

Prevalence Of Hypertension Among The Adults Inkudithipalem Vs Mudivarthi Nellore

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ABSTRACT : Hypertension is an important public health challenge in both economically developing and developed countries. It is one of the risk factors for cardiovascular mortality. Aim: To assess the prevalence of hypertension

SETTING AND DESIGN: The study was conducted in Kudithipalem(coastal area) and Mudivarthi (non coastal area) by using a descriptive design.

MATERIALS ANDMETHODS: A total of 500 samples were included in this study. Among this, 250 samples belongs to coastal area and 250 samples belongs to non coastal area by using convenience sampling technique.

Statistical Analysis Used: The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study. **RESULTS:** In Kudithipalem, Out of 250samples, With regard to the category of the blood pressure 28 (11.2%) had stage-I hypertension, 17(6.8%)had stage-II hypertension, 1 (0.4%) had stage-III hypertension, 61 (24.4%) had grade-I isolated systolic hypertension, and 9 (3.6%) had grade-II isolated systolic hypertension. Known Hypertensive cases are68(27.2%), Newly diagnosed cases are 48(19.2%). With regard to BMI, among 250 samples 20 (8%)were overweight and 8 (3.2%) were obese. in Mudivarthi, among 250 samples, 72(28.8%) had stage-Ihypertension, 12(4.8%) had stage-II hypertension, 2(0.8%) had stage-III hypertension, 41(16.4%) hadgrade-I hypertension, and 14(5.6%) had grade-II hypertension. Known Hypertensive cases are 68(27.2%).Newly diagnosed cases are 69(27.6%). With regard to BMI among 250 samples 12(4.8%) were overweightand 0(0.00%) were obese. **CONCLUSION:** The above results shown that blood pressure values are highin the Mudivarthi (non coastal area) than Kudithipalem (coastal area)

Key words:Hypertension,Blood pressure,coastal area,non costal area