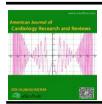
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Prevalence of Obesity in Hypertensive Patients

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ABSTRACT

Introduction: Obesity is an independent risk factor for cardio- *Correspondence to Author: vascular diseases and plays a central role in the metabolic Gomes, K.K.L syndrome, which involves hypertension, insulin resistance and Enfermeira da Atenção Básica e dyslipidemia. The prevalence of hypertension is about 3 times Especialista em Saúde da Família 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 descrip- How to cite this article: tive cross-sectional study of the documental type with a quantita- Gomes, K.K.L; Lima, A.A.F. Prevtive approach was carried out from 150 medical records of adult alence of Obesity in Hypertensive hypertensive patients followed up by the HIPERDIA program in Patients. American Journal of Carthe first half of 2017 at the Pororoca basic health unit in the mu-diology Research and Reviews, nicipality of Santa Cecília -PB. The body mass index was used 2018, 1:3 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. Con-eSciPub LLC, Houston, TX USA. clusion: The results of the present study show a high prevalence Website: http://escipub.com/ 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.



Keywords: Basic Attention; Hypertension; Obesity