

Prevalence of hypertension among adult (20-40 years) of Rewa city

TARIKA SINGH^{1*} AND ARCHNA GUPTA²

¹Research Scholar and ²Professor
Govt. Girl's P.G. Collage, Rewa (M.P.) India

ABSTRACT

The present study an attempt has been made to report the prevalence of hypertension on the basis of various anthropometric variables among young adult of Rewa, M.P., ranging in age from 20-40 years. For the assessment of hypertension blood pressure was taken on 50 young adults. The observation revealed that the prevalence of low, ideal, pre high and high blood pressure to adult was 14%, 14%, 66% and 6%, respectively.

Key Words : Prevalence, hypertension, Blood pressure

INTRODUCTION

Hypertension is one of the most important cause of total disease burden in the world. According to large observational studies hypertension is associated with high incidence of cardiovascular disease, such as stroke, ischemic heart disease and other vascular diseases. It is most common public health problem and often referred to as a silent killer.

High blood pressure generally develops over many years, and it affects nearly everyone eventually. Fortunately, high blood pressure can be easily detected. Most people with high blood pressure have no signs or symptoms, even if blood pressure readings reach dangerously high levels.

A few people with high blood pressure may have headaches, shortness of breath or nosebleeds, but these signs and symptoms aren't specific and usually don't occur until high blood pressure has reached a severe or life-threatening stage.

There are two types of high blood pressure.

Primary (essential) hypertension :

For most adults, there's no identifiable cause of high blood pressure. This type of high blood pressure, called primary (essential) hypertension, tends to develop gradually over many years.

Secondary hypertension :

Some people have high blood pressure caused by an underlying condition. This type of high blood pressure, called secondary hypertension, tends to appear suddenly and cause higher blood pressure than does primary hypertension. Various conditions and medications can lead to secondary

hypertension, including:

- Obstructive sleep apnea
- Kidney problems
- Adrenal gland tumors
- Thyroid problems
- Certain defects you're born with (congenital) in blood vessels
- Certain medications, such as birth control pills, cold remedies, decongestants, over-the-counter pain relievers and some prescription drugs
- Illegal drugs, such as cocaine and amphetamines

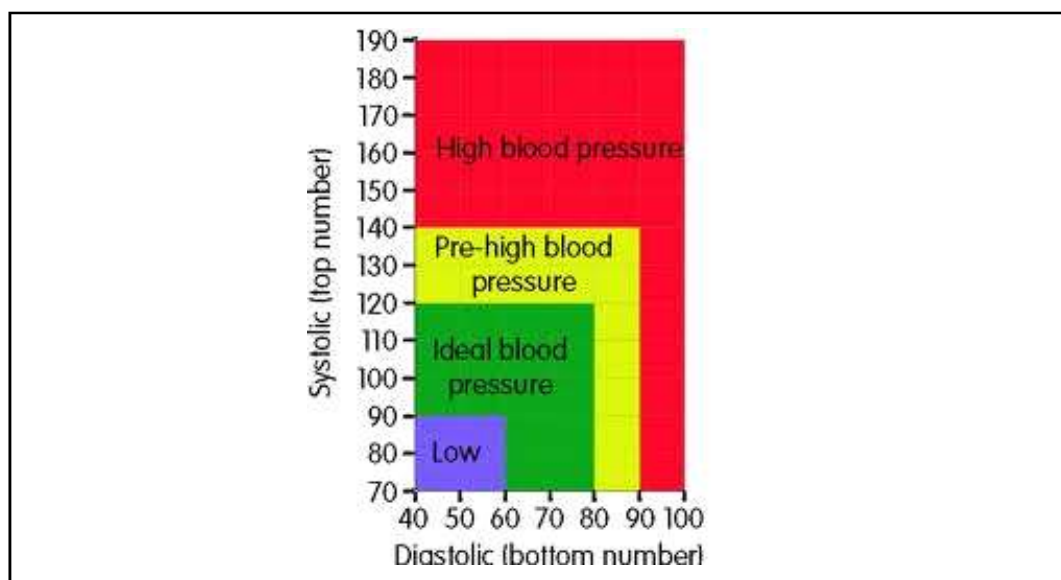
Review of literature :

About 33% urban and 25% rural Indians are hypertensive. Of these, 25% rural and 42% urban Indians are aware of their hypertensive status. Only 25% rural and 38% of urban Indians are being treated for hypertension. One-tenth of rural and one-fifth of urban Indian hypertensive population have their BP under control (Anchala *et al.*, 2014).

METHODOLOGY

This study was conducted on 50 adults of Rewa, ranging in age from 20-40 years. Information about age was collected from each subject in pre designed schedule.

Blood pressure was measured with the help of digital sphygmomanometer. Ranges of blood pressure according to blood pressure UK, previously known as the blood pressure association.



Normal range of blood pressure is 120/80mmhg.

Data was analysed by using appropriate statistical methods.

RESULTS AND DISCUSSION

Table 1 shows the characteristic of the study participants depicting the mean and standard

deviation of age and blood pressure. Mean age in the present sample was 32.36 ± 4.25 , Mean systolic pressure was 124.26 ± 8.1 and mean diastolic pressure was 70 ± 11.13 .

Table 1 : Characteristics of the study participants

Characteristics	Mean	Standard Deviation
Age	32.36	± 4.25
Systolic pressure	124.26	± 8.1
Diastolic pressure	70	± 11.13

Table 2 presents the distribution of all subjects according to blood pressure association UK. On using lower cut off value of blood pressure for adult of Rewa 14% had low blood pressure, 14% had normal blood pressure, 66% had pre high blood pressure and 3% had high blood pressure. In other words the prevalence of overall combined pre high blood pressure and high blood pressure among adult was 72%.

Table 2 : Percentage prevalence of low, normal, pre high blood pressure and high blood pressure according to Blood Pressure UK, previously known as the Blood Pressure Association

Type of blood pressure	Number	% prevalence
Low blood pressure	7	14%
Normal blood pressure	7	14%
Pre high blood pressure	33	66%
High blood pressure	3	6%

Prevalence of pre high blood pressure (66%) was greater than the prevalence of high blood pressure (6%). Prevention and control of this problem must. Main causes of hypertension are physical inactivity, smoking, obesity, family history, age and many more. Changes in life style is must to lower the high blood pressure.

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