Abstract

Background & Objectives: Lifestyle is refers to people behavior and template that affected in their health. The aim of this study is determination relation between lifestyle and hypertension in rural population in gorgan, 2009.

Material & Methods: Target population in this descriptive analytic study was 200 patients with hypertension and 200 persons as control group in gorgan rural population. The data collections were using by a questionnaire that include demographic and health promotion lifestyle profile (HPLP (questions. After the data collection analysis was performed by SPSS software and T test and logistic regression tests were used and a p-value less than 0.05 considered as significant.

Results: The mean age start of disease was 53.2, 12 % of case and 20.5% of control were smoker, 57% of case and 51% of control had a family history risk for hypertension, 63% of case and 61.1%control had BMI higher than normal. The logistic regression test showed that between lifestyle and physical activity, mental health, interpersonal relationship, stress dimensions and had a hypertension was significant (p-value <0.05),and T Test showed that relation between health responsibility, physical activity, nutrition, mental health, interpersonal relationship, stress in case and control group was significant (p-value <0.05).

Conclusion: The results showed the relation between have a non health behavior and have hypertension in rural population so this is necessary to implemented education program for them in order to have a healthy life style.

Lifestyle, hypertension, gorgan

Presentation: Poster