

**HYPERTENSION AND ITS ASSOCIATED FACTORS  
AMONG WORKERS OF  
NO.(1) PHARMACEUTICAL FACTORY, YANGON  
REGION (2013)**

**AYE MYITZU  
M.B.,B.S**

**MASTER OF PUBLIC HEALTH  
UNIVERSITY OF PUBLIC HEALTH  
YANGON  
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## **ABSTRACT**

A cross sectional study was carried out in 2013 on hypertension and its associated factors among workers of No. (1) Pharmaceutical Factory in Insein Township of Yangon Region. The objective of the study was to identify the proportion of hypertension and its associated factors among workers of No. (1) Pharmaceutical Factory. Randomly selected respondents of 325 (93 men and 232 women) were participated in this study. Data collection was done by using WHO STEPS survey questionnaire (version 3.0) and two measurements of blood pressure were done. Measurements of blood pressure, weight and height were done by using standardized instruments.

In this study, hypertension was defined according to JNC VII criteria as mean systolic blood pressure  $\geq 140$ mmHg and/or mean diastolic blood pressure  $\geq 90$ mmHg and/ or use of antihypertensive medications regardless of blood pressure measurement. Among 325 respondents, 103 (31.7%) was found to be hypertensive. Among male workers, 35 (37.6%) had hypertension and among female workers, 68 (29.3%) had hypertension. And also proportion of pre-hypertension was 33.2%.

Some socio-demographic factors and behavioral factors such as age, low education, being a current alcohol drinker, high salty food consumption, vigorous and moderate physical activity at work, doing exercise at leisure time, Body Mass Index and family history of hypertension were found to be associated with hypertension. The findings of this study suggested that hypertension was high prevalent in workers.

Therefore, policy with multiple integrated approaches was needed to detect, treat and prevent hypertension among workers. Appropriate programs in workplaces should also be instituted to encourage workers to choose healthy eating and physical fitness.