



Abstract

THE PREVALENCE OF HTN AMONG WORKING PERSONNEL, FACULTY OF EDUCATION AT TAIBAH UNIVERSITY.

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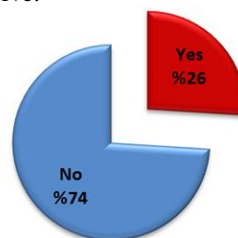
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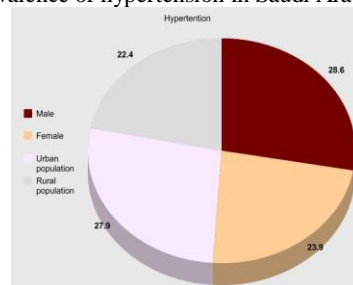
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Abstract

Introduction: Hypertensive is defined as an abnormal elevation in diastolic pressure and/or systolic pressure; mean arterial pressure is also elevated in hypertension, but it is not usually measured in people. In past years, the diastolic value was emphasized in assessing hypertension. However, elevations in systolic pressure ("systolic hypertension") are also associated with increased incidence of coronary and cerebrovascular disease (e.g., stroke). Therefore, we now recognize that both systolic and diastolic pressure values are important to note. High blood pressure, termed "hypertension" is a condition that afflicts almost 1 billion people worldwide and is a leading cause of morbidity and mortality. About 26% of Saudis are hypertensive. For males, the prevalence of hypertension is 28.6%, while for females; the prevalence is significantly lower at 23.9%. The urban population show significantly higher prevalence of hypertension of 27.9%, compared to rural population's prevalence of 22.4%. One-third of them are not even aware they are hypertensive.

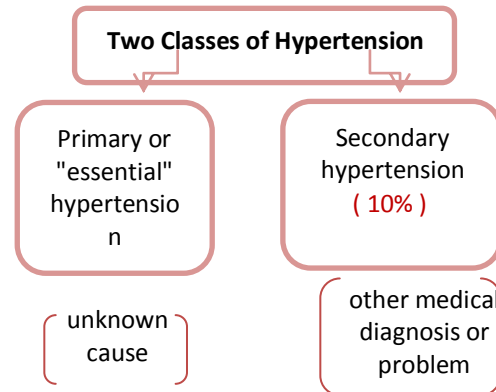


The Prevalence of hypertension in Saudi Arabia is 26%



The following represents different stages of hypertension:

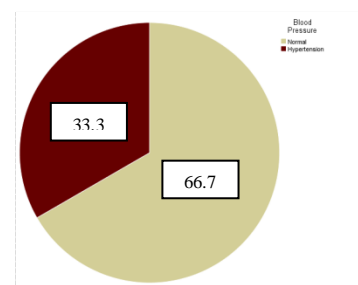
Classification	Systolic (mmHg)	Diastolic (mmHg)
Normal	<120	<80
Prehypertension	120-139	80-89
Stage 1	140-159	90-99
Stage 2	>160	>100



Objectives: The study aims to decrease HTN among working personnel in Al-medina. Also to determine the prevalence of HTN among working personnel, faculty of education at Taibah University and Identify associated risk factors that may contribute in the disease.

Research question: What is the prevalence of hypertension among working personnel, faculty of education at Taibah University?

Methodology: Our research is considered a type of observational study which is cross sectional (survey, prevalence) study. We started our research by doing survey on working personnel, faculty of education (30 subjects/men) who are between 25 – 55 . The data collected included the main risk factors of hypertension (age, exercise, smoking, stress, and family history) by self- administrated questionnaires. We aimed to get completeness and avoid complexity. We have made sure that all of collected data are highly confidential and for the purpose of scientific research only. The statistical analysis was conducted by SPSS program.

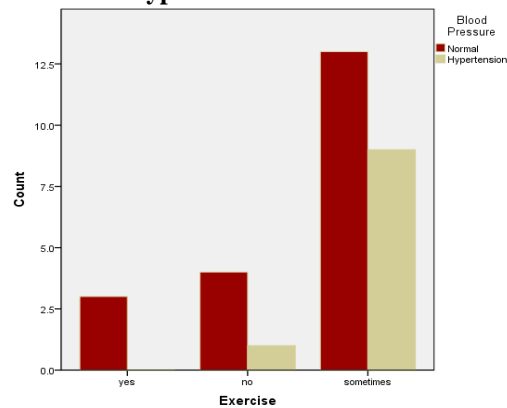


The Prevalence of hypertension among working personnel is 33.3%

Age & hypertension

		AGE		
		>45	45-30	<30
		Count	Count	Count
Blood Pressure	Normal	7	2	10
	Hypertension	5	1	4

The risk of hypertension may increases with age

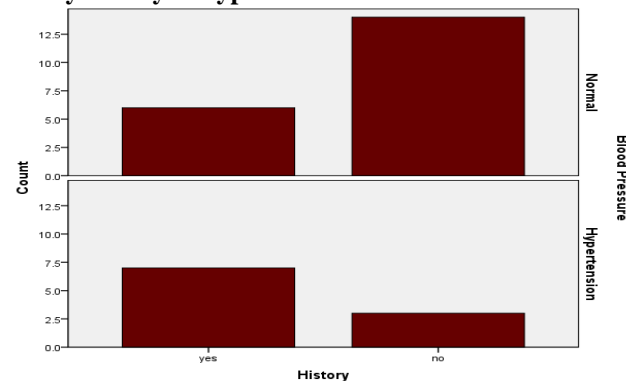
Exercise & hypertension

Exercise may decreases the risk of hypertension

Weight & hypertension

		Weight		
		Normal weight	Overweight	Obese
		Count	Count	Count
Blood Pressure	Normal	8	7	3
	Hypertension	2	2	6

Obesity may increases the risk of hypertension

Family history & hypertension

Hypertension tends to run in families.

Smoking & hypertension

		Smoking	
		yes	no
		Count	Count
Blood Pressure	Normal	9	11
	Hypertension	7	3

smoking may increases the risk of hypertension.

Results: The prevalence of HTN among working personnel, faculty of education at Taibah University is 33.3 %. According to the study exercise may decrease the risk of hypertension. The main risk factors are age, obesity, family history and cigarette smoking.

Conclusion: The research conducted indicates a higher prevalence in working employees at the University of Taibah. than in the general population. The prevalence is % higher than in the general population. A factor that may contribute to the higher prevalence is the small sample size of our research. Also, another factor may be the type of job that is performed by the employees of the university, the stress level of this form of job may have increased the prevalence and also the sedentary level of this type of job may have increased the prevalence as well. It is a concern that may need to be addressed to decrease the likelihood of heart disease in this population.

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