

Blood Pressure and Risk Factors in School Students from a Private Educational Institution of the Central Department Paraguay [†]

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Abstract: High blood pressure in children is considered a public health problem. Early diagnosis could prevent its manifestation and complications in adulthood. The objective was to determine the blood pressure level and risk factors in school children. The study was a descriptive observational study, non-probabilistic convenience sampling, approved by an Ethics Committee. A total of 397 schoolchildren from 1st to 6th grade, with parental consent, were examined from September to October 2016. Blood pressure was measured with calibrated aneroid sphygmomanometers, and 95th percentile for age, sex, and height were used to classify blood pressure values. 50.1% of the participants were female, with a mean age of 9 years. When classifying blood pressure values, 6.04% (n = 24) of the school children had values classified as hypertension. Cases of hypertension predominated in males (67%). Of those classified as hypertensive, the majority (75%) were overweight/obese. The percentage of hypertension is low, but the risk factors are high, so follow-up is necessary to eliminate them.

Keywords: blood pressure; school children; risk factors.

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To the students of Scientific Initiation of the Department of Pharmacy, year 2016.

Conflicts of Interest

The authors declare no conflict of interest.