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

TARIKA SINGH ${ }^{\mathbf{*} *}$ AND ARCHNA GUPTA ${ }^{2}$<br>${ }^{1}$ Research Scholar and ${ }^{2}$ Professor<br>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

[^0]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-thecounter 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 $120 / 80 \mathrm{mmhg}$.
Data was analysed by using appropriate statistical methods.

## RESULTSAND 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 $32.36 \pm 4.25$, Mean systolic pressure was $124.26 \pm 8.1$ and mean diastolic pressure was $70 \pm 11.13$.

| Table 1: Characteristics of the study participants |  |  |
| :--- | :---: | :---: |
| Characteristics | Mean | Standard Deviation |
| Age | 32.36 | $\pm 4.25$ |
| Systolic pressure | 124.26 | $\pm 8.1$ |
| Diastolic pressure | 70 | $\pm 11.13$ |

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 $72 \%$.

| 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.

## REFERENCES

Anchala, R., Kannuri, N.K., Pant, H., Khan, H., Franco, O.H., Di Angelantonio, E. and Prabhakaran, D. (2014). Hypertension in India: a systematic review and meta-analysis of prevalence, awareness, and control of hypertension. J. Hypertens, 32(6) : 1170-1177.

Danaei, G., Finucane, M.M., Lin, J.K. et al. (2011). "National, regional, and global ten.ds in systolic blood pressure since 1980: systematic analysis of health examination surveys and epidemiological studies with 786 country-years and 5.4 million participants. Global Burden of Metabolic Risk Factors of Chronic Diseases Collaborating Group (Blood Pressure). The Lancet, 377 (9765) : 568-577, 2011.

Lawes, C.M., Hoorn, S.V. and Rodgers, A. (2008). "Global burden of blood-pressure-related disease, 2001," The Lancet, 371 (9623) : 1513-1518.

Qureshi, A.I., Suri, M.F.K., Kirmani, J.F., Divani, A.A. and Mohammad, Y. (2005). "Is prehypertension a risk factor for cardiovascular diseases?" Stroke, 36, (9) : 1859-1863.

World Health Organization, "Global brief on hypertension," (2013). http://apps.who.int/iris/bitstream/10665/ 79059/1/WHO_DCO_WHD_2013.2_eng.pdf?ua=1.


[^0]:    Cite this Article: Singh, Tarika and Gupta, Archna (2018). Prevalence of hypertension among adult (20-40 years) of Rewa city. Internat. J. Appl. Home Sci., 5 (10-12) : 1015-1017.

