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**Title:** Importance of continuous blood pressure screening among young population

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**Abstract:** Background: High blood pressure is increasing in the developing countries and it causes one in every eight deaths worldwide. Surveillance of blood pressure in population provides vital feedback for hypertension prevention and control efforts. Since persons who want to change their behaviors to improve their health must first be aware of their current physical condition. Hypertension often goes undiscovered in young adults; therefore this study was determined prevalence of blood pressure among young population.

**Methods:**
In this Cross-sectional study, height, weight and blood pressure of 638 male university students (18-24 years) who referred to university health center were measured during 2007-2009 in Ardabil. Repeat measurements were obtained on two subsequent occasions in persons with elevated blood pressure. Subjects completed the questionnaire on history of hypertension, use of antihypertensive drugs and measurement of blood pressure in the past.

**Results:**
The mean age was 19.62 ± 1.75 years. 3.29 % and 8.62% of subjects were obese and overweight respectively. The prevalence of hypertension based on systolic and diastolic blood pressure were 2.3% (stage I :1.4% and stage II :0.9%) and 2.2 % (only stage I ) respectively. 88.8% of hypertensive persons reported that they had not measured their blood pressure at least once in the previous year and they were unaware of their condition .

**Conclusions:**
The results of this study indicated the necessity of health education for screening and monitoring of blood pressure in all age groups especially in young adults by health care providers and health planner.

**Key words:** Screening, Hypertension and Young adults

**Presentation:** Poster