

Hypertension in Algeria. Results of the national survey 2004

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SAHA one Study mars 2004

- ◆ **Objective** estimate the prevalence of hypertension, its geographic distribution, and awareness, treatment, and control in the general adult population in Algeria.
- ◆ **Methods** Cross-sectional survey of 1478 nationally representative individuals 18 years of age. hypertension was defined as $\geq 140/90$ mm Hg or use of antihypertensive medication.
- ◆ It was conducted in February and March 2004.

CVRF in the study population

Age > 55 years in M and 65 year in F	18.9%
Family history of cvd	26.3 %
Sédentarity phys activi less than 2 H/week	67.5 %
Tobacco	12,5 %
Obese: MBI ≥ 30 kg/m ²	16.2 %
Abd Obes abd cir ≥ 102 cm H et ≥ 88 cm F	36.5 %
Diabetes: fast gluc $\geq 1,26$ g/l	11.8 %
Hyperchol CT $\geq 2,4$ g/l (NCEP)	15.3 %

Prevalence of hypertension Algeria in 2004

PA \geq 140/90 mm Hg or use of antihypertensive medication

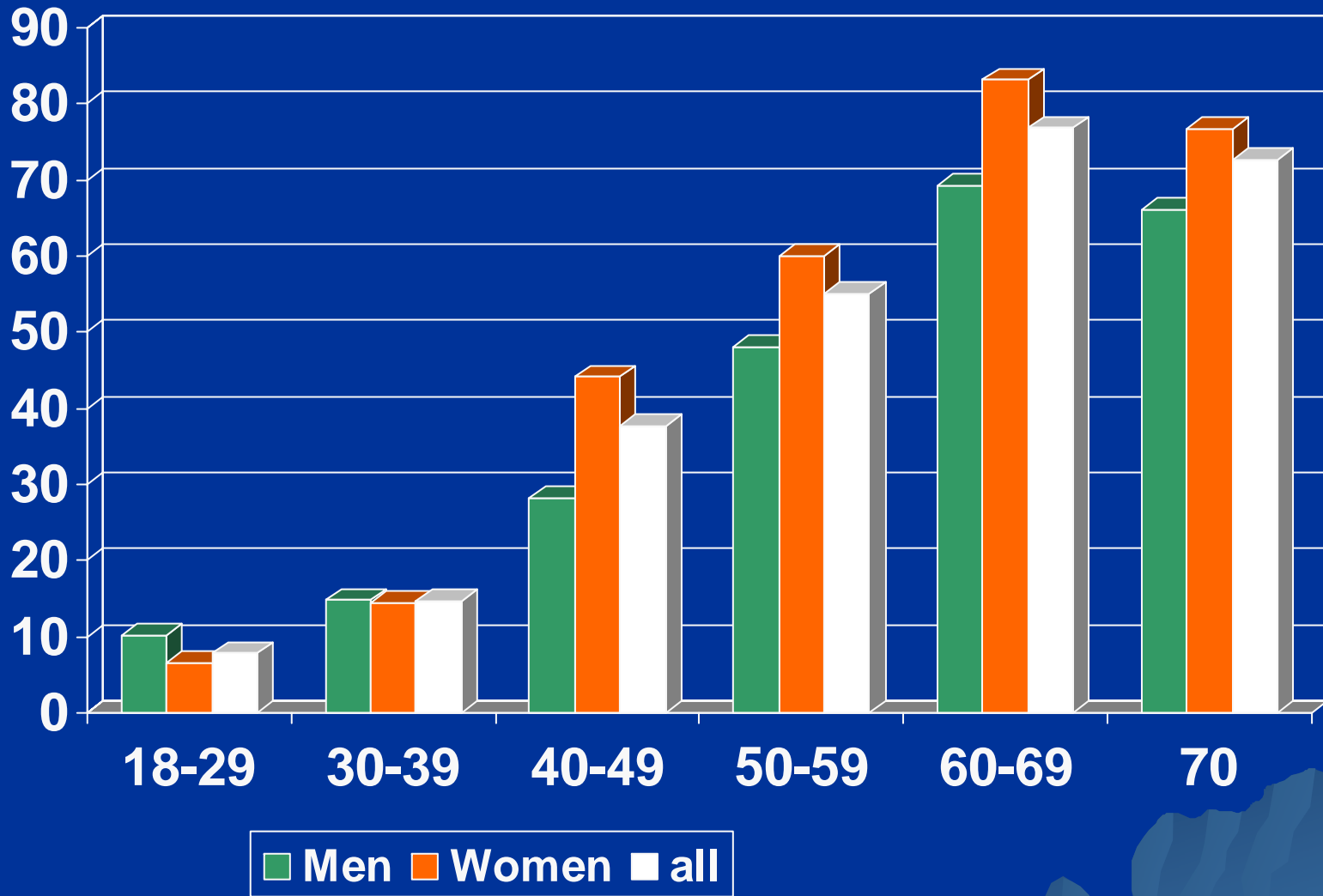
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	N	n	%	CI 95 %
Sex				
Male	572	187	32,7	27,3 – 38,1
Female	906	334	36,9	32,7 – 41,0
all	1478	521	35,3	32,0 – 38,5

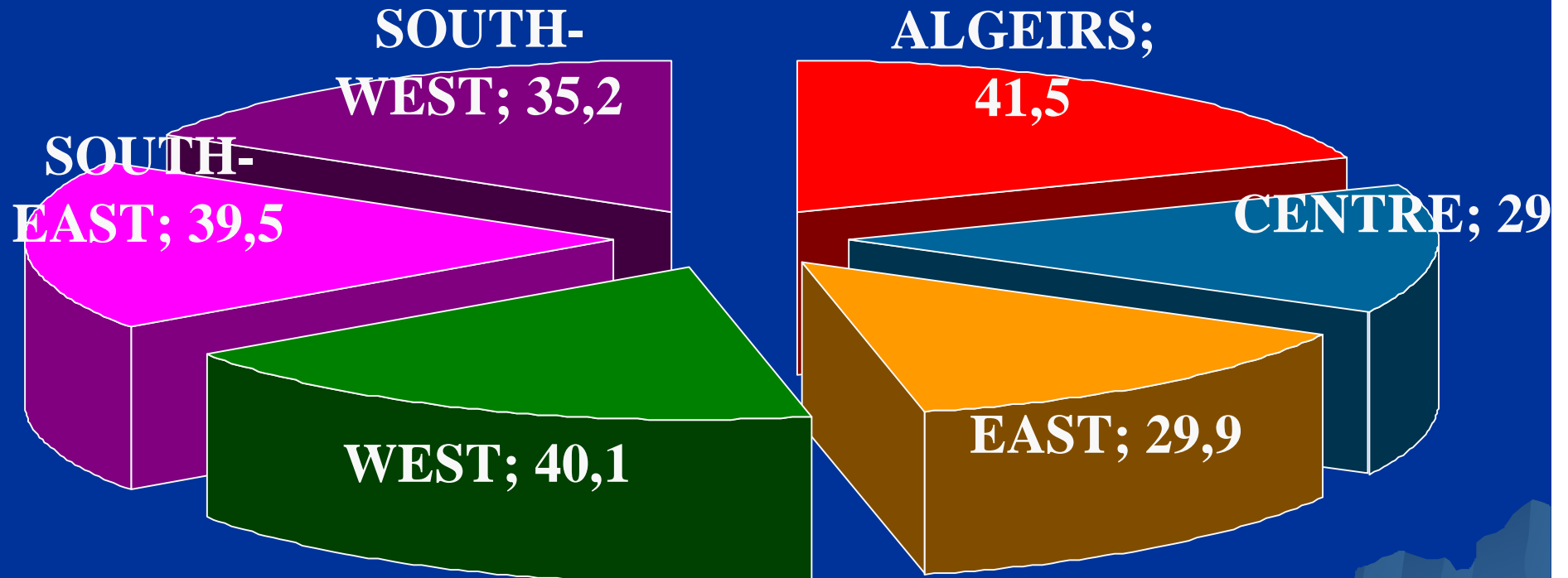
Prevalence of hypertension in the world

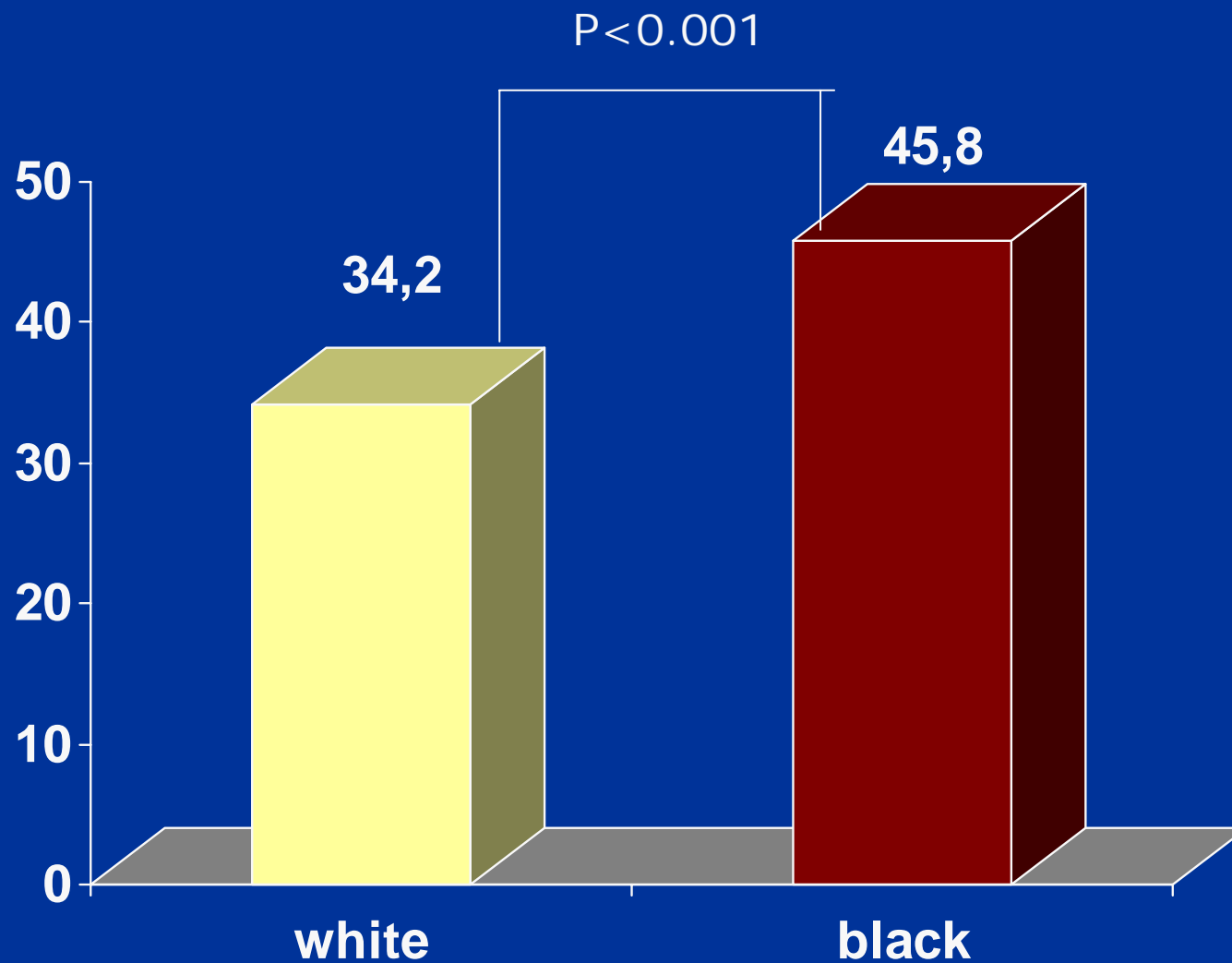
country	Age range	Prevalence	Country	Age range	prevalence
Iran	>19	25.6 %	China	35-74	27,2 %
Egypt	25-.95	26.3 %	Greece(region	18-91	28,4 %
US	>18	28,5 %	Turkey	>18	29.6 %
Morocco	>20	33,6 %	Zimbabwe	>25	34.1 %
Algeria	>18	35,3 %	Venezuela	>20	36.9
Italy	35-74	37.7 %	England	>20	38 %
Sweedeen	25-74	38,4 %	Japan	30-74	42.7%
Cuba (region)	>15	43.5%	Spain	35-64	45 %
Germany	>18	55%	Poland	45-64	70,7%

Figure 1 Increased prevalence of hypertension with age

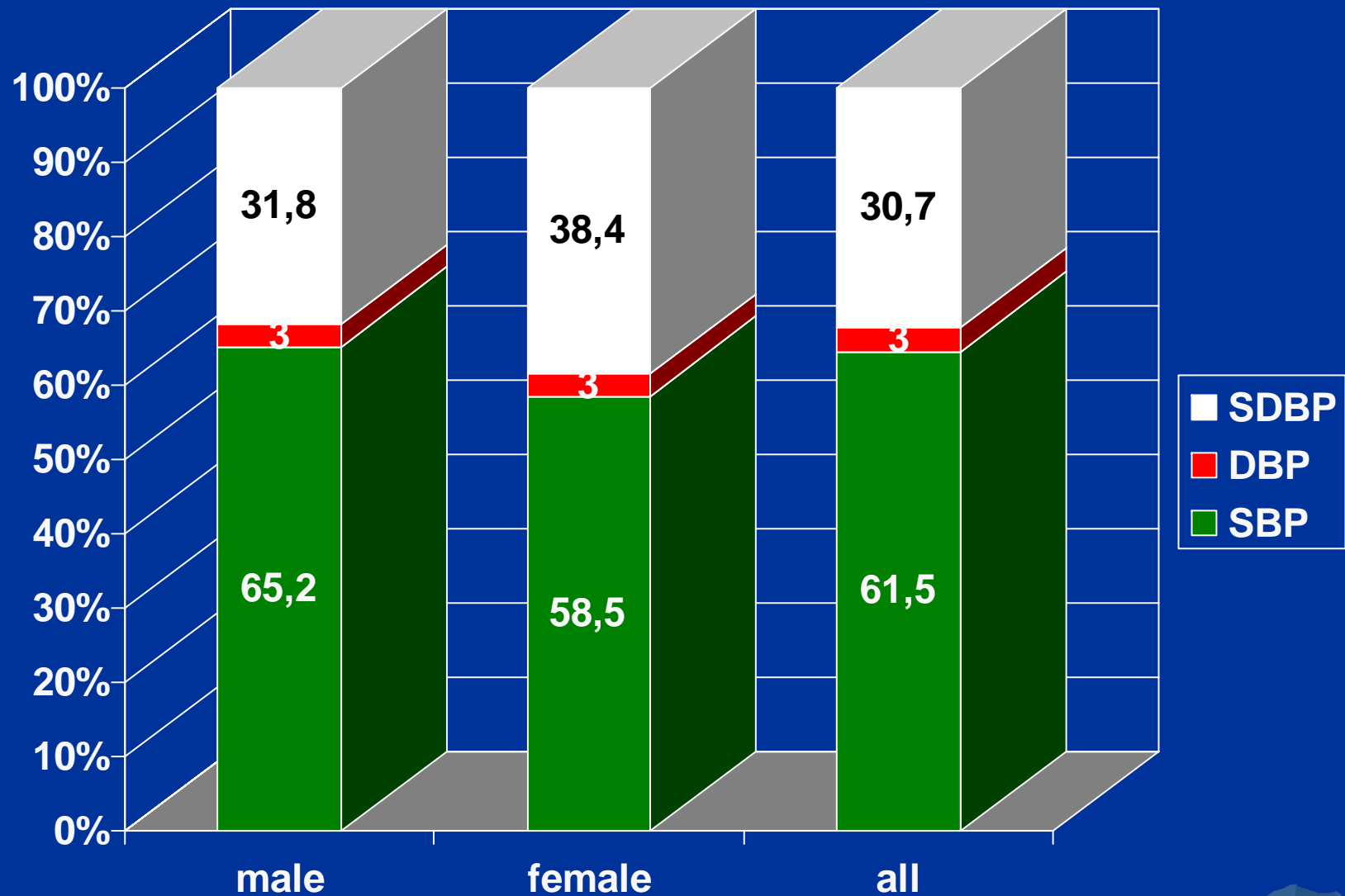


Significant regional differences in prevalence emerged



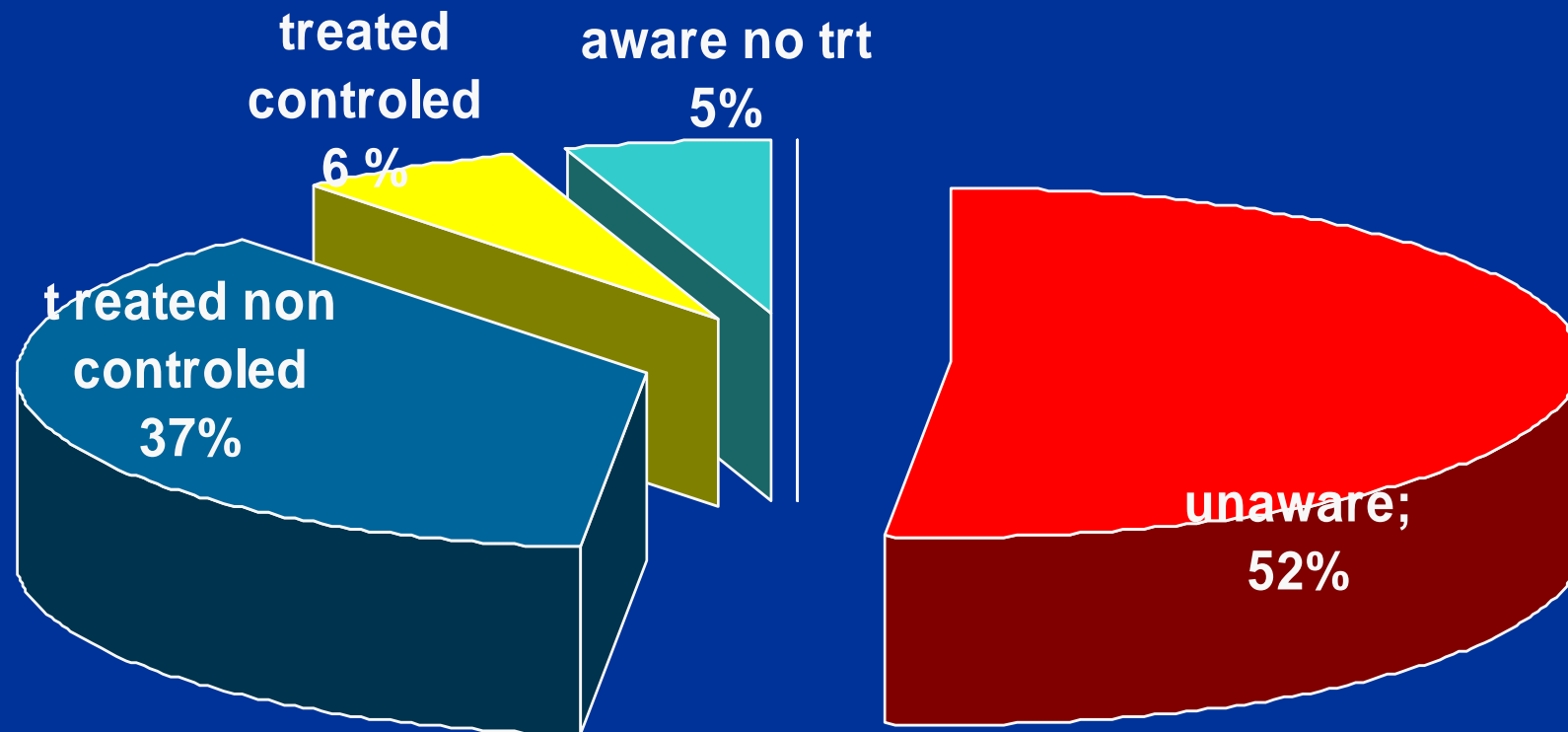


Prevalence was significantly higher in blacks (45.8%) than in whites (34.2%) ($P < 0.01$)



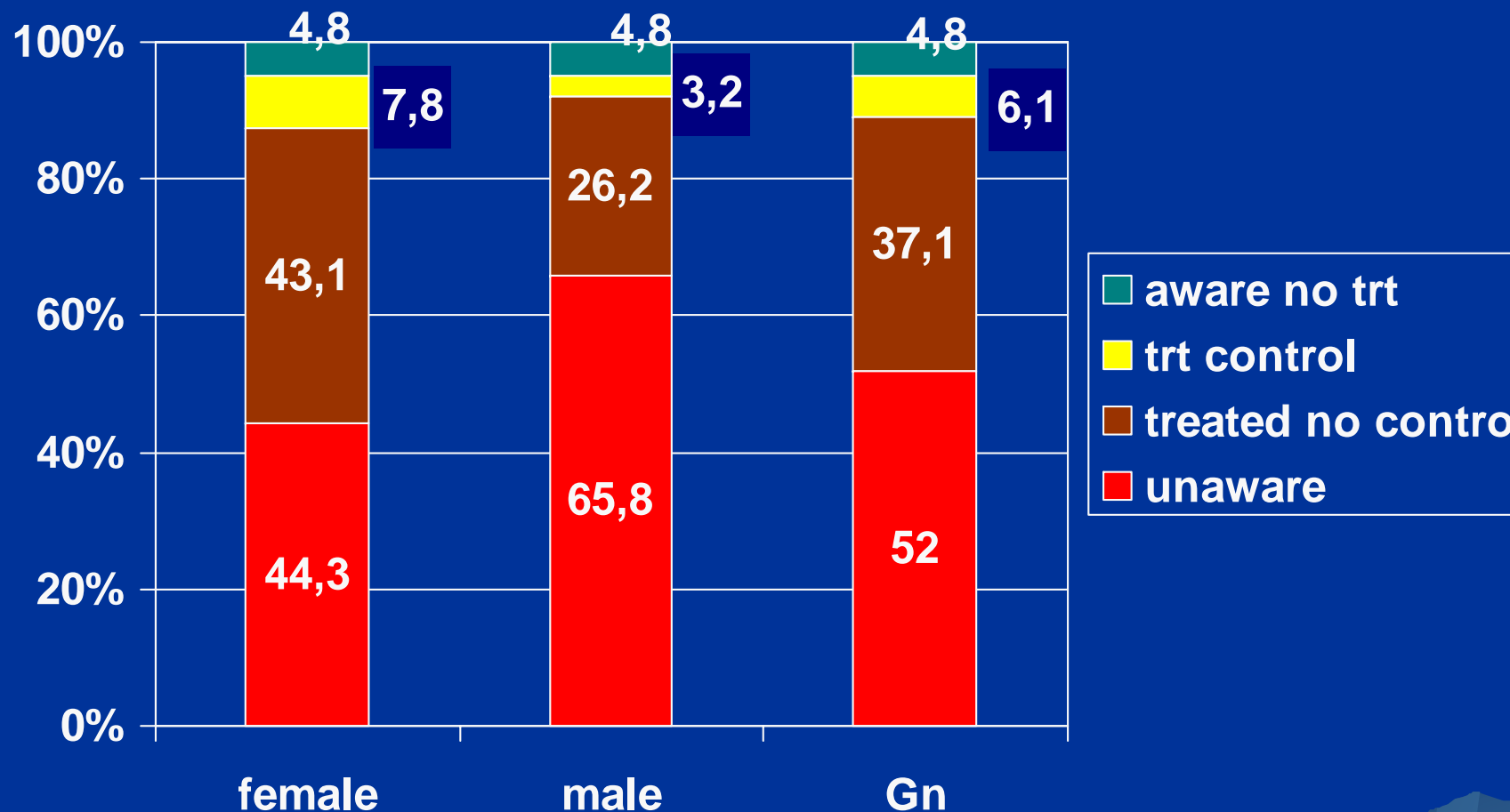
Predominance of systolic hypertension

Awareness and control of hypertension in Algeria



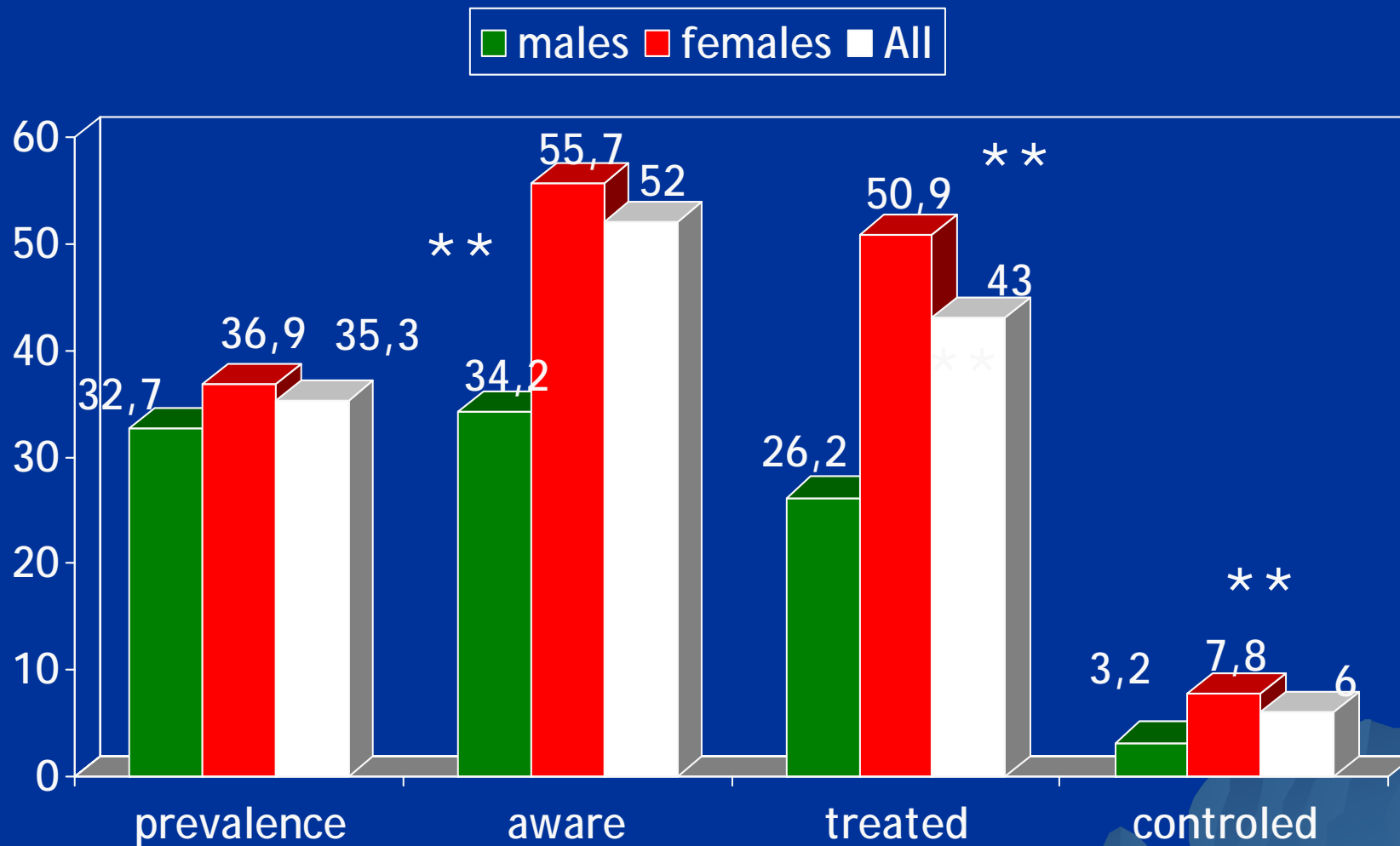
. Only 48% of the survey sample with hypertension knew they had high blood pressure, and of the subjects who were both aware and receiving treatment, only 13% had achieved control.

Poor control of hypertension



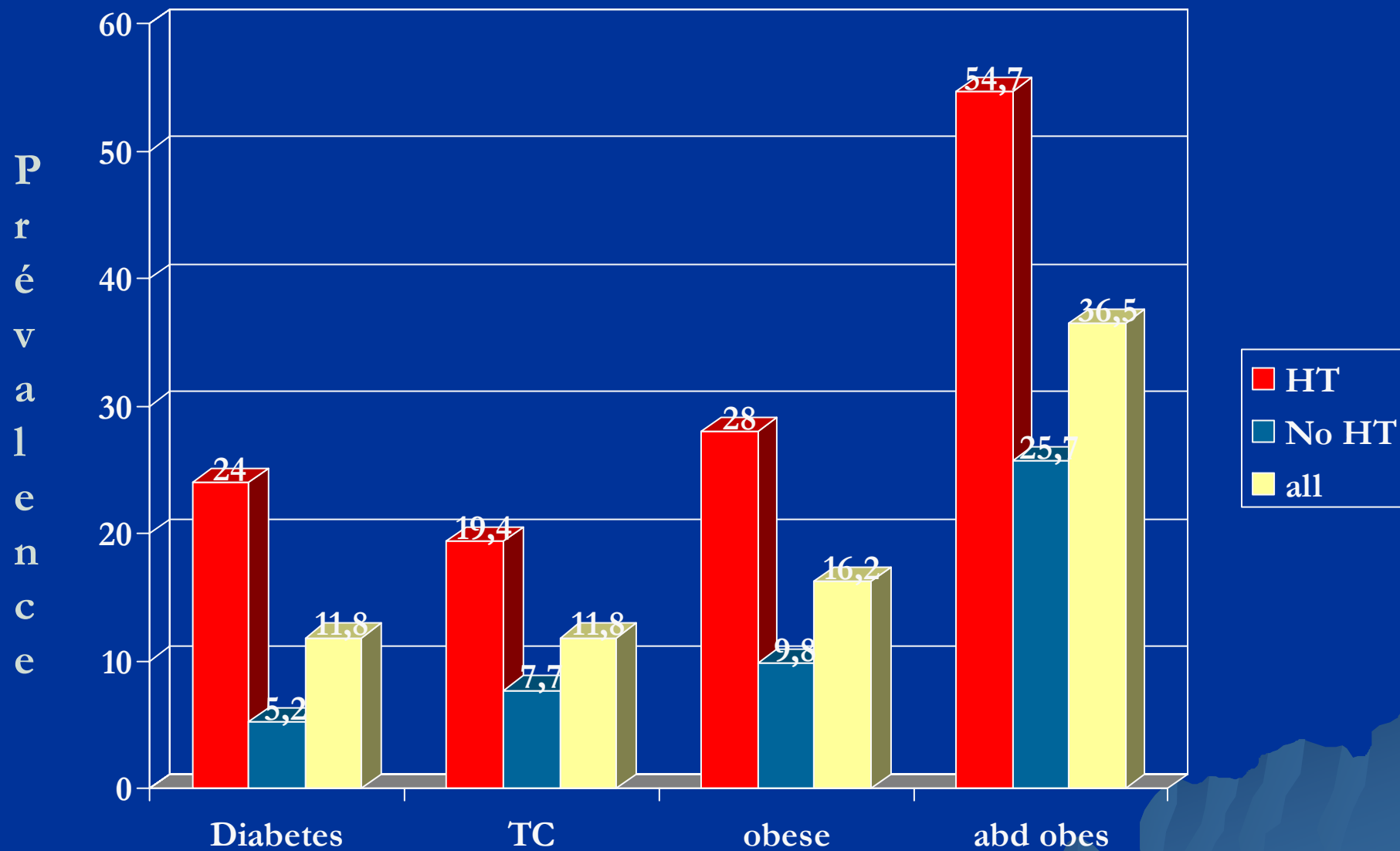
better control of BP in women ($p < 0,01$)

Hypertension and control of BP Algeria 2004

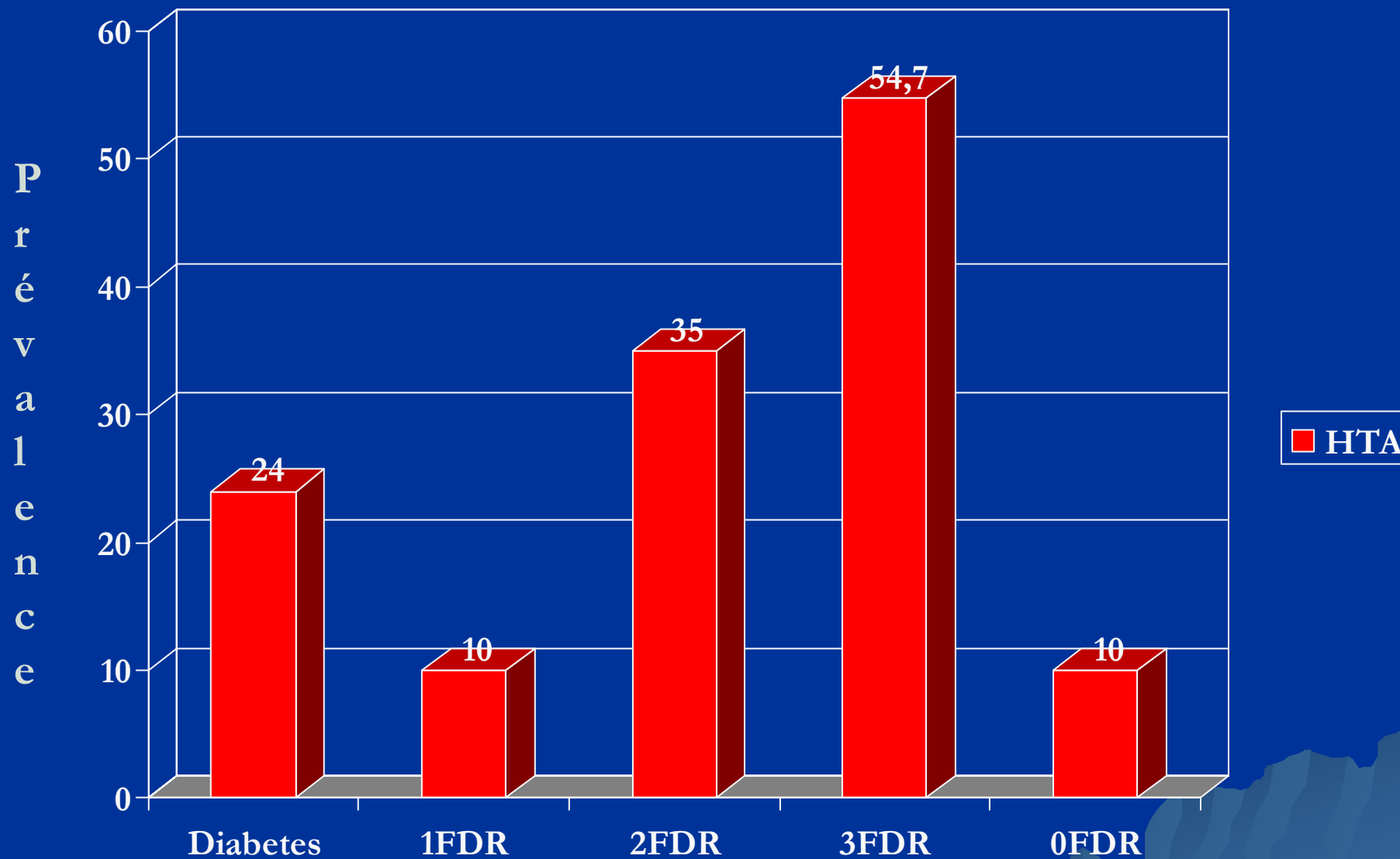


SAHA 1 study , mars 2004

Prevalence of CV risk factors in HT



Number of CVRF in hypertensifs



Conclusion

- ◆ Hypertension is highly prevalent in Algeria
- ◆ the percentage of affected people who are aware of their disease, receiving treatment, and are under control is unacceptably low.
- ◆ A lot of patients fell into the high or very high cardiovascular risk category of the World Health Organization/International Society of Hypertension (WHO/ISH) Guidelines
- ◆ National strategies are urgently needed to improve prevention, detection, and treatment of hypertension in Algeria