

## Prevalence of Hypertension in Young Adults at a Tertiary Care Teaching Hospital

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### Abstract

**Background:** Hypertension is the most common cardiovascular disorder and public health problem. The recent tendency of the rising incidence of hypertension in young adults is alarming. Globalization changes in dietary habits, decrease in physical activity, obesity, alcohol consumption and exposure to continuous stress are affecting young adults. The present study aimed to estimate the prevalence of hypertension and its associated risk factors in young adults attending our tertiary care teaching Hospital. **Methods:** A pre-test and pre-validated questionnaire were used to collect details with regards to variables like age, gender, and religion and behavioral risk factors like tobacco chewing, alcohol use, and smoking. A detailed clinical examination was performed which included general examination and systemic examination. Blood pressure is generally measured by using a mercury sphygmomanometer by using both palpatory and auscultatory methods. **Results:** Based on the age-wise and sex-wise distribution of cases out of n=80 cases 56.25% were males and 6.25% were females the most common age group involved was 36 – 40 years with 27.5% of all cases. The mean age group of all the cases in the study was  $35.5 \pm 4.5$  years. Out of the n=80 primary hypertensive cases of the current study n=55 (68.75%) cases were belonging to Stage I hypertension and n=25 (31.25%) cases were belonging to stage II hypertension. **Conclusion:** The prevalence of hypertension is increasing in young adults of our population. Especially those who have higher BMI, Waist hip ratio, and those with a family history of hypertension. The disease is more existent in the age group of 30 – 40 years. Most of them are not aware of existing hypertension. Therefore, health education regarding hypertension and its adverse effects must be disseminated.