

Burden and Determinants of Hypertension in Rural Pondicherry, India

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Introduction

We found it interesting to read the article. Hypertension is an important public health challenge worldwide. Estimation of hypertension prevalence in various region helps in implementing health policies to reduce the burden of the disease. An attempt has been made to know the burden and determinants of hypertension in rural population. Population based knowledge about the magnitude and a determinant of hypertension in rural areas is scarce. Present study shows high prevalence of hypertension [24.7%] as compared to study done in Vietnam rural population [14.1%] [1] and less the overall global population prevalence [26.4%] [2]. Although demographic changes in populations will have the greatest short-term consequences for changes in population blood pressure distributions and hypertension prevalence, other factors are likely to augment these changes. In particular, progress in economic development, with consequent increases in obesity because of greater food availability and choice, and a reduction in physical activity can be expected to further increase mean blood pressure levels and the proportion with high blood pressure in lower income regions such as China and India in concurrence with present study [3]. However, the present study can be strengthened by

genetic study as genetic elements contribute to 30% to 50% of the blood pressure variability [4].

Conclusion

The importance of high blood pressure as a major cause of common serious diseases should be recognized and effective preventive programs should be implemented in resource poor regions.

References

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