

**PREVALENCE AND ASSOCIATED RISK
FACTORS OF HYPERTENSION AMONG CIVIL
SERVANTS AT CENTRAL INSTITUTE OF CIVIL
SERVICE (LOWER MYANMAR),
HLEGU TOWNSHIP, YANGON REGION**

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2017

ABSTRACT

Hypertension is the global public health crisis and major concern in developing countries. It is the most common cause of premature death and has a large impact on morbidity and mortality in almost all populations. It is a big economic impact as a significant proportion of the productive population. This study aimed to determine prevalence and associated risk factors of hypertension among civil servants in Central Institute of Civil Service (Lower Myanmar), Hlegu Township, Yangon Region. There are total of 626 civil servants in Central Institute of Civil Service (Lower Myanmar). This cross-sectional descriptive study was conducted among total 300 civil servants with 40 years and above of age. Data collection was done from September - October 2017 by using WHO STEPS survey questionnaire (version 3.1) and showing show cards. Measurements of blood pressure, weight and height were done by using standardized instruments. In this study, hypertension was defined according to JNC VIII criteria as systolic blood pressure ≥ 140 mmHg and/or diastolic blood pressure ≥ 90 mmHg or known hypertensive patients on treatment. Among 300 civil servants, the prevalence of hypertension was 121 (40.3%). The prevalence of associated risk factors were current tobacco use (17.3%), current alcohol drinking (18.3%), low fruit and vegetable intake (61.7%), dietary salt consumption habit of more than 3 days per week (64%), physical inactivity (80.7%), stress at home during last year (40%), stress at work during last year (39%) overweight (41.3%) and obese (69.2%). There was a significant association between some background characteristics and hypertension such as age ($p=0.002$), gender ($p<0.001$), low education ($p=0.001$) and position ($p=0.001$). There was a significant association between behavioral factors and hypertension such as current smoking ($p=0.02$), current alcohol drinking ($p=0.001$) and biological factors such as overweight and obesity ($p=0.03$). The findings of this study suggested that hypertension was high prevalent in civil servants and current smoking, current dinking, overweight and obesity were associated risk factors of hypertension.