

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

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**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  $39.3 \pm 16.2$  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