

# **Awareness, knowledge, and attitude on risk factors of non- communicable diseases among adolescents attending secondary schools in Ubungo Municipal Council, Dar es Salaam**

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Background:

Globally, despite the efforts in promoting health by various governments and non-governmental organizations, the incidence of non- communicable diseases concern. Study aim: The study aimed to assess awareness, knowledge, and attitude on risk factors of NCDs among adolescents attending secondary schools in Ubungo Municipal Council.

Methodology:

study A cross-sectional analytical study was conducted among 423 adolescents A multi-stage random sampling technique was used to obtain the eligible participants for this study. A questionnaire was used to collect data from both adolescents and parents. Association between categorical variables was done using bivariate logistic regression. The multivariate binary logistic regression was done to assess the predictors of awareness of risk factors of NCDs among adolescents.

Results:

This study has shown that adolescents were aware and knowledgeable of the risk factors of NCDs, Most adolescents had a positive attitude toward the risk factors of NCDs.

Conclusion:

The majority of adolescents were aware of and knew the risk factors of NCDs. Adolescent attitudes were not reflectional to their knowledge. Recommendations: Interventional reasearches should be done to help behaviour change and behaviour modification to adolescent because Despite being aware, and knowledgeable on the risk factors of NCDs, they still prefer life style which is highly risk and may lead them to get non-communicable diseases in there present and futer life.

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