

ABSTRACT

Background: Non-communicable diseases, commonly cardiovascular disease, diabetes, respiratory conditions, and cancers, have become a major health challenge globally. They tend to develop gradually over time in people with some identified risk factors. Worldwide each year, 3.2 million deaths occur due to insufficient physical activity. In Ghana, there is an estimated 86,200 deaths in a year due to non-communicable diseases with 55% of the fatality occurring in people under 70 years.

The age of onset of non-communicable diseases has been falling globally with these diseases ranking highest on the cause of death in most parts of the world. In Ghana as well as other low- and middle-income countries, there is a rise in the prevalence of the diseases which can be attributed to globalization, rapid unplanned urbanisation, aging population, and lifestyle modification including physical inactivity, tobacco use, unhealthy dietary choices, raised blood pressure, overweight, obesity, and raised blood lipids.

Objective: The objective of this study was to assess the level of physical activity and the prevalence of risk factors for non-communicable diseases among the staff of the University of Ghana.

Methods: In an observational cross-sectional study design involving 210 staff of the University of Ghana interviewed using a self-administered questionnaire at the University Hospital, Legon. Data on levels of physical activity and the prevalence of risk factors of non-communicable diseases were collected. Independent t-test of the means, Chi-square test, and logistic regression analysis were used at a 5% level of significance in analyzing the collected data in Stata version 14.