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EPIDEMIOLOGIC STUDY ON THE CHARACTERISTICS OF HYPERTENSION IN THE RURAL AREA OF HEILONGJIANG PROVINCE

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Zhao Yujuan, Fu Shiyong, Li Weimin, Dong Li-hang, Zhao Jingbo, Yang Tingting, Fu Shiyong. *Department of Cardiology, The First Clinical Medical College of Harbin Medical University*

Objectives The aim of this study was to study the epidemiologic characteristics of hypertension in the rural area of Heilongjiang province, report the rates of prevalence, awareness, treatment, and control of hypertension, and analyze their associated risk factors.

Methods A cross-sectional survey was conducted in the 11 counties of Lan Xi, Ping Shan town of Heilongjiang province randomised. A total of 5272 people aged 15 years and over were recruited as study participants. Information on the hypertension was obtained using a standard Questionnaire, measurement of blood pressure (BP), height, body mass, biochemical indicator. The criteria for diagnosis of hypertension were the 2005 revised China Guidelines for the management of hypertension. According to the Guideline, hypertension is defined as a systolic BP is 140 mm Hg and above, or/and diastolic BP 90 mm Hg and above, or people had hypertensive history or using antihypertensive drug. According to age, participants were separated into 7 groups, and analyze the rates of awareness, treatment, and control of hypertension and Logistic regression analysis of associated risk factors.

Results The standardised prevalence of hypertension was 25.06%, male 28.35%, female 22.02%. The rates of awareness, treatment, and control of hypertension were 39.80%, 17.40%, and 2.69% respectively. Multiple logistic regression analysis revealed that body mass index, alcohol consumption, the high level of triglyceride, the low level of high density lipoprotein, family history of hypertension, and serum glucose were risk factors of hypertension in the rural area of Heilongjiang province.

Conclusions Hypertension were highly prevalent in the rural area of Heilongjiang province, and lower the rates of awareness, treatment, and control of hypertension. There were many their own associated risk factors in this area. It suggested the necessity to enhance standardise administration in the rural area of Heilongjiang province, and improve three degree doctors the ability on prevention and treatment of hypertension, and reduce the prevalence of angiocardopathy and cerebrovascular disease.