The Status of Blood Pressure in Urban Population of Sabzevar in 1382

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Background: Knowledge of the normal blood pressure (BP) in every region and its distribution by age and sex can help planners compile programs to control and prevent hypertension. This study was planned evaluate the BP in the urban population of Sabzevar.

Materials and Methods: In a cross sectional study, 844 subjects from different age groups were selected through cluster sampling from the population covered and supported by health centers in Sabzevar. Their systolic and diastolic BP were measured in the standard format using ALPK3 sphygmomanometer and Littman stethoscope.

Results: According to the results of this study, 54% of the subjects were female and 46% were male; with the mean age of 30.9±17.8. In the age group less than 15 years, systolic and diastolic BP were 106.8±13.7 and 68.1±11.8mmHg respectively. Corresponding figures in the age group more than 55 years were 144.6 ± 23.8 and 87.1(± 12.3) mmHg respectively. Findings revealed that there was an ascending trend of systolic and diastolic BP as age increased. Prevalence of systolic and diastolic hypertension were observed to be 21.5% and 25.8%, respectively, with a higher prevalence in women than in men.

Conclusion: No significant difference was found between mean systolic and diastolic BP of men and women. High BP requiring continuous interventional programs to make changes in the personal behaviors and lifestyle of the people.

Key words: Systolic, Diastolic, Blood pressure, Sabzevar

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