A study of association between overweight and obesity with hypertension at Al Zahra hospital in Kut city

Sameeha Naser Abed*  Rawaa Kamel Abd**  Qassim J. oddaa**

ABSTRACT

Background and aims: Hypertension is a chronic non-communicable disease. It has long been recognized as a contributing to a variety of adverse health consequences. The major factors responsible for hypertension are obesity where epidemiologic studies have revealed the correlation between body weight and the risk of hypertension. The study aims to identify any association between overweight and obesity with hypertension. In addition, to determine the association it with demographic characteristics of the study population.

Materials and methods: A case control study design has been adopted upon 224 subjects (112 cases and 112 controls) attending Al Zahra hospital in Kut city during the period from 1st of July 2016 to end of September 2016. Required data were obtained by direct interview with hypertensive patients and normotensive subjects. Statistical analysis was done by using Minitab version 18.0.

Results: The percent of obesity was 37.50% and overweight was 46.43% among cases. There was statistically significant association between obesity and hypertension (p<0.05). No statistical association of hypertension with demographic characteristics (p>0.05).

Conclusions: Hypertension tends to affect age groups between 45-75 years and prevalence in female is more than in males, also it is more prevalent in urban areas than among rural areas. A statistically significant association was proved for obesity and hypertension.

Recommendations: Encourage patients to change their lifestyle through decreasing their weight, adapting physical activity and following healthy eating habits. Activating the role of media in raising awareness about the problems of hypertension and obesity.

Keywords: BMI, Hypertension, Obesity.

* MSc Community Health Tech. in institute technical of Kut. nassers34@yahoo.com.
** Master Community Health Tech. in institute technical of Kut.
*** Adult Nursing. in institute technical of Kut.