

عنوان مقاله:

Determination of prevalence of being overweight and its association with hypertension in patients referred to the healthcare center in Jandaq in ۲۰۱۴.

محل انتشار:

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خلاصه مقاله:

Background and aims: Obesity and overweight is a major public health problem and, alongside hypertension, is one of the risk factors of cardiovascular diseases incidence. The aim of this study was to determine the prevalence of overweight and its association with hypertension in the patients referred the healthcare center in Jandaq. Methods: This cross-sectional study was conducted on ۴۰۰ patients (۱۶۸ men and ۲۳۲ women) referring to urban healthcare centers in Jandaq. By means of necessary instruments, the individuals' weight and height were measured, and body mass index (BMI) was calculated. Also, the individuals' blood pressure was measured and classified in accordance with the standard manual, and after filling out the questionnaires, the data analysis was done by SPSS. Results: The prevalence of overweight was ۲۹.۳% in men and ۳۵.۷% in women. The prevalence of hypertension was ۲۹.۱% in men and ۳۵.۳% in women. Family history of hypertension and cardiovascular disease was effective on the individuals' acquiring hypertension. With the increase in the patients' age, both BMI ($P < ۰.۰۳۵$) and blood pressure ($P < ۰.۰۰۱$) increased. Also, increase in BMI in the individuals was significantly associated with blood pressure rate ($P < ۰.۰۰۱$). Conclusions: The prevalence rate of overweight and obesity in Jandaq is high. There was an association among the individuals' BMI, blood pressure and age. Therefore, it is necessary to develop health education programs and to inform the public regarding the increase of mobility and improvement of the nutrition, and to implement effective interventions in health planning in this center.

کلمات کلیدی:

Overweight, Prevalence, Blood pressure, Body Mass Index

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