The Relationship Between Lifestyle and Essential Hypertension in Sabzevar, Iran

Ladan Najjar, Abbas Heidari, Hamidreza Behnam Vashani.

Faculty Members of Sabzevar School of Medical Science.

Essential hypertension, as a health problem, and also as an important risk factor in many other diseases such as cardiovascular and venal diseases has attracted the attention of many health-related organizations. In this analytical study, carried out as a case-control design, the relationship between dimensions of lifestyle and essential hypertension was investigated. A sample of 149 patients with essential hypertension and 149 other patients without hypertension problems hospitalized in the same hospital were selected as experimental and control groups respectively. A questionnaire was designed by the researchers to measure lifestyle dimension such as nutrition and sleeping patterns, smoking and physical activity. Based on chi-square and Pearson correlation coefficient statistical tests, our finding revealed significant relationships between essential hypertension and factors in lifestyle such as nutrition patterns and smoking. Therefore a lifestyle modification program is beneficial for blood pressure control.

Key Word: Essential hypertension; Lifestyle; Sabzevar.