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Prevalence, Risk factors, awareness and treatment status of hypertension in the District of Matale.

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This study on hypertension was carried out to assess (a) the prevalence,(b) level of screening, (c) awareness, treatment and control status, (b) prevalence of risk factors,(e) association of risk factors in univariate and multivariate setting, and (f) knowledge, in the urban, rural and estate sectors in the Matale district. Findings from this survey show that hypertension is a significant health problems in the Matale district. The current screening practices in detecting hypertensive are inadequate, and also, the treatment and control status of hypertension among hypertensive are inadequate. Age and obesity were the most important variables with regard to hypertension. Other than a disease oriented programme to prevent and control hypertension, it is also important to implement factor oriented programmes such as anti-smoking and anti-alcohol, proper dietary practices, adequate physical exercise etc., in order to prevent and control non-communicable diseases. This study also highlights the necessity for interventional programmes to improve the knowledge towards the disease of hypertension not only among the general population but also among the primary health care staff.