

Hypertension morbidity among adult and elderly populations in rural community

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Abstract

Hypertension is a multifactorial disease, developed by a combination of genetic, environmental and lifestyle factors. Most uncomplicated hypertension is asymptomatic or only mild symptoms. This study aimed to measure the prevalence of hypertension, and investigate the relationships between risk factors and hypertension morbidity among rural community people aged 40 years and over in Nan Province. The data used in this study were collected in 2004 from non-communicable disease screening project in Nan Province, which sampling method was conducted by simple random sampling. Samples selected by this study were 4,322 persons. Hypertension morbidity was defined as having systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≤ 90 mmHg. The dependent variable is people who have or not have hypertension. Factors associated with hypertension are demographic factors and health risk behaviors. Data were analyzed by using descriptive statistics with cross tabulation and binary logistic regression.

Results revealed that the prevalence of hypertension morbidity was 18.3 %, finding in males (20.9 %) more than females (16.4 %) and in ages over 60 years (24.9 %) rather than ages 40 – 59 years (14.8 %). Using binary logistic regression, it was found that age and body mass index (BMI) were significantly positive influence on hypertension, and person ever detected high blood pressure and high blood sugar had significantly positive influence on hypertension morbidity. Health risk behaviors such as excessive sodium intake both salty and seasoning powder food, fatty-rich food and alcohol consumption, and stress were significantly positive influence on hypertensive condition.

These findings suggest that health care providers should be concerned about health risk behaviors and factors related to hypertension morbidity of people in communities. The campaigns by applying health education and empowerment programs aimed to advocate and empower people awareness and prevention of hypertension are also needed in order to reduce sodium, fat-rich, and alcohol consumption including health risk behaviors such as stress and over weight for decreasing of hypertensive prevalence, particularly males and older persons.

Keyword: hypertension/ health risk behaviors/ rural community people