

hypertension prevention and treatment programmes in communities.

Conclusions

GW23-e2640

PREVALENCE, AWARENESS, TREATMENT, AND CONTROL OF HYPERTENSION IN WEST CHINA

doi:10.1136/heartjnl-2012-302920a.288

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Objectives The aims of this study was to estimate the prevalence, awareness, treatment, and control of hypertension in the general adult population in west china.

Methods and Results Data were obtained from sphygmomanometer. Measurements and an administered questionnaire from 16152 Chinese adults ≥ 18 years of age who participated in the 2007 five regions (Chengdu, Chongqing, Guiyang, Kunming and Xi' an) survey. In 2007, prevalence of hypertension was 14% in west china, ≈ 40.5 million adults were hypertensive. Prevalence rate increased gradually with aging, and this became more obvious from 35 years old and beyond. The prevalence was higher among men than women (16% vs 12%, $p < 0.001$), and the prevalence of hypertension was higher in urban than rural areas (17% vs 11%, $p < 0.001$). Among hypertensive patients, only 43% aware of their high blood pressure, 32% were taking antihypertensive medication, and 12% achieved blood pressure control ($< 140/90$ mm Hg). The awareness rate, treatment rate and control rate of hypertension in urban were 48%, 38% and 17% respectively, were higher than those of rural areas significantly (36%, 25% and 6%, $p < 0.001$). Conclusions- Compared with prevalence (8%) from 1991, hypertension prevalence increased rapidly in West China. Now one in seven adults is hypertensive, hypertension is highly prevalent in West China. The rates of awareness, treatment and control in West China were higher than that of the national investigation in 1991. However, in West China, the awareness rate, treatment rate and control rate of hypertension are still low, need to be raised especially in rural areas. There is an urgent need to carry out comprehensive hypertension prevention and treatment programmes in communities.

Results Data were obtained from sphygmomanometer. Measurements and an Administered questionnaire from 16152 Chinese adults ≥ 18 years of age who participated in the 2007 five regions (Chengdu, Chongqing, Guiyang, Kunming and Xi' an) survey. In 2007, prevalence of hypertension was 14% in west china, ≈ 40.5 million adults were hypertensive. Prevalence rate increased gradually with aging, and this became more obvious from 35 years old and beyond. The prevalence was higher among men than women (16% vs 12%, $p < 0.001$), and the prevalence of hypertension was higher in urban than rural areas (17% vs 11%, $p < 0.001$). Among hypertensive patients, only 43% aware of their high blood pressure, 32% were taking antihypertensive medication, and 12% achieved blood pressure control ($< 140/90$ mm Hg). The awareness rate, treatment rate and control rate of hypertension in urban were 48%, 38% and 17% respectively, were higher than those of rural areas significantly (36%, 25% and 6%, $p < 0.001$). Conclusions- Compared with prevalence (8%) from 1991, hypertension prevalence increased rapidly in West China. Now one in seven adults is hypertensive, hypertension is highly prevalent in West China. The rates of awareness, treatment and control in West China were higher than that of the national investigation in 1991. However, in West China, the awareness rate, treatment rate and control rate of hypertension are still low, need to be raised especially in rural areas. There is an urgent need to carry out comprehensive