

Survey report of prevalence of Hypertension in a given community.

**AIM:** To study the prevalence and common risk factors of hypertension in given community.

**DATE:** 26/11/2022

**PLACE:** Hanuman nagar

**METHODOLOGY:**

1. Screening of people was carried out under DHCS by survey method with the help of Google form having common questionnaire based on diet, regimen, food and nutrition.
2. Students of 4th BHMS in groups of 3 students were dispersed in Hanuman nagar area to interrogate with the available people and their family members.
3. Initially the program was explained to each individual, consent was obtained.
4. People were advised about risk factors of Hypertension and related cardiovascular diseases.
5. People under risk groups were advised to undergo regular monitoring of blood pressure, regular exercise and maintenance of proper diet and regimen prevent risk of hypertensive cardiovascular co morbidity prevent.

**ACTIVITIES:**

1. Initially Interrogation of targeted population above 40 years of age and individuals with risk factors of hypertension was done.
2. Overall general examination of population was done.
3. Blood pressure measurement of each individual during survey was done.
4. Dietary advice was given to the population with hypertension or individuals having the risk of hypertension

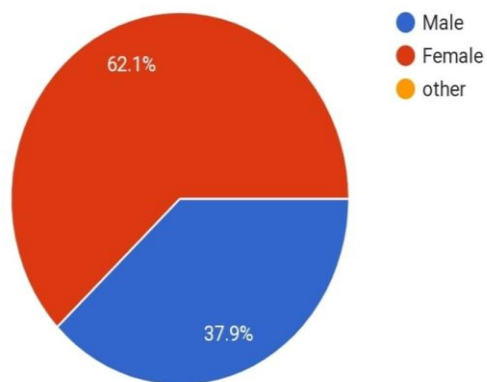
**CONCLUSION:**

In a screening of the community in Hanuman nagar area total 29 responses were obtained.

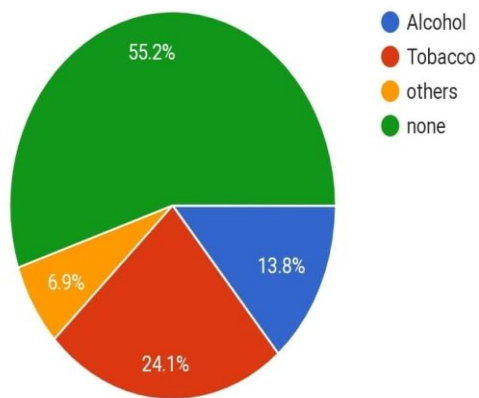
1. Among the community 62.1% were female and 37.9% were male.[Diagram 1]
2. Risk Factor identified during survey: Total 29 responses were with habits of alcohol (13.8%), tobacco(24.1%), others(6.9%) and without any addiction (55.2%)[Diagram 2]

3. Total 26 responses were with the familial history of hypertension in which individuals whose mother having hypertension were 61.5% and individuals whose mother having hypertension were 38.5%. [Diagram 3]

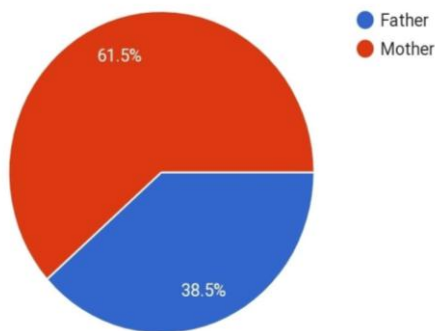
4. The individuals with hypertension were having different diet as vegetarian (27.6%), non vegetarian (48.3%), both (24.1%) [Diagram 4]



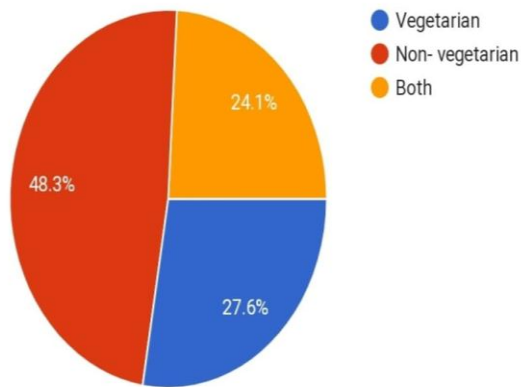
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**Fig. 1: Prevelence among sexes**



**Fig. 2: Risk Factors Of**



**Fig. 3: Family History of Hypertension**



**Fig. 4: Food Habits**



