

# Prevalence and Determinants of Hypertension among University Employees

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## Abstract

**Objective:** Aim of the present study was to determine the prevalence of hypertension and identify factors (sex, age, BMI, smoking, alcohol consumption, diet (veg vs non-veg), sweet use, ghee use, family history of hypertension, type of work (teaching vs non-teaching)) that determine hypertension among university employees. **Methodology:** The present study was a cross sectional survey done on a random sample of 100 out of 671 employees (male 71, females 29) aged 18 or above. Determinants data was collected on a standard performa by a trained physiotherapist who also recorded the bp on each subject through recommended procedure. Set point bp for hypertension was 130/85 mmhg for sbp and dbp respectively. Data was analysed by ibm spss (21.0 version) software. **Results:** Males had higher prevalence than females. Prevalence of hypertension increased with age and bmi. Smoking, alcohol consumption, family history of hypertension, type of work, qualification significantly influenced the occurrence of hypertension among employees. Multiple regression analysis identified qualification, smoking, bmi factors along with constant predicts 79% variability in SBP hypertension. Sex, smoking, bmi factors along with constant predicts 72% variability in DBP hypertension. **Conclusion:** Prevalence of hypertension among university employees was 37%, 41% for sbp, dbp cut-off respectively. Higher prevalence is associated with advancing age, higher bmi and lower education. Analysis also showed smoking, alcohol consumption, family history and type of work are risk factors for hypertension in university employees. Finally smoking, BMI along with either qualification or sex explains more than 70% variability in both sbp and dbp hypertension.