

improved from 48.37%, 40.90% to 58.42%, 71.47%, respectively, the average SBP and DBP ( $137.70 \pm 14.83$  mm Hg,  $84.59 \pm 10.55$  mm Hg) was significant lower than the before ( $136.09 \pm 11.08$  mm Hg,  $83.23 \pm 7.11$  mm Hg), ( $p < 0.05$ ); rate of smoking, drinking decreased from 16.03%, 9.51%, to 10.33%, 6.66%, respectively, moreover, the bad behaviour had changed significantly ( $p < 0.05$ ).

**Conclusions** Comprehensive community-based intervention can improve the cognitive level of hypertension and related knowledge for urban patients with hypertension, change bad life-style and ameliorate patients' blood pressure level effectively, reduce the rate of hypertension, is worth spreading.

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#### EVALUATION OF COMMUNITY-BASED INTERVENTION ON HYPERTENSION PATIENTS IN URBAN COMMUNITY OF NINGXIA HUI AUTONOMOUS REGION

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**Objectives** To observe and evaluate the effectivity and feasibility of hypertension health knowledge education and health-promotion interventions carried out in hypertension patients come from urban community of Ningxia hui autonomous region.

**Methods** Through cluster multistage and random sampling, 12 900 subjects aged  $>= 18$  years old in five counties (cities) of Ningxia were investigated, and 738 urban hypertension patients were found; they were included in the current study, and given a implementation by period of 1 year of health education and health-promoting interventions for hypertension and related risk factors. Mainly through the organisation of collective teaching, face to face with the patient, issuing publicity material, radio, home follow-up and other forms of hypertension comprehensive community-based interventions, contrasted the difference between before and after of the treatment rates, pass rate of blood pressure control, blood pressure drops level, bad life behaviour change rate, to evaluate effectiveness and feasibility of the community-based intervention.

**Results** While after the comprehensive community-based intervention, the treatment rates, pass rate of blood pressure control