



## **Prevalence of Hypertension among Adults of Moradabad City**

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**ABSTRACT** The present study entitled "Prevalence of hypertension among adults of Moradabad City" was carried out with the following objectives- to find out the prevalence of hypertension among selected males and females adults of Moradabad and to find out the nutritional status and life style pattern of the selected respondents of Moradabad. A total of 150 respondents (75 males and 75 females) were selected randomly from whole of the Moradabad City. The anthropometric measurements of the respondents that is height in cm and weight in kg were taken. Dietary intake was determined by 24 hours dietary recall method and the average nutrient intake was calculated and compared with recommended dietary allowances (RDA). In the study it was concluded that out of 150 respondents, 76.66 percent were hypertensive. Nutrient intake was found more in terms of energy, protein, fat, carbohydrates and calcium than the RDA and lesser in terms of iron, retinol and niacin for both males and females. Walking was the major exercise performed by them and 66 percent of respondents did not consume any harmful substances.