

## Prevalence and correlates of hypertension in Sri Lanka

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### Abstract :

**Objectives:** Hypertension is one of the most prevalent modifiable risk factors of coronary artery disease, stroke and chronic kidney disease. Baseline data of hypertension among Sri Lankans is invaluable for interventions to prevent several chronic non-communicable diseases. We aimed to determine the prevalence and correlates of hypertension among Sri Lankan adults.

**Methods:** Data on blood pressure and associated risk factors were collected from 4532 randomly selected individuals in seven provinces of Sri Lanka. Data were analyzed using STATA statistical package.

**Results:** Response rate was 91% and mean age was 46.1years (S.D±15.3), 40% were males. Means of systolic and diastolic blood pressure were 127.14 mmHg (S.D±0.29) and 75.36 mmHg (S.D±0.17). Prevalence of hypertension in the over 20 years was 28.36%: males (27.72%) and females (28.78%, P=NS). Pre-hypertension (systolic 120-139 I diastolic 80-89 mmHg) was present in 12% of males and 11.43% of females. Rural and urban prevalence's of hypertension were 27.79% versus 30.73% (P=NS). Positive correlation was seen with increasing age (P<0.05) . Over 70 years 63.75 % (61.94% males and 64.8% females) were hypertensive. Living in urban setting tend to increase the probability of hypertension (70.97% in urban to 62.2% rural) among these elders.

**Conclusions:** One in four adults in Sri Lanka over 20 years has hypertension. Increasing age was positively associated with higher blood pressure levels. Future preventive measures should aim to identify cases much earlier, and minimize complications of hypertension.