SUMMARY/ ABSTRACT

The main purpose of this thesis to find out the prevalence and associated risk factors of hypertension in Lahore city, Pakistan. For this purpose, a cross sectional study was carried out in Lahore city in January 2019. Multistage cluster sampling technique was use to select the sample of this research. The sample size was based on 500 respondents. Data on demographic, family history, daily routine work and other factors which are significantly responsible for hypertension were collected through the self-administrated questionnaire. The statistical modeling procedure was used to find the risk factors. The prevalence of hypertension in the age group were 50 to 70 in Lahore city estimated to be 50.5% and majority of males who were married, poor, use high intake of salt, live in noisy areas and their relatives died from a heart attack or stroke. Furthermore, we studied all possible risk factors as an explanatory variable in order to find the best fitted model for binary logistic regression for the hypertension as a response variable. These variables are age of respondent, marital status, gender, residential area, family income, education, lives in rush area, body mass index, drinking alcohol, smoking, employment status, diagnoses, last year hypertensive, diseases, prefer food, relative hypertensive, stress, type of stress, noise annoy, sleep hours. We fit the best fitted model based on nine independent variables. These variables include age, last year hypertensive, relatives hypertensive, diseases, salt, diabetic, died relatives from heart attack or stroke, noise problem, marital status with the lower value of AIC and the highest value of adjusted R^2. These factors are significant with the p-value is less than the alpha level of significance 0.05.