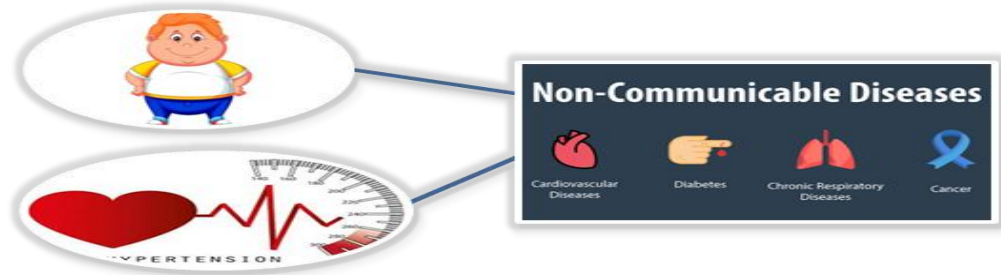


# Prevalence of hypertension and high body mass index among rural non-endemic residents in Sri Lanka

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## Introduction

Hypertension and obesity identified as main risk factors to increase non-communicable diseases. The main aim of this study was to assess the prevalence of hypertension and obesity among rural non-endemic residents in Sri Lanka.



## Methodology

A descriptive cross-sectional study conducted among 131 previously healthy residents in Hanguranketha Divisional Secretariat of Central Province in Sri Lanka.

## Results

The mean age of the cohort was  $47.57 \pm 13.433$  (21-78) years. Majority of the participants were female (58.8%; n=77). Prevalence of overweight and obese were 31.3% (n=41) and 11.5% (n=15) respectively. Around 23% presented with increased blood pressure. Occurrence of hypertension is 1.3 times greater among overweight/obese adults rather than adults with normal/under-weight.

## Conclusion

**Body mass index is a considerable health factor related to the developing of hypertension among in adult rural residents.**