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Prevalence of Obesity in Hypertensive Patients

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ABSTRACT

Introduction: Obesity is an independent risk factor for cardiovascular diseases and plays a central role in the metabolic syndrome, which involves hypertension, insulin resistance and dyslipidemia. The prevalence of hypertension is about 3 times higher in obese patients. In the treatment of hypertension associated with obesity the decrease of the BMI plays central role in the reduction of the pressure. **Objective:** To investigate the prevalence of obesity in hypertensive patients. **Methods:** A descriptive cross-sectional study of the documental type with a quantitative approach was carried out from 150 medical records of adult hypertensive patients followed up by the HIPERDIA program in the first half of 2017 at the Pororoca basic health unit in the municipality of Santa Cecília -PB. The body mass index was used to classify the nutritional status. **Results and Discussion:** 51% female, 49% male. 10% adequate weight, 65% overweight and 25% obesity. The prevalence of obesity in the studied population was 25%, while 65% of the sample were overweight. Only a small part, 10%, was found as the proper weight. There was no discrepancy in the percentage of male and female users. **Conclusion:** The results of the present study show a high prevalence of overweight and obesity, reinforcing the need for strategies that promote the reduction of obesity among hypertensive individuals. For this, the identification of obesity should be part of the routine actions of basic attention to the health of the hypertensive ones.

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