

Prevalence of hypertension and its risk factors among estate workers in the Medical Officer of Health area, panvila, in the district of Kandy

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Introduction & Objectives:

Hypertension is the leading modifiable risk factor of cardiovascular diseases. The prevalence of hypertension differs across countries, geographical areas and social strata. The objective was to determine the prevalence of hypertension and its associated factors among estate workers in the Panvila MOH area in the Kandy district.

Methods:

A cross-sectional analytical study was conducted among randomly selected 411 estate workers between 30-59 years of age from eight estates within the Panvila MOH area. Screening was done in collaboration with the Office of the Medical Officer of Health, Panvila. After informed consent, blood pressure and anthropometric measurements were obtained. An interviewer-administered questionnaire was used to obtain data on risk factors.

Results:

Of the sample, 36.2% were males and 95% were Tamils. The crude prevalence of hypertension was 24.6% and age-adjusted prevalence rates were 272 and 245 per 1000 population for males and females, respectively. More than 80% of the hypertensives were previously undiagnosed. Only 23% of diagnosed hypertensives were on treatment. About 27% of the participants had a BMI ≥ 23 kg/m². 99% were highly physically active. The daily salt consumption was higher than the recommended amount in 90%. Dysglycaemia was present in 3.5%. Age, ethnicity, dysglycaemia and high salt consumption were associated significantly with hypertension in the bi-variate analysis. Advancing age group was the only independent predictor of hypertension in the multivariate analysis.

Conclusion:

Nearly 25% of the estate workers are hypertensive. Undetected hypertension is common and compliance with treatment is poor. These findings will be important for planning and implementing targeted interventions.