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PREVALENCE OF HYPERTENSION IN SOME OCCUPATIONAL GROUPS OF BIJAPUR CITY

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ABSTRACT

Objective: To know the prevalence of Hypertension and the risk factors associated with hypertension

Study Design: Cross Sectional study.

Study area: Medical Colleges, Nationalized Banks and Highschools of Bijapur city.

Participants: All Doctors working in two Medical Colleges, High school teachers and employees of Nationalized Banks.

Statistical analysis: Chi-square test, Percentages.

Study Variables: Age, Sex, Occupation, BMI, Diet, Physical Exercise, etc.

Method: Interview technique using pre tested performa.

Study period: One year. From April 2008 to Mar 2009.

Results: Study reveals that the overall prevalence of Hypertension among three occupational groups to be 25.95%. The relationship between hypertension and occupation (25.95%),Sex(Males 29.5%), Higher socio economic status (27.14%), Family history (32.78%), Mixed diet(28.76%), BMI, etc was found to be statistically significant.

Key words: Hypertension, Age, Occupation, Diet, BMI.

INTRODUCTION

"You protect it, you promote it, you extend it"

These are in fact the basic principles of preventive medicine. From the worldwide population perspective, the problem of excessive blood pressure level for optimal cardiovascular health is immense and growing. High blood pressure or Hypertension defined by WHO as systolic pressure equal to or greater than 140mmHg & / or diastolic pressure equal to or greater than 90mmHg, is an important world wide health disorder.

An iceberg disease, it remains hidden during most of its clinical course, but doing immense harm to body silently. Despite intensive studies, its pathogenesis is unclear. Many factors are thought to be involved in the pathogenesis of essential hypertension like –genetic factors, sodium intake, obesity, physical activity etc.

The present study is aimed to find out the prevalence of hypertension in some occupational groups with sedentary life style and to know the influence of various risk factors on prevalence of hypertension in these groups.

Aims and objectives:

1. To study the prevalence of hypertension in persons of 20-60 years age among some occupational groups of Bijapur city.

2. To find out the socio-demographic, economic and other factors influencing hypertension.

MATERIAL AND METHODS

The present study is a cross sectional study carried out in Bijapur city covering doctors of two Medical Colleges, namely Al Ameen Medical College & B.L.D.E.A's Shri B M Patil Medical College, Bank employees & High school teachers.

The study was undertaken for a period of one year from April 2008 to Mar 2009. The sample size was calculated to be 1162 by applying the formula $n=4pq/L^2$ among the three occupational groups.

At the time of study there were 425 doctors, 470 high school teachers & 400 bank employees, out of whom only 357 doctors, 402 high school teachers & 335 bank employees could be contacted even after repeated visits.

A detailed proforma was used for data collection. The information regarding demographic data, history of Diabetes, Hypertension, Smoking or Tobacco intake and Alcohol intake, regular Physical activity was collected. Physical examination was performed to assess Height, Weight and Blood Pressure was recorded as per WHO Expert Committee guidelines.

Parameters involved:

Age: was assessed as stated by the subject and was recorded to the nearest completed year as on last birthday. **Weight**: was measured in Kilograms using standardized portable weighing machine. **Height:** was measured in centimeters with the standard position of the subject using a measuring tape after marking the height of the subject against a wall with the ruler. **Body mass index** (BMI) was calculated as weight (kg) divided by squared height (mt). **Alcohol:** Alcohol consumers who were in the habit of drinking at the time of survey. **Tobacco consumers**: were those who were consuming tobacco in any form. **Physical exercise:** Respondents who were undertaking regular physical exercise of sufficient intensity to cause at least mild breathlessness and sweating was recorded. **Extra salt intake:** This was undertaken by asking the respondents regarding the regular use of those items in the daily diet, which contain high salt content and are usually included in the Indian diet like pickle, papad, sauce, cheese, etc. & the subject was also asked regarding adding additional table salt to his dishes on the dining table. **Extra Fat intake:** Extra fat group included those subjects, who were regularly consuming the food items having high fat content like oil, ghee, butter, cheese, etc. **Stress:** was elicited using Presumptive Stress ful life events scale (PSLES), as due to aging, due to finances/economic security, due to occupation/career, due to marital status ,social status, health status and any other major stress in life. **Hypertension** was diagnosed when systolic blood pressure was ≥ 140 mm Hg and/ or diastolic blood pressure ≥ 90 mm Hg or a person was a known Hypertensive. A pilot study was undertaken in 50 subjects of each group of sample population, later on these 150 subjects were also included in the study.

Data was collected by the investigator using the standard pre tested questionnaire by interviewing & examining each respondent.

RESULTS AND DISCUSSION

A total of 1094 respondents were included in the study of which 357 (32.63%) were doctors, 402 (36.75%) and 335 (30.62%) were high school teachers and bank employees respectively.

Maximum number of respondents in all three groups belonged to age group of 31 to 50 years (67.91%), Majority of the respondents were males in all the three occupational