

## **Prevalence, Awareness and Control of Hypertension in Rural Areas in Selangor and Perak**

### **Authors**

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### **Abstract**

The aim of this study was to describe the prevalence, awareness and control of hypertension in the rural population of Perak and Selangor.

### **Methods**

This was a population based cross-sectional study involving subjects in Kuala Selangor, Tanjung Karang and Bidor. The World Health Survey Kish tables were used to select eligible subject ( $\geq 18$  years old) from each selected household. A Case Report Form (CRF) was used to record their social demography, past medical history, anthropometry measurement and blood pressure (BP).

Hypertension was defined as a blood pressure > 140/90 mmHg. Hypertension controlled was defined as a blood pressure of < 140/90 mmHg.

## Results

A total of 761 people participated in this study. Of which 287 (37.8%) were males and 473 (62.2%) were females. Out of this, 271 (35.6%) were hypertensive. The study showed 36 (4.7%) subjects were not aware that they have hypertension. Only 76% of hypertensive subjects were on HPT medication. One hundred and five (51%) subjects were on monotherapy, 66 (32%) were on dual therapy, 27 (13.1%) on triple therapy, 8 (3.9%) were on more than 3 medications. 73 (26.9%) of the hypertensive subjects were not on any HPT medications having a SBP of 133.9 +/- 17 and DBP of 86.2 +/- 49.3. The clinical characteristic of subjects with hypertension is shown in Table 1.

Hypertensive Patients ( <i>n</i> )	271
Gender (male/female)	287/473
Age (years)	53.8 ± 14.8
Age of onset (years)	53.2 ± 10.9
BMI (kg/m <sup>2</sup> )	26.2 ± 5.5
SBP (mmHg)	125.7 ± 18.9
DBP (mmHg)	7.9 ± 18.6
% on treatment	76%
% HPT under controlled	100%

## Conclusion

The prevalence of hypertension in the rural areas of Selangor and Perak was 35.6%, with 24% were not on any medication. 4.7% was not aware that they have hypertension. All hypertensive patients on treatment were under good controlled.