Abstract

To identify the prevalence of arterial hypertension and its association with cardiovascular risk factors among adults. Method: cross-sectional, population-based, descriptive study conducted with 408 adult individuals. Data were collected through a questionnaire and measurements of weight, height and waist circumference. Person’s Chi-square and multiple logistic regression were used in the data analysis. Results: 23.03% of the individuals reported hypertension with a higher prevalence among women. Odds Ratio indicated that smoking, body mass index, waist circumference, diabetes mellitus and dyslipidemia were positively associated with arterial hypertension. Conclusion: high self-reported hypertension and its association with other cardiovascular risk factors such as diabetes, obesity and dyslipidemia show the need for specific nursing interventions and the implementation of protocols focused on minimizing complications arising from hypertension, as well as to prevent the emergence of other cardiovascular diseases.

Keywords

Hypertension, Cardiovascular Diseases, Risk Factors, Adults.