EPIDEMIOLOGICAL CHARACTERIZATION OF THE ASSOCIATION BETWEEN ARTERIAL HYPOTENSION AND OBESITY IN A FARMING POPULATION

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Relevance of the Study

Obesity is considered one of the most important modifiable risk factors for arterial hypertension. However, there are almost no epidemiological studies specifically investigating the association between arterial hypotension (ArGt) and obesity. Since we set the goal of studying this issue in our dissertation work, we performed this research to get an idea about the features of identifying this leading risk factor of cardiovascular disease (CVD) in the modern rural population.

The purpose of the study

It is to study the epidemiologic description of obesity in the origin and complications of arterial hypotension in the population of farmers.

Materials and methods of research.

2182 farming population participated in the study. All population subjects signed an informed consent form before entering the study. Their age ranged from ≥18 to 70 years and older.
The total number of farmers-population registered at the place of work is 2182, they were involved in the full investigation and were described as follows: 1) 18-70 years old - 2182 (men - 1069 and women - 1113), including 18-30 years old - 435 (men -236 and women 199), 31-49-year-olds -1143 (606 men and 537 women), 50-69-year-olds - 549 (men -194 and women -335) and 70-year-olds - 55 (men - 33 and women - 22).

Research results

According to the analytical indicators, the prevalence of ArGt in the population of farmers aged ≥18-70 years, directly related to obesity, was recorded as follows: in ≥18-70-year-olds - 22.0 percent (in men - 65.4 percent and in women 34.6 percent, $R<0.05$), 18-30 years old – 41.3 percent (from 65.1 percent in men and 34.9 percent in women, $R<0.05$), in 50-69 -57.7 percent (in men -20.0 percent and in women - 6.7 percent, $R<0.001$) and 1.9 percent in ≥70 years old (0.00 percent in men and 100 percent in women, $P<0.05$).

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The strongest effect of this risk factor was significant in 50–69 and 18–30 years old, after ≥70 years – on the contrary, no association was observed at all; The frequency of detection of ArGt was sharply reduced (R<0.001).

Conclusions

According to our study, obesity was a predictor-significantly common risk factor of arterial hypotension in the pre-clinical and clinical stages of the population of farmers and represented a high prevalence in men.