

论文

百色市苗、汉族居民高血压及代谢综合征患病分析

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摘要:

目的 探讨苗、汉族高血压(PH)和代谢综合征(MS)的患病特点。方法 于2009年2-12月分层随机抽取广西省隆林县新州镇和者浪乡苗族1 102人和汉族2 068人进行调查。结果 苗族PH患病166例,患病率为15.06%(男性129例,患病率为18.75%;女性37例,患病率为8.94%);汉族PH患病486例,患病率为23.50%(男性365例,患病率为27.36%;女性121例,患病率为16.49%);苗族PH患病率低于汉族($\chi^2=31.326, P<0.01$),苗、汉族男性均高于女性($\chi^2=19.452、31.155, P<0.01$);苗族MS患病128例,患病率为11.62%(男性94例,患病率为13.66%;女性34例,患病率为8.21%);汉族MS患病363例,患病率为17.55%(男性275例,患病率为28.11%;女性88例,患病率为11.99%);苗族MS患病率低于汉族($\chi^2=19.365, P<0.05$),苗、汉族男性均高于女性($\chi^2=7.479、24.342, P<0.01$);苗族肥胖、总胆固醇(TC)、甘油三酯(TG)、低密度脂蛋白胆固醇(LDLC)和空腹血糖(FBC)异常率均低于汉族($\chi^2=5.425-86.553, P<0.05$ 或 $P<0.01$);苗族PH患者对PH的知晓率、治疗率均低于汉族患者($\chi^2=37.991、13.679, P<0.01$)。结论 苗族居民PH和MS患病率均低于当地生活的汉族居民,其伴发慢性血管疾病危险因素也较少,对PH知晓率、治疗率低。

关键词: 苗族 高血压(PH) 代谢综合征(MS) 患病率

Prevalence of hypertension in Miao and Han ethnic groups and its relationship with metabolism syndrome

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Abstract:

Objective To explore the characteristics of hypertension in Miao and Han ethnic groups and its relationship with metabolism syndrome(MS).Methods Totally 1 102 inhabitants in Longlin county of Guangxi were selected and their height,weight,blood pressure,fasting blood-sugar(FBS),and blood fat were measured and compared to those of 2 068 Han inhabitants.Results Among the Miao people,the morbidity of hypertension was 15.06%(18.75% for male,8.94% for female) and that of among the Han was 23.5%(27.36% for male,16.49% for female).The morbidity of Miao was lower than that in the Han ($P<0.01$),and that of the male was higher than the female($P<0.01$).The morbidity of MS in the Miao people was 11.62%(13.66% for male,8.21% for female) and the morbidity in the Han was 17.55% (28.11% for male,11.99% for female).The morbidity of MS in the Miao was lower than in the Han and the ($P<0.05$) male had a higher morbidity than the female($P<0.01$).Compared with Han people,the Miao people had lower obese rate,lower levels of total cholesterol,triglyceride,low-density lipoprotein cholesterol,and fasting blood sugar and also the lower knowledge and treatment rate of hypertension ($P<0.01$ for all).Conclusion The morbidity of hypertension and MS in Miao inhabitants are lower than those in local Han inhabitants,so as their risk factors of chronic vascular disease,and the knowledge and treatment rate of hypertension are also low in the Miao inhabitants.

Keywords: Miao hypertension MS morbidity

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