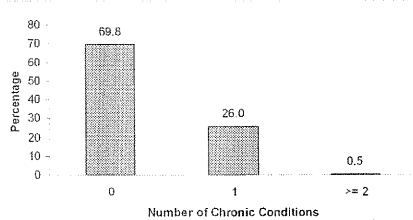


Table 3: Chronic Conditions by Age

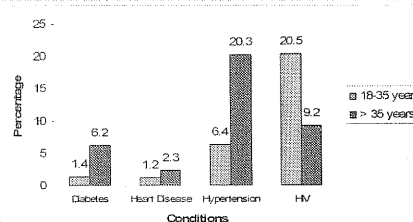


Table 4: Chronic Conditions by Gender

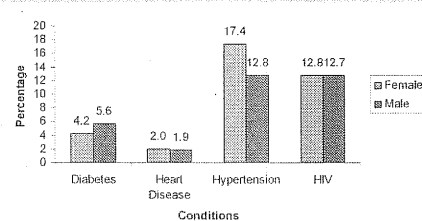


Table 4: Chronic Conditions by Marital Status

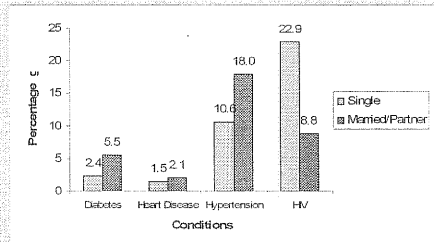


Table 4: Chronic Conditions by SES

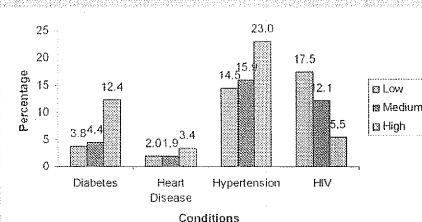
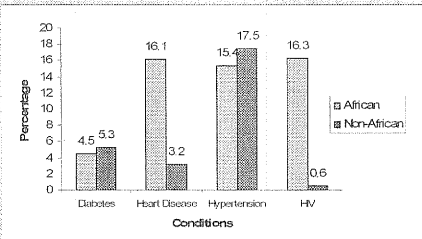


Table 4: Chronic Conditions by Ethnicity



ONE CHRONIC CONDITION* AND HEALTH RELATED VARIABLES

Exposure Variable	Unadjusted Odds Ratio
Hospitalization last 12 months vs. none	1.47, [1.29-1.67]
Health Status Fair/Poor vs. Good/Excellent	2.27, [2.04-2.53]
Frequent Mental Distress vs. none	1.16 [0.94-1.43]

*Outcome variable = At least 1 chronic conditions vs. none

TWO OR MORE CHRONIC CONDITIONS* AND HEALTH RELATED VARIABLES

Hospitalization last 12 months vs. none	2.79, [2.24-3.48]
Health Status Fair/Poor vs. Good/Excellent	5.78, [4.79-6.97]
Frequent Mental Distress vs. none	1.56 [1.05-2.31]

*Outcome variable = 2 or more chronic conditions vs. none

SUMMARY

- Heart disease and HIV major chronic conditions affecting South African teachers
- One quarter of teachers have at least one chronic condition
- Less than 1% with multiple chronic conditions
- Chronic conditions differ by socio-demographic factors:
 - Age
 - Marital Status
 - Socioeconomic status
 - Ethnicity
- Chronic conditions associated with being hospitalized, fair/poor health status and frequent mental distress

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