

调查研究

吉林省德惠地区高血压病流行病学现状及其相关危险因素分析

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摘要:

目的: 了解吉林省德惠地区高血压病的患病率、知晓率、治疗率、控制率和高血压病的危险因素, 为经济中等发达县级市高血压病的预防提供依据。方法: 采用分层随机抽样的方法, 从德惠市51个街道居委会随机抽选了11个街道居委会, 其次将所有乡镇的308个村按标志值排序后, 随机抽取了9个村, 最后共选取了3 778个研究对象行统计学分析。采用Logistic回归分析对高血压病的相关危险因素进行分析。结果: 吉林省德惠地区高血压病患病率为41.0%, 知晓率、治疗率和控制率分别是8.95%、6.38%和0.45%。城市高血压病患病率为44.5%, 农村高血压病患病率为36.3%, 两组比较差异具有统计学意义 (P<0.05), 城市与农村高血压病的知晓率、治疗率、控制率分别是9.9%、7.4%、0.4%和 7.6%、5.0%、0.6%。Logistic回归分析表明, 高血压病的危险因素包括高龄、男性、中心型肥胖、饮酒、高血压病家族史、糖尿病、血脂异常和职业类型, 其优势比 (OR) 和95%可信区间 (95%CI) 分别为1.06 (1.05~1.06)、1.56 (1.29~1.90)、2.42 (2.07~2.82)、1.24 (1.01~1.52)、1.95 (1.55~2.45)、1.56 (1.17~2.10)、1.62 (1.39~1.88) 和1.04 (1.01~1.08)。结论: 吉林省德惠地区高血压病患病率高于我国其他地区, 但知晓率、治疗率和控制率却低于其他地区。

关键词: 患病率; 知晓率; 治疗率; 高血压; 危险因素

Epidemiology of hypertension and its associated risk factors in Dehui city of Jilin Province

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Abstract:

Abstract: Objective To evaluate the prevalence, awareness rate, treatment rate, and control rate of hypertension and risk factors in Dehui city of Jilin Province, and provide reference to prevent hypertension for the middle-economy county-level city. Methods A cross-sectional study was performed among 3 778 subjects in Dehui city of Jilin province. The subject underwent a standard questionnaire, biochemical tests and physical examinations. Logistic regression analysis was used to identify the risk factors of hypertension. Results The prevalence of hypertension was 41.0% in this area; the awareness rate, treatment rate and control rate of hypertension were 8.95%, 6.38% and 0.45%, respectively. The awareness rates, treatment rates and control rates of hypertension in city and rural areas were 9.9%, 7.4%, 0.4%; 7.6%, 5.0%, 0.6%; respectively. The prevalence of hypertension was 44.5% in city, and 36.3% in rural, there was significant differences between city and rural areas (P<0.05). Binary Logistic regression analysis indicated that the relative risks (95% confidence interval) of old age, male, central obesity, drinking, family history of hypertension, diabetes mellitus, dyslipidemia and work for hypertension were 1.06 (1.05-1.06), 1.56 (1.29-1.90), 2.42 (2.07-2.82), 1.24 (1.01-1.52), 1.95 (1.55-2.45) and 1.56 (1.17-2.10), 1.62 (1.39-1.88), 1.04 (1.01-1.08), respectively. Conclusion The prevalence of hypertension is higher in Dehui city of Jilin Province than other areas, but the awareness rate, treatment rate and control rate are lower.

Keywords: prevalence; awareness rate; treatment rate; hypertension; risk factors

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