Prevalence Of Average Blood Pressure Levels In The Unmarried Men's Population Of Andizhan City

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ABSTRACT

This study focuses on determining the average blood pressure levels and their distribution among the male population in Andijan city who are not formally employed (informal sector). The research analyzes the frequency of hypertension and hypotension cases, their distribution across different age groups, and their correlation with socio-demographic factors. The results obtained are of significant importance for developing preventive measures in the field of public health.

Keywords:

Andijan city, informal population, male population, blood pressure, hypertension, hypotension, distribution, health, epidemiology.

Introduction. Arterial hypertension (AH) is currently a common chronic non-communicable disease in all countries of the world [3,2]. According to recent statistics, 85% of deaths from cardiovascular diseases are caused by ischemic heart disease (46.8%) and stroke (38.7%) [5]. Therefore, priority is given to these three groups when developing preventive programs [6,7]. Among the population over 18 years of age, HA occurs in an average of one in four people [4]. Scientific sources indicate that the prevalence of this disease is 4% among the population under 30 years of age, 44% among those aged 50-60, 54% among those aged 60-69, and 65% among those over 70. In order to elucidate the epidemiological characteristics of modern AG, it is important to study the comparative distribution of average blood pressure levels based on the experience gained in preventive activities. The aim of the study is to study and evaluate the comparative epidemiological characteristics of the distribution of average blood pressure levels among men in different population groups of Andijan city.

Material and methods. The population groups of Andijan city aged 15-70 years and older (1574 men) were selected as the object of the study. The study was organized and carried out in accordance with the requirements for conducting epidemiological studies set by the World Health Organization. In particular, the survey used questionnaire, epidemiological, instrumental and statistical methods.

Blood pressure was measured twice with an interval of 2 minutes, and the average was taken as the main indicator. The diagnosis of hypertension was made using the criteria of WHO, GKZ (1999) and AGMK (1997). The main condition for the diagnosis of hypertension was that the systolic arterial pressure (SAP) was not less than 140 mm Hg and the diastolic arterial pressure (DAB) was not less than 90 mm Hg when tested twice. The results were analyzed using a JBM PC AT computer, the numerical data were entered into tables and evaluated using EXCELS 5.0 and VMOR 7D, SAS-79 and SAS-82 statistical programs.

Results. The average blood pressure levels and its age-related changes in the population groups involved in the study were studied.

The average level of SBP in the male population was found to be 144.8±1.5 mm Hg.

The average level of DBP in men was recorded at levels equal to 92.3 mm Hg (R >0.05).

DBP increased with age and was recorded with a difference of 21.0 mm Hg (R <0.05).

This is consistent with the data presented in some studies [1], and differs from some others in that it is relatively higher. Of course, such differences are natural, given that certain climatic conditions and various epidemiological factors can affect blood pressure levels.

In the male population, it was observed that the SAB was 120.6±0.08 mmHg in 15-19 year olds and increased with age, so that compared to the indicator determined at this age, it increased by 3 mmHg in the 20-29 year old group (123.6±0.99 mmHg, R<0.05), by 7.8 mmHg in 30-39 year olds (188.4±1.4 mmHg, R<0.05), by 17.8 mmHg in 40-49 years old (138.4±1.8 mmHg, R<0.01), by 31.1 mmHg in 50-59 years old (151.7±2.1 mmHg, R<0.01), and by 60-69 years old (151.7±2.1 mmHg, R<0.01). An increase of 37.2 mm Hg (157.8±2.6 mm Hg, P<0.01) and an increase of 39.8 mm Hg (160.4±2.8 mm Hg, P<0.01) was recorded in men over 70 years of age.

Thus, blood pressure levels in the studied population vary depending on age. Based on this, the simultaneous implementation of combined preventive measures, planning a secondary prevention system, and early prediction and implementation of tertiary prevention have scientific and practical potential, which will significantly reduce the socio-economic losses associated with AG among the studied population groups.

Discussion. The results once again confirm the scientific fact previously known in epidemiological studies and in the conditions of the Fergana Valley: age is a factor that strongly affects the level of blood pressure, and with age, the average blood pressure increases, especially after 50 years of age.

Conclusion. The results of the survey conducted in the unorganized population of Andijan city aged 15-70 and older based on the new diagnostic criteria for arterial hypertension can be concluded as follows:

1. In the male population, SBP in 15-19 year olds is 120.6±0.08 mm Hg.
2. In the male population, the average blood pressure level increases with age, especially after 50 years of age, this process becomes more pronounced.
3. Age should be given importance in organizing treatment and preventive work.

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