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Journal Name:	<a href="#">International Journal of TROPICAL DISEASE &amp; Health</a>
Manuscript Number:	Ms_IJTDH_130819
Title of the Manuscript:	PREVALENCE AND RISK FACTORS OF DIABETES AND HYPERTENSION AMONG ELDERLY POPULATIONS IN AMEKE NGWO, ENUGU: A CROSS-SECTIONAL STUDY.
Type of the Article	Original Research Article

PART 1: Comments

	Reviewer's comment	Author's Feedback <i>(Please correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)</i>
Please write a few sentences regarding the importance of this manuscript for the scientific community. A minimum of 3-4 sentences may be required for this part.	1-A much needed topic. 2-Currently globally the non-communicable disease have a great impact and strong risk factor for multiple diseases.	
Is the title of the article suitable? (If not please suggest an alternative title)	Suitable	the prevalence and risk factors of diabetes and hypertension among adults Aged 50+ in Ameke Ngwo, Enugu,

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<p>Is the abstract of the article comprehensive? Do you suggest the addition (or deletion) of some points in this section? Please write your suggestions here.</p>	<p>Yes.</p> <p>1-<u>Key words</u>: add ‘cross sectional”</p> <p>2- <u>Abstract Conclusion</u>: The two percentages should be added In the Abstract Conclusion, like they have been mentioned in the conclusion of the Manuscript.</p>	<p><b>ABSTRACT</b></p> <p><b>Aims:</b> This study aimed to assess the prevalence and risk factors of diabetes and hypertension among adults Aged 50+ in Ameke Ngwo, Enugu, and identify significant demographic and lifestyle risk factors associated with these conditions.</p> <p><b>Study Design:</b> The study employed a cross-sectional design.</p> <p><b>Place and Duration of Study:</b> The study was conducted in Ameke Ngwo, Enugu State, Nigeria, between January and March 2024.</p> <p><b>Methodology:</b> A systematic random sampling technique was used to select 90 participants aged 50 years and above, achieving a response rate of 93.3% (84 participants). Data collection included structured interviews and clinical measurements of blood pressure and blood glucose levels. Sociodemographic information, anthropometric indices, and lifestyle factors. Participants were asked how many cigarettes they smoked a day and how long they had been smoking, and their smoking status was assessed. The number of standard drinks consumed per week was evaluated on alcohol consumption. This was further verified by asking participants to report their average daily hours spent in low-energy activities, i.e. (sitting or lying down), which was defined as &lt; 150 minutes of moderate activity per week. Statistical analysis was conducted using SPSS, with significance set at <math>p &lt; 0.05</math>.</p> <p><b>Results:</b> The prevalence of hypertension was found to be 55.7%, while diabetes affected 15% of the participants. Additionally, 6.7% of participants were diagnosed with both conditions. Obesity (31.7%), sedentary lifestyles, and smoking were significantly associated with both conditions. Specifically, hypertension was linked to an elevated BMI (<math>p = 0.004</math>) and sedentary habits (<math>p = 0.001</math>), whereas diabetes was significantly associated with smoking (<math>p = 0.033</math>) and alcohol consumption (<math>p = 0.008</math>).</p> <p><b>Conclusion:</b> The study highlights a high burden of hypertension (55.7%) and a moderate prevalence of diabetes (15%) among elderly populations in Ameke Ngwo. Key risk factors include obesity, sedentary behavior, smoking, and alcohol consumption. These findings underscore the need for targeted health interventions, including lifestyle modifications and routine screenings, to mitigate the impact of these non-communicable diseases in rural settings.</p>
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		<b>keywords:</b> <i>Diabetes, Hypertension, Elderly population, Risk factors, Prevalence, Lifestyle interventions, cross-sectional</i>
Is the manuscript scientifically, correct? Please write here.	Yes	yes
Are the references sufficient and recent? If you have suggestions of additional references, please mention them in the review form.	Yes	yes

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Is the language/English quality of the article suitable for scholarly communications?	Yes	Yes
<u>Optional/General</u> comments	<p><b>1-Introduction:</b> kindly add more references National and International both in this section to support your study title, as introduction is very short.</p> <p><b>2-Rationale:</b> Should be added as the last paragraph of Introduction.</p> <p><b>3-Data Collection Procedure:</b> Kindly add details of the procedure for more clarity and understanding.</p>	<p><b>INTRODUCTION</b></p> <p>The increase in the incidences of non-communicable diseases (NCDs) still presents a thorny issue in international health, especially in light of ageing populations. Two of the most prevalent NCDs include diabetes mellitus and hypertension, both of which have high mortality and morbidity levels. According to the World Health Organization (WHO), a total of 422 million people were diagnosed with diabetes globally in 2014, which is nearly four times the level recorded in 1980. High blood pressure, more commonly referred to as hypertension, is a long-term disease that is recognized in our society as the ‘silent killer.’ Currently, hypertension affects more than 1.28 billion adults worldwide and is a general risk determinant of stroke, cardiovascular health complications, and kidney failure (World Health Organization, 2021).</p> <p>In Africa, these conditions are still on the rise due to factors such as urbanization, lifestyle changes, and inadequate access to healthcare. The incidence of both type 1 and type 2 diabetes in Africa is projected to increase by 2030 due to emerging factors such as obesity and dietary transitions (Pastakia et al., 2017; WHO, 2021). Likewise, hypertension prevalence in the African adult population ranges between 30–50%, with an estimated half of affected individuals receiving inadequate diagnosis or treatment (Dai et al., 2022). Nigeria, as the most populous country in Africa, reflects these trends, with approximately 5 million Nigerians diagnosed with diabetes and an estimated 30% of adults aged 25 years and above classified as hypertensive (Uloko et al., 2018; Adelaye et al., 2021). The elderly, particularly those in rural and semi-urban areas, are disproportionately affected due to restricted healthcare access, low health literacy, and evolving lifestyle patterns (Egbewale et al., 2019).</p> <p>Previous studies conducted among elderly populations in Southeastern Nigeria, particularly in Enugu State, have reported diabetes prevalence rates of 6–9%, while hypertension prevalence exceeds 40% (Oparah et al., 2021; Oyerinde et al., 2023). However, despite these concerning statistics, region-specific research on the</p>

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		<p>elderly in rural communities like Ameke Ngwo remains scarce. The growing burden of NCDs globally, particularly in low-resource settings, shows the urgent need for localised epidemiological data. As NCDs become increasingly common, understanding the specific risk factors in rural Nigerian communities is crucial for developing targeted, culturally appropriate interventions.</p> <p>This study aims to bridge the existing research gap by examining the prevalence and risk factors of diabetes and hypertension among elderly populations in Ameke Ngwo, Nigeria. By quantifying the disease burden and identifying modifiable risk factors, this study will provide valuable insights for shaping public health policies and designing community-based screening programs. Furthermore, the findings will contribute to a broader understanding of NCD epidemiology in sub-Saharan Africa, where healthcare access disparities exacerbate the burden of chronic diseases.</p> <p><b>Data Collection Procedures</b></p> <p>Data collection was conducted using face-to-face interviews administered by trained interviewers, given the low literacy levels among participants. The interviews followed a structured questionnaire which, in addition to capturing sociodemographic and medical history data, also included detailed sections on lifestyle factors:</p> <ul style="list-style-type: none"><li>• Smoking: Interviewers asked participants about their smoking status, the number of cigarettes smoked per day, and the duration of their smoking habit.</li><li>• Alcohol Consumption: Questions were included regarding the frequency of alcohol use and the number of standard drinks consumed weekly.</li><li>• Physical Activity: Participants were asked to estimate their weekly physical activity. A sedentary lifestyle was specifically defined as engaging in less than 150 minutes of moderate-intensity activity per week, and interviewers further inquired about the average number of hours spent in sedentary behaviours (e.g., sitting or lying down).</li></ul>
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PART 2:

	Reviewer's comment	Author's comment (if agreed with reviewer, correct the manuscript and highlight that part in the manuscript. It is mandatory that authors should write his/her feedback here)
Are there ethical issues in this manuscript?	(If yes, Kindly please write down the ethical issues here in details)	No