# Study on Prevalence of Hypertension among the People of Surkhet District of Mid-Western Development Region, Nepal, in 2001

Ghimire PK1

1Education and Community Health Organization, Kathmandu, Nepal.

Date: 2001

**Background**

Hypertension is a major factor for stroke, coronary heart disease, ischaemic heart disease, heart or kidney failure, ocular diseases, pregnancy related problems etc. Hypertension is one of the major public health problems in the country. It is an iceberg condition, in Nepal, the prevalence of hypertension has been considered as an increasing "silent killer" along with rapid urbanization. In addition, the public health and medical professionals at national level need to have current information as national and regional figures of prevalence of hypertension. Therefore, this study aims o determine the prevalence of hypertension among the people of 15 and above years of age residing in Surkhet district.

**Methods**

It was a descriptive study. The rural and urban communities of Surkhet district were the study areas, 15 and above age of years as study population and 3079 samples as sample size. Simple random sampling technique was applied to select study areas and population in the district. Oriented and trained surveyors with the help of supporting staff, researchers and community participation carried out survey procedures in the study areas. All the instruments and equipment were standardized before the start of the survey. All the completed data were processed and analyzed in MS-EPI 6.04 and word programmers.

**Results**

The study revealed hypertension prevailing among 990 per 10,000 people of 15 years and above age. The prevalence of hypertension was significantly higher among 12.5% of urban people, 11.9& of male, 27.7% of Buddhist, 14.2%, 15% , 29.4% of Magar, Thakuri and Newar, 11.5% of married, 17.6% of illiterate, 12.2% of those who consumed 5gm or more than 5gm of salt per day, 18.7% of those who consumed alcohol, 12.2% of tobacco smokers, 34.3% of obese, 48.6% of those who do not have any occupation, 18.6% of service holders and 13.1% of farmers and among 21.9% of individuals who work irregularly for less than 5 hours a day.

**Conclusions**

There is a need of generalizable and basic detailed information on hypertension.

**Keywords:** hypertension; Nepal; prevalence; Surkhet.