



***INVESTIGATING THE AWARENESS AND KNOWLEDGE REGARDING
PREVENTION OF RISK FACTORS RELATED TO HYPERTENSION
AMONG A VILLAGE POPULATION IN 78E, HINGURUGAMUWA
GRAMA NILADARI DEVISION, BADULLA, SRI LANKA***

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All around the world hypertension can be considered as one of the most important causes of cardiovascular morbidity and mortality in the elderly. With the increase in the number of elderly population in Sri Lanka, hypertension is considered as an important public health problem. The objective was to investigate the awareness and prevention of risk factors associated with hypertension among a village population. A cross sectional study was conducted in 78E Hingurugamuwa, Badulla district with the use of a self-administered questionnaire on different domains of hypertension such as prevalence, awareness of blood pressure levels, risk factors and prevention as well as sources of information. This study compared the variations in prevalence, risk factors and prevention factors according to socio- demographic characteristics. The data was analyzed by SPSS 16 and using chi square and cross tabulation tests. Out of 333 participants between age 35-70 years old, 198(59.5%) participants were males and 135(40.5%) were females (P value=0.0000). The overall prevalence of hypertension was 26.4%, which did not vary with sex but significantly increased with age. The government, non-government and retired respondents and more literate subjects had a higher prevalence rate. More than half of the participants (53.2%) were aware about normal blood pressure level and 39.9% respondents were aware about high blood pressure level. The most known risk factor was overweight (90.8%) while out of fifteen risk factors 47.4% of subjects were aware of ≥ 11 risk factors, 31.5% of subjects were aware of 6-10 and 21% of participants were aware of ≤ 5 risk factors. Regarding the prevention, majority of respondents (66.6%) were aware of >5 preventing factors out of seven while only 9% of respondents were aware of ≤ 2 . Most of the participants (54.7%), reported TV programs and clinics (53.5%) as their information source. The study shows overall, average awareness in all domains with some gaps noted in domains such as awareness of blood pressure levels and some of the risk factors, whereas awareness of preventive factors were comparatively good.

Keywords: *Hypertension, Risk factors, Prevention, Life style modifications, Pressure*