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Factors Associated With Increase In The Incidence Of Arterial Hypertension In Pernambucan Adolescents

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ABSTRACT

Introduction: Hypertension (AH) is a chronic non-communicable disease (NCD), defined as systolic pressure repeatedly greater than 140 mmHg or diastolic pressure of 90 mmHg or higher, develops slowly and gradually. Currently there has been a gradual increase in cases of hypertension among children and adolescents, where cases have been registered at an earlier age, becoming a problem that has attracted the concern of health professionals. **Methodology:** The present study consists of an integrative review of the literature, in the databases: CAPES, LILACS, SCIELO, between the years of: 2000 to 2016. To analyze the risk factors associated with the increase in the incidence of hypertension in adolescents from Pernambuco. **Results and Discussion:** According to the literature, 17.3% of hypertension cases in Pernambuco are recorded in adolescents and children. Among the factors that are associated with the increasing rate of prehypertension and hypertension in adolescent Pernambucans is obesity, which is a reflection of the economic, social, and demographic changes resulting from the growing industrialization. The passage between childhood and adolescence is a period of biopsychosocial transformations in which lifestyle and patterns of eating and physical activity are being structured. These factors make possible the development of hypertension: obesity, reduction of physical activity, alcohol and tobacco use, stress are conditions of probability for the development of hypertension among young people and has been consolidating as a serious health problem Public. **Conclusion:** The actions of control of risk factors for arterial hypertension is of paramount importance the early detection of important blood pressure changes and the promotion of changes of habit that can favor improvements in health and quality of life, being the school space a promotion environment Of healthy lifestyle.

Keywords: Adolescent; Cardiovascular; Hypertension; Pernambuco

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