Newly detected hypertension in an Iranian population: An epidemiological study

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Abstract

Background: Early detection of undiagnosed hypertension may prevent or reduce the onset and progression of many diseases. Objective: To investigate the prevalence of undiagnosed hypertension in an Iranian population and its relation with socio-demographic, anthropometric, and biochemical factors. Methods: Four thousand five hundred nineteen subjects, aged ١٥-٦٥ years, were eligible for the study. They were entered into the study through the cluster sampling method. Results: The overall prevalence of previously unknown hypertension was ٢٤,٢٪. It was higher among urban dwellers who were poorly educated, married, and were manual laborers by occupation compared to other groups. Conclusion: Poor literacy status as well socioeconomic conditions may be positively associated with hypertension. Undiagnosed hypertension can be lowered by increasing access to routine blood pressure measurement, pre-employment medical examination, and improvement of the health seeking behavior in these groups.

Reaxys Database Information

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Author keywords

Hypertension; Iran; Socioeconomic factor

Indexed Keywords

EMTREE medical terms: adolescent; adult; aged; anthropometry; article; blood pressure measurement; chemical analysis; cluster analysis; demography; female; health literacy; help seeking behavior; human; hypertension; Iran; major clinical study; male; preemployment medical examination; prevalence; reading; socioeconomics; urban population