



P47 Hypertension Prevalence in Health Sciences Students of the University of Guadalajara

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ABSTRACT

Hypertension (HTN) is considered within the first 9 preventable causes of death in Mexico [1]. In order to estimate HTN prevalence in students a blood pressure (BP) measuring campaign was performed at the University of Guadalajara.

Methods: BP was measured in morning shift students, none with known chronic diseases. Before the measurement a survey was made to identify the cardiovascular risk factors, BP was measured in 3 occasions with an automatized sphygmomanometer (OMRON HEM907XL), according to the recommendations and protocol of international guidelines [2]. The average of the measurements were used to classify the subjects in normotensive (<140/90 mmHg) and hypertensive (\geq 140/90 mmHg).

Results: 881 subjects were included (603 women and 278 men). The hypertension prevalence was 2%. The prevalence was analyzed in subgroups according to the presence of risk factors. Gender, obesity, tobacco use and alcohol consumption were evaluated obtaining the following odds ratio (OR): 6.23 (Confidence interval (CI) 95%: 2.4–16.11); 2.47 (CI 95%: 0.69–8.84) 0.78 (CI 95%: 0.18–3.4); 3.61 (CI 95%: 1.43–9.09).

Conclusion: HTN prevalence in Health Sciences students was 2%. The factors that conferred the highest risk to present HTN were male gender and weekly alcohol consumption.

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