

Risk Factors for Hypertension in Dharwad City, Karnataka

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ABSTRACT The investigation focussing on “Risk factors for hypertension” was carried out at Dharwad city (Karnataka). One hundred hypertensive subjects along with equal number of age and sex matched normotensives were included for the study. The risk factors considered for hypertension were abdominal obesity, general obesity, smoking, alcohol consumption, high fat, high sodium, low potassium, low calcium and low magnesium intake. Scoring of the risk factors was done and based on the individual scores obtained, the respondents were catego-rised. Higher per cent of hypertensives were obese when both general and abdominal obesities were considered compared to normotensives. Majority of hypertensives were smokers and alcohol consumers along with higher intake of sodium. The respondents having score between 5 to 7 (high risk) were more among hypertensives (27%) than normotensives (5). Only six per cent of hyperten-sives were under the low risk category and five per cent of them were grouped as having high risk.

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