

## **ABSTRACT**

A community based cross-sectional descriptive and analytic study on the assessment of blood pressure, body weight and height was conducted among the study population aged 18 years and above who were residing in Kyeik-Ma-Yaw urban area in 2010. The purpose of this study was to determine the prevalence proportion of hypertension and overweight among adult population in this area. A total of 185 study subjects were selected by simple random sampling and face to face interviews were performed to them by using pre-tested structured questionnaires. Weight and height measurements and two measurements of blood pressure were done on single visit to estimate the prevalence proportion of hypertension and that of overweight. The data was collected on socio-demographic characteristics, lifestyle condition and health status of the study population. And blood pressure, body weight and height were measured by standardized measuring tools. This study reveals that the prevalence proportion of hypertension was 16.2% according to JNC 7 criteria (Joint National Committee, seven report) and the prevalence proportion of overweight was 11.9% according to WHO (World Health Organization) classification. According to findings from this study, it was discovered that hypertension was significantly associated with female, equal or more than 58 years age group, alcohol consumption, meditation practice and overweight status. It was also found that overweight was significantly associated with education, diet pattern, family history of hypertension and hypertension status. Moreover, the relationship between overweight and hypertension was significant in female, 38-57 years age group (working age group). Finally, from the study results according to the stratification of age and gender, there was significant relationship between hypertension and overweight. So, further similar researches should be more expanded in areas other than this study area.