



УНИВЕРЗИТЕТ  
„ГОЦЕ ДЕЛЧЕВ“  
ШТИП

# KNOWLEDGE REGARDING RISK FACTORS OF HYPERTENSION AMONG STUDENTS IN UNIVERSITY „GOCE DELCHEV“-SHTIP

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## INTRODUCTION

Hypertension is one of the important public health challenges worldwide because of its high frequency and concomitant risks of cardiovascular and kidney disease. It has been identified as a leading risk factor for mortality and ranked third as a cause of disability-adjusted life-years. Despite extensive research into the etiology and contributing causes of essential hypertension, the pathogenesis of the condition is still not explained. Nonpharmacological approaches to the treatment of hypertension have included a reduction of salt intake and increases in dietary potassium and calcium consumption, weight loss, and increased physical activity.

## AIM OF THE STUDY

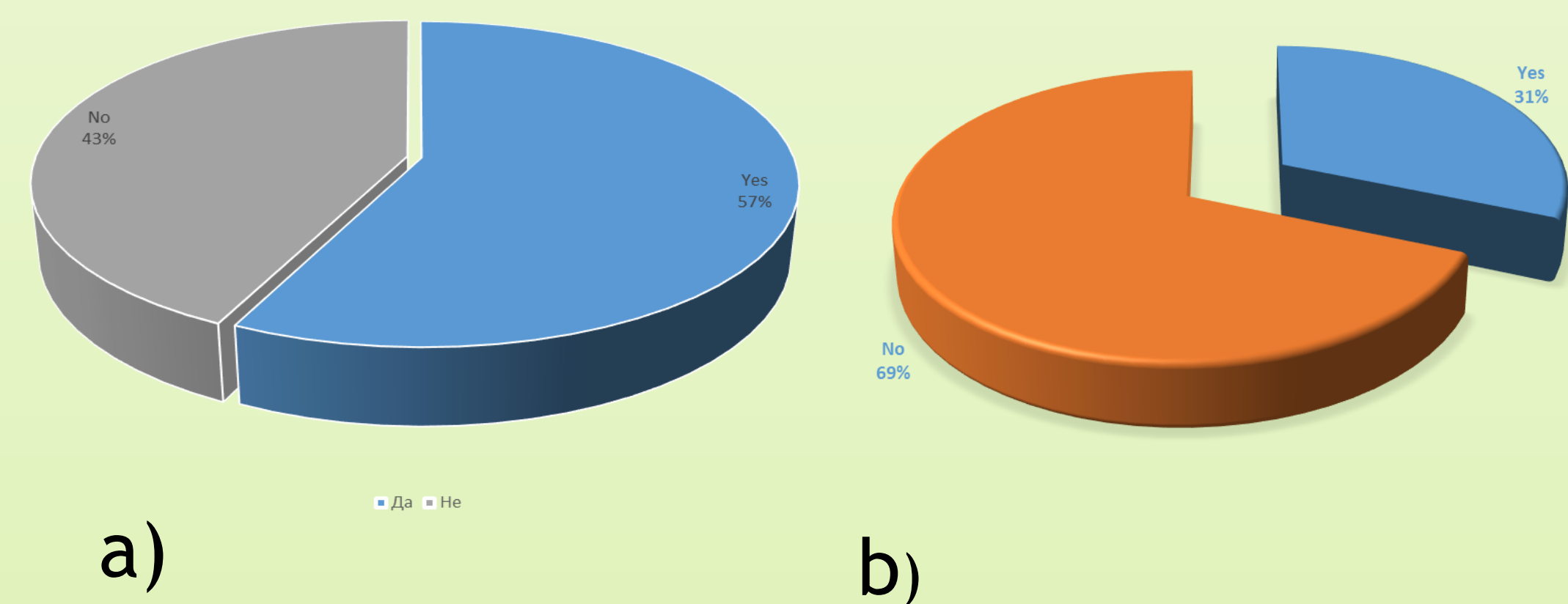
The purpose of this study is to collect information about knowledge and understandings of students in University „Goce Delcev“ regarding the risk factors of hypertension, life habits that increase the risk for high blood pressure, comparison of obtained results with similar studies and also presentation of opportunities for educational and promotional activities in the University in order to improve students’ knowledge about the disease.

## MATERIALS AND METHODS

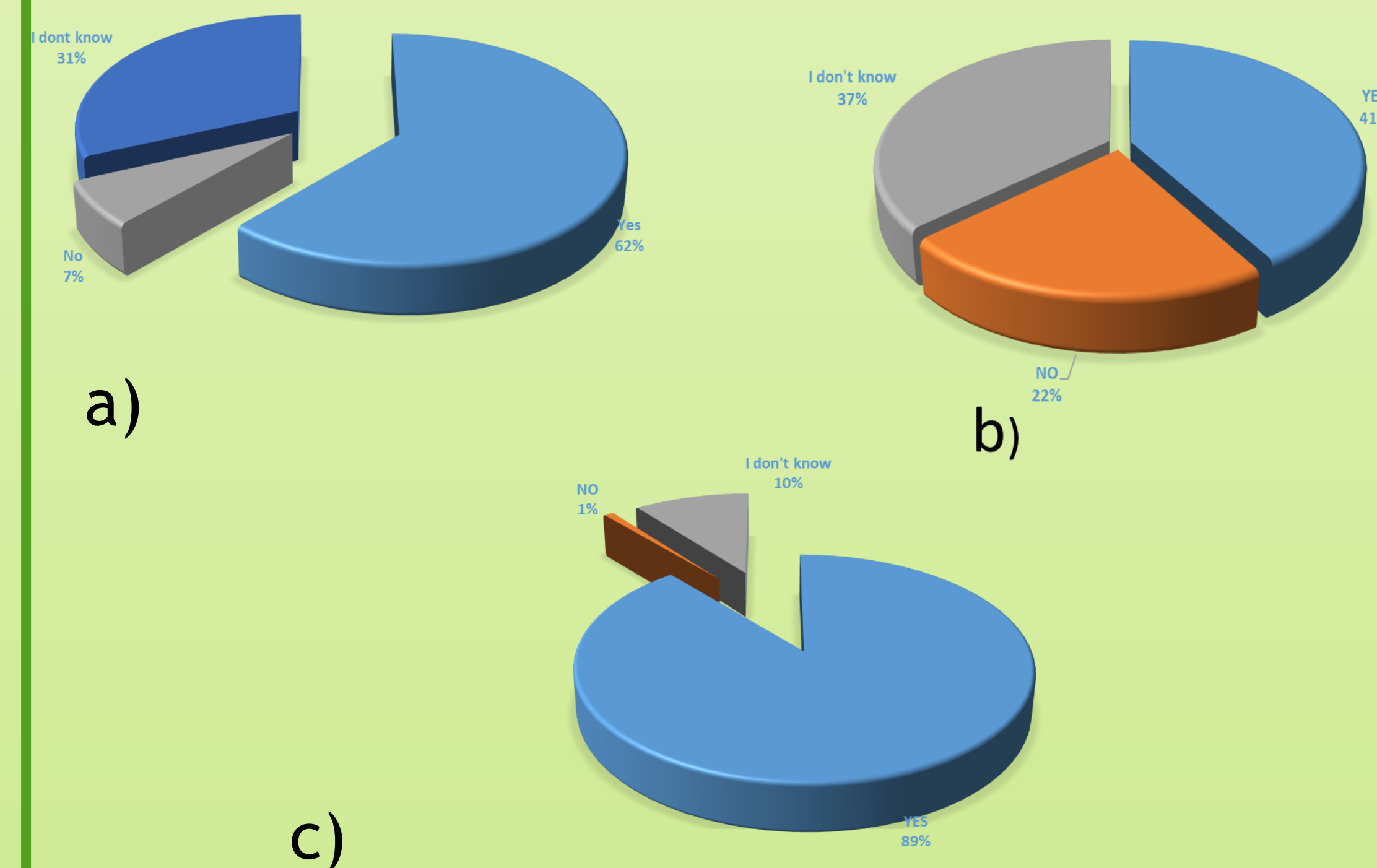
-To achieve the set goals we made research about the knowledge of students from University „Goce Delcev“ Stip about the risk factors that contribute to arterial hypertension and lifestyle management techniques that are crucial for hypertension control. 247 students are interviewed from various faculties (except Faculty of Medical Sciences) from different years by random selection. The opinion pool is anonymous. The questionnaire is formulated according applied studies and includes the understandings of the risk factors and possible prevention of hypertension. The results are presented in tables, adequately discussed and compared with results from similar studies.

## RESULTS

The obtained results of the research showed that the knowledge of students in University „Goce Delcev“-Stip regarding risk factors for developing hypertension are insufficient, and also their lifestyle habits include numerous risk factors for developing hypertension. Results are presented on Figure 1, 2 and 3



*Fig.1. Data associated with physical activity (a) and cigarette smoking of students (b)*



*Fig.2. Knowledge of students regarding risk factors of hypertension a)smoking b)obesity c)alcohol*

## CONCLUSION

In conclusion, interactive promotional and education workshops are the most effective strategies for improving students’ knowledge regarding risk factors of arterial hypertension and lifestyle changes focusing on reduction of dietary salt, fat and alcohol and increase in potassium and fruits and vegetables as crucial part in hypertension management.