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Gender Differentiation in Hypertension among Rural Bengali Adults in Birbhum District of West Bengal, India

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ABSTRACT The study intends to determine the differences in blood pressure between men and women, as well as to identify demographic, anthropometric, and socioeconomic predictors of hypertension in rural Bengalis for only Systolic Blood Pressure (SBP), only Diastolic Blood Pressure (DBP), and both (SBP and DBP together). Data on blood pressure and explanatory factors were collected from 7,034 participants aged 18 to 75 years in the Birbhum district of West Bengal. Random sampling technique was used to select the study area and participants. There was a significant difference in blood pressure between men and women up to the age of 55. Men were shown to have a higher prevalence of hypertension, while only SBP was prevalent in both men and women. Body weight and central obesity need to be monitored to control hypertension. Also, educational levels must be enhanced, and lifestyles must be improved to control hypertension in rural adult Bengalis.