Hypertension in Iranian Urban Population: Prevalence, Awareness, Control and Affecting Factors

Mohtasahm Amiri Z1*, Barzigar A2, Rahimi Kolamroudi H3, Hoseini S3, Rezvani SM3, Jafari shakib R4, Jafari shakib A3 , Asadian-Rad M2 and Abbasi-Ranjbar Z5

1Department of Preventive and Community Medicine, Guilan Road trauma Research Center Guilan University of Medical Sciences, Rasht, Iran
2Department of Cardiology, Heshmat Hospital, Guilan University of Medical Sciences, Rasht, Iran
3Vice- chancellor of health, Guilan University of Medical Sciences, Rasht, Iran
4Department of Immunology, Guilan University of Medical Sciences, Rasht, Iran
5Department of Internal Medicine, Guilan University of Medical Sciences, Rasht, Iran

*Corresponding author: Z Mohtasham Amiri, Associate Professor, Preventive and Social Medicine Fellowship, Geriatrics, Sydney University Medical, Faculty of Guilan University, Guilan Road trauma Research Center, Rasht, Iran, Tel: +98 131

Rec date: Jan 30, 2014 Acc date: Jan 01, 2015 Pub date: Jan 05, 2015

Aim: Hypertension is one of the major public health problem and an important modifiable risk factor for cardiovascular diseases. Because of weak health systems in low and middle income countries, the number of people with hypertension who are undiagnosed, untreated and uncontrolled are very high. Iran has become increasingly modernized.

Methods and Materials: This was a community base cross sectional study in a representative sample of urban population (2076 adults aged 18-79 years) from 16 cities in northern Iran. Blood samples were drawn for biochemical testing. The participant’s blood pressure was measured two times by specially trained medical staff. Persons who were aware of having hypertension, who were taking antihypertensive medication, and/or who had blood pressure of 140/90 mm Hg or higher at baseline were defined as having actual hypertension.

Results: One thousand nine hundred fifty three persons fulfilled all necessary data [886 male (45.4%) and 1067 female (54.6%)] with mean age of 39.3± 16.2 years old. 506 hypertensive patients were found in this population (25.9%, CI 95%: 24%-27.8%). Three hundred ten patients (61.3%) were known case of hypertension and they were aware of their disease that 257 patients (82.9%) were under treatment but only 129 patients (50.2%) was controlled (Blood pressure under 140 /90).
**Conclusion:** This study showed that not only prevalence of hypertension is high in north of Iran but also awareness and control of it is very low. These findings indicate that a comprehensive national program for screening and management of this disease is urgently needed to avert the cardiovascular disease epidemic in this area.

**Keywords:** Hypertension, Awareness, Control, Urban Area