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The prevalence of high blood pressure in Armenians

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Cardiovascular disease (CVD) is the leading cause of morbidity and mortality in Armenia (World Health Rankings, 2012). Limited data exists on the prevalence of risk factors and other contributors to the development of CVD. Understanding the prevalence of various risk factors is a critical first step towards addressing the burden of disease among any population. This descriptive, cross-sectional study, examined the prevalence of HBP and risk factors associated with HBP in a select group of Armenian men and women ages 21 and older, living in Armenia. The convenience sample was predominantly of middle-aged females, married, and had a high school education or higher. Over half of the adults of the sample were prehypertensive or hypertensive. Over three-quarters of the participants never smoked and over half of the consumed alcohol in the past 12 months. The nonparametric Spearman correlations indicated that BP level had significant moderate to large correlations with age, mean systolic blood pressure, mean diastolic blood pressure, body mass index (BMI), waist and hip circumference, total cholesterol, low density lipoprotein cholesterol, triglycerides, waist-hip ratio, and with self and family reported history of HBP and heart disease. The results of the stepwise multiple regression models indicated that BP levels were higher with greater waist circumference, a personal history of HBP, high total cholesterol, being male and older age. Furthermore, respondents scored low for adhering to taking prescribed antihypertensive medication(s). The findings of the study cannot be generalized; it must be duplicated in Yerevan and in other 10 regions of Armenia.

Biography

Salpy Akaragian has completed her PhD at University of California, Los Angeles. She is the Founder and President of Armenian International Medical Fund and Former Director of UCLA Health's International Nursing Program and Nurse Credentialing. She has received many local, national and international awards. She has served on the California Board of Registered Nursing as a Board Member and was a Magnet Appraiser for American Nurse Credentialing Committee. In June 2018, after 44 years of Nursing Career, she has retired at UCLA Health. Her continuous conducting international research and projects, and serves as a consultant to Ministry of Health of Armenia.

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