

Study on Risk Factors and Prevention Strategies of Hypertension

Zehui Jiang¹, Jun Zhang²

¹Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, China;

²Department of Cardiovascular Medicine, the 94th Hospital of Chinese People's Liberation Army, Nanchang, Jiangxi, China

Keywords: hypertension; risk factors; prevention and treatment measures

Abstract: In recent decades, the incidence of chronic diseases in China has become higher and higher with the improvement of people's living standards, but also increasingly affect people's quality of life. Hypertension is one of the most common chronic diseases, and it is also a major risk factor for cardiovascular and cerebrovascular diseases. What's more, its complications, such as chronic kidney disease, not only have a high fatality rate, but also a very high consumption of medical resources, which has brought a very heavy burden to many ordinary families, and also posed a huge challenge to the investment in medical and health care in China. This paper analyzed the epidemic situation and risk factors of hypertension in China, and took corresponding preventive measures to reduce the incidence of hypertension.

According to the relevant statistical data, China's hypertension patients have reached more than 200 million, which shows that hypertension has become a high-risk disease endangering the health of our residents. Hypertension usually has the characteristics of "three high" and "three low", "three high" refers to the high incidence of hypertension, high disability rate and mortality after suffering from hypertension; "three low" refers to the low awareness rate of hypertension, the treatment rate of hypertension and its control rate is low.

1. Prevalence of hypertension

Since the late 1950s, the Chinese government has conducted a number of sampling surveys on the prevalence of target diseases among adults throughout the country. Although the reference ranges determined in many surveys are different, and the extent of the change in prevalence is unreliable, it can be said that hypertension in China is on the rise. Because of the large population base in our country, although the prevalence of hypertension is not much different from other countries, the number of hypertensive patients in our country is still the largest, which adds a huge burden to the cost of disease treatment for our government.

The different regions here are divided into two parts. First, the prevalence of hypertension varies among countries with different economic levels, and the prevalence of hypertension in developed countries is higher than that in developing countries. Because of the better economic level, the living standard enjoyed by developed countries is different, and hypertension is related to living habits, dietary structure and other factors, so this difference is caused. Since entering the new century, this situation has changed. The incidence of hypertension in developed countries tends to be balanced or declining on the whole, while the incidence of hypertension in developing countries is increasing significantly. The prevalence of hypertension in some developing countries with fast economic development is even close to that in developed countries, which is also a developing country. Second, the prevalence of hypertension varies in different parts of China. The prevalence rate of hypertension in Macau has reached 20.45%. Relevant data show that the prevalence rate of hypertension in Beijing is 25%. The prevalence rate of hypertension in central and Western China is also different. However, these data all grow with time.

2. Risk factors for hypertension

Age can affect the prevalence of hypertension. In fact, regardless of sex, as long as your age is increasing, your prevalence of hypertension will increase. Because human organs are ageing, and physical function is unlikely to be better than when you were young, the risk of high blood pressure is increasing. Especially in the 60-70 years of age between the elderly, almost half of the population with hypertension, and older people over 70 years of age with hypertension is more than 50%.

Salt which is a daily human intake must be appropriate, its intake and the incidence of hypertension is also in direct proportion to the relationship. That is to say, the more intake of sodium salt, the higher the prevalence of hypertension. It is generally believed that if your sodium intake is more than 12-15 grams, you are overeating, and this is the case in most parts of the country. It can be said that high sodium intake is a major factor in the frequent occurrence of hypertension in China. There is a high correlation between body weight and blood pressure. Obesity is also a frequent topic of discussion in recent ten years. Obesity is actually a disease, which is also one of the triggers of hypertension. Generally speaking, obese people have a higher prevalence than those with normal weight. If those obese people can properly reduce their weight, they can help their blood pressure. And if your fat is concentrated in your abdomen, and you become centripetally obese, you're at a much higher risk of developing high blood pressure than the general population. This reminds us that when we lose weight, we should also pay attention to which part of the body fat should be lost.

Excessive drinking is also associated with increased prevalence of hypertension. If you drink a small amount of wine, you can play a role in preventing disease, but too much, drinking a large amount of alcohol only bad, no matter beer or liquor is not good.

We know that tobacco contains nicotine, nicotine into the blood will atrophy blood vessels, blood flow is not smooth, blood pressure will naturally rise. What's more, if people with high blood pressure smoke heavily, it will not only aggravate the condition of hypertension, but also lead to heart disease.

Excessive mental stress can also lead to high blood pressure. China's hypertension related survey shows that the prevalence rate of hypertension is significantly higher in urban areas than in rural areas. Because life and work pressures in cities are bound to be much higher than in rural areas, and the prevalence of hypertension varies from occupation to occupation, with mental workers having a higher prevalence than manual workers.

Lack of exercise is also one of the causes of hypertension. Those urban white-collar workers, civil servants in government offices for a long time because of the lack of exercise, coupled with the pressure of work, their blood pressure will rise.

3. Measures to reduce the prevalence of hypertension

As mentioned above, hypertension has the characteristics of low awareness rate, which emphasizes the importance of hypertension health education for the general population. In today's society, to make full use of the information network to publicize, relying solely on propaganda boards, big-character newspapers can no longer achieve the purpose of publicity. And carrying out health education through many channels is an effective way to prevent hypertension. It involves government departments, health departments, various television media and new media. People know what hypertension is and how to prevent it so as to reduce the prevalence of hypertension.

Smoking causes high blood pressure, as mentioned above. Quitting smoking is hard, but it's good. Just one day, it's good for the heart, blood pressure and blood system. If you quit smoking for one year, the incidence of coronary heart disease, a complication of high blood pressure, will drop by half compared with those who continue to smoke. Successful quitters not only benefit themselves, but also the health of their families, because with less first-hand and second-hand smoke, the disease naturally leaves us. Therefore, we say that quitting smoking in people without hypertension can prevent hypertension, and for those with high blood pressure, it is more important to quit

smoking.

Compared with smoking, drinking has different opinions on the pros and cons of the body. Some people say it's good to drink, others say it's bad to drink. Either way, one thing is for sure: a lot of alcohol is definitely harmful to the body, the higher the concentration of alcohol, the more so. Therefore, smoking cessation and alcohol abstinence is imminent.

The importance of exercise to reduce hypertension is self-evident. There is a popular saying: when young, change money with health; when you are old, exercise for health. Exercise has many benefits, such as promoting blood circulation, lowering cholesterol, strengthening muscle lines, and preventing stiffness in bones and joints. Exercise can also improve people's appetite, promote gastrointestinal peristalsis and improve sleep quality. It's not difficult to do occasional sports. The key is to develop long-term exercise habits, and aerobic exercises such as walking. Riding bicycles is the same effect as losing weight and lowering blood pressure, which can help us lower blood pressure.

All along, China's medical reform is aimed at those large hospitals, the so-called third-class hospitals, what preferential policies are inclined to them, what good medical resources are given priority to them, it seems to forget that in fact, community hospitals should be vigorously supported and developed. In foreign countries, community hospitals are very mature, they play the role of "gatekeeper" of medical resources, patients can accept the same medical experience as large hospitals bring them. But in our country is not the case, community hospitals are always chicken ribs like the existence of people think that community hospitals can see some small diseases, injections, and that's all. In fact, this is an erroneous understanding. There are many studies at home and abroad which have proved that hypertension health management at the community level has good cost-effectiveness, so community hospitals in China should be developed, and to develop well, vigorously.

Acknowledgment

Fund subject: Jiangxi health and Family Planning Commission science and technology plan: Study on risk factors and prevention strategies of hypertension in Jiangxi (20185512)

References

- [1] Guo Yuhua, Xiong Liangsheng, et al. Prevalence of Hypertension in China and Community Prevention and Treatment Strategies [J]. Trace Elements and Health Research, 2012, 29 (6), 64.
- [2] Liu Yuxin, Jia Shulei, et al. Qualitative study on Influencing Factors of community nursing service for hypertension patients [J]. Community nursing work study, 2013, 16 (2B), 572.
- [3] Survey of hypertension status among people aged 40 or above in Qingshan Lake District, Nanchang [J]. Chinese Journal of Hypertension, 2013, 21 (12), 1177.
- [4] Liang Xiaohua, Gu Dongfeng, et al. [J]. Chinese Journal of Preventive Medicine, 2011, 45 (8): 732 - 736.
- [5] Gu Dongfeng and Wu Xigui. Prevalence, awareness, treatment and control of hypertension in middle-aged and elderly people [J]. Chinese Journal of Preventive Medicine, 2003, 37 (2), 84.
- [6] Zou Jianming and Li Ruijun. Epidemiological progress and risk factors analysis of hypertension [J]. Chinese convalescent medicine, 2013, 22 (9), 797.