

## Socio-demographic Variables of Hypertension Among Adult Punjabi Females

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**ABSTRACT** The study was conducted in 2000 adult Punjabi females ranging in age from 20 to 60 years during the period 1998-2001. The methodology comprised of interview and clinical examination. Blood pressure of all the study participants was measured using standardized technique. The overall prevalence of hypertension was 20.15%. Among socio-demographic variables studied, the age, income, education and caste were significantly related with hypertension. In Punjabi society, socio-economic transition is occurring very fast. Therefore, the identification of socio-demographic variables influencing hypertension is an important aspect for taking appropriate preventive measures to halt increase in the incidence rate of hypertension.

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