Key message
- Hypertension risk score calculate.

Hypertension of risk estimate in the community: The Framingham hypertension risk score application

Mahmut Kilic

M Kilic[1], I Kilic[2]
[1]Health School, Bozok University, Yozgat, Turkey
[2]State Hospital, Yozgat, Turkey
Contact: mahmutkilic@yahoo.com

Objective
The prevalence of high blood pressor (HBP) in people 25 years of age and older in the world is around 40% and nearly 7.5 million people – 12.8% of all deaths – die every year due to diseases caused by HBP. This study aims to determine the hypertension (HT) risk level in the community by using the Framingham hypertension risk score (FHTRS) method.

Methods
This is a cross-sectional study. This study uses, 2011 'Behavioral risk factors for chronic diseases' survey data which was carried out in Yozgat city. Participant were 1106 Caucasian, aged between 20-69. Those who are diagnosed with heart disease, diabetes, those with HT, those whose systolic/diastolic blood pressure (BP) are at HT level at the time of measurement and those who had previous high blood measurements were excluded. HT risk prediction score was calculated using the formula FHTRS. Chi-square, ANOVA and linear regression were used to analyze the data.

Results
Of the participants 1, 2 and 4-year predicted risk (PR) averages are 1.4%, 2.9% and 6.2% respectively. When PR scores separated into 3 groups, 4-year low (<5%), medium (5% to 10%) and high (> 10%), respective HT risks are 59.4%, 19.8% and 20.8%. While indirect variables such as low educational level and a high level of salt consumption increases the HT risk score, variables such as the economic level, the level of oil consumption, life satisfaction, level of exercise and fruit and vegetable consumption were not significant.

Conclusions
HT risk levels of the individuals and the community can be calculated. FHTRS formula can be used to predict the risk of HT in Turkish society.

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