

عنوان مقاله:

Prevalence of hypertension and respective risk factors in adults in Bandar Abbas, Iran

محل انتشار:

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خلاصه مقاله:

Introduction: Hypertension is the most common and major important risk factors for cardiovascular diseases. Rapid socio-economic changes in recent decades has increased the prevalence risk factors of heart diseases - including high blood pressure. The aim of this study was to assess the prevalence of hypertension and respective risk factors in adults of Bandar Abbas in ۲۰۱۲. Methods: In this descriptive cross-sectional study, randomized cluster sampling was performed to select ۱۵۳۱ people over ۳۰ years of Bandar Abbas (۶۳۹ men, ۸۹۲ women aged ۳۰-۷۰) we used interview and clinical examination for data collection. The instruments collecting data were standard questionnaire and mercurial pressure gauge and portable digital scale. The data were statistically analyzed by SPSS Software, using Chi-square test, t-test, and ANOVA. $P < 0.05$ was considered statistically significant. Results: Prevalence of hypertension in the study was ۳۵.۳%. This figure for males was ۳۸% and for females was ۳۳%. The statistical results obtained from this study showed that the prevalence of hypertension with increasing BMI also increases, so that ۵۸.۱ percent of subjects had $BMI \geq 25$. A significant difference was obtained between proportion of women (۳۴.۹۴%) and men (۲۳.۱۸%) with BMI greater than ۲۵ ($P < 0.05$). Conclusion: This study showed high prevalence of hypertension in Bandar Abbas. It seems that BMI, age, sex, diabetes, hyperlipidemia, hypertension, are leading factors in high blood pressure.

کلمات کلیدی:

BandarAbbas, Hypertension, Prevalence, BandarAbbas, Hypertension, Prevalence

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