

Sedentary Lifestyle and Wellness in Kaduna State, Nigeria

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ABSTRACT The study examined the differences in the sedentary lifestyle of rural and urban people of Kaduna State, Nigeria. It also investigated the series of health problems suffered by the people of the State as a result of their sedentary lifestyle. A descriptive research design was adopted for the study. The sample consisted of individuals from the age of 18 years living in both the rural and urban areas of Kaduna State as at the time of the study. A total of 1350 respondents were randomly selected through a multistage cluster random sampling technique from the three (3) senatorial districts of the state. A structured questionnaire developed and pilot-tested was used to collect relevant data from the respondents. The data gathered from the study were analysed using appropriate descriptive and inferential statistics, i. e., student t-test and chi-square analysis. The results revealed that urban people of Kaduna State engaged in sedentary lifestyle more than their rural counterparts hence, health problems suffered by the people of Kaduna State are significantly related to their sedentary lifestyle. The paper recommends public health education to reduce health problems like obesity, hypertension, stroke and other cardiovascular diseases caused by a sedentary lifestyle mostly among the urban residents of Kaduna State.