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**Title:** The review on lifestyle in pregnant woman with hypertensive disorder in educational and private hospital of Tabriz in 2010.

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**Abstract:**

Introduction:

Hypertension disorder affecting pregnant women constitute the most common medical problems during pregnancy and associated with one of the highest substantial mortality for mother. Also, every society's health and development to some extent is based on women's health and also pregnancy and delivery have important effect on women's health and their hygiene. Also, it is considered as an important factor of national health. For reach to the health lifestyle for pregnant women, we should study pregnant women with hypertensive disorder and take a right lifestyle for all of pregnant women in the country health center.

**Material and methods:**

The research is a descriptive analytic study in which 220 persons from pregnant women with hypertensive disorder referring to Alzahra, Taleghani, Shams, and Shahriar hospital in Tabriz for delivery or care were selected as samples and the data was collected by questionnaire containing 3 section (demographic characteristic, obstetrics & medical history and lifestyle in pregnancy) data analyzed by STATA11 and descriptive them.

**Results:**

The result of research indicated that the mean of total score of lifestyle was 71.77 and for other lifestyle factor such as social factor (77.19), nutrition factor (75.66), physical activity (55.13) and prenatal care score was (79.20).

In demographic characteristics the mean of maternal age was (27.88) and gestational age (34.24) and for pre pregnancy BMI 34/2% of people have over weight and upper 30 BMI.

**Conclusion:**

The result of research indicate that the mean score of lifestyle factors such as prenatal care, social relations and nutrition were good but in the physical activities was the lowest score in lifestyle.

Health promotion and health lifestyle need to be an integral part of health services provided for pregnant women. Farther research is needed to develop an instrument that integrates the cultural belief relating to lifestyle practice of mainly in the areas of physical activities.

**h**ypertension disorder-pregnancy-lifestyle-nutrition

**Presentation:** Poster