

## عنوان مقاله:

Effects of Lifestyle Modification on Body Mass Index and Blood Pressure Control in Hypertensive Middle-Aged Women

## محل انتشار:

فصلنامه آموزش بهداشت و ارتقا سلامت, دوره 9, شماره 3 (سال: 1400)

تعداد صفحات اصل مقاله: 6

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## خلاصه مقاله:

**Aims:** Given the importance of lifestyle modification on hypertension control, the present study aimed to investigate the effect of lifestyle training intervention on blood pressure and body mass index in patients with hypertension in Darab, Iran. **Materials & Methods:** The present randomized controlled intervention study was conducted on 80 middle-aged women with hypertension referred to health houses of Darab in 2018. The cluster sampling was performed, and participants were assigned to experimental and control groups by a simple random method (40 participants in each of the experimental and control groups). The participants' lifestyle, BMI, and blood pressure were measured before and two months after the intervention and were analyzed by SPSS 20 using the paired t-test, independent t-test, and chi-square test. **Findings:** No significant differences were seen between experimental and control groups before the intervention in terms of health-promoting components ( $p > 0.05$ ), Systolic ( $p = 0.73$ ), and Diastolic blood pressure ( $p = 0.22$ ), and BMI ( $p = 0.43$ ). In contrast, there were statistically significant differences between the two groups after intervention in terms of health-promoting components, systolic and diastolic blood pressure ( $p < 0.05$ ). No significant difference was seen in terms of body mass index ( $p = 0.52$ ). **Conclusion:** Lifestyle modification effectively reduces systolic and diastolic blood pressure in the short term, independent of its impact on BMI.

## کلمات کلیدی:

Lifestyle, Hypertension, Body Mass Index, Women

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