

# **Prevalence of Hypertension Among Rural Saudi School Girls in Western Region**

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Hypertension is one of the significant health problems all over the world. In 1958, 253 primary school girls below 15 years in Khulais (Group I) had their blood pressure (BP), weight, height and pulse rate measured. Urine analysis and haemoglobin were also estimated. In 1989, similar study was conducted for 363 girls in the same age group in Bahra (Group II). Determination of hypertension and its determinants among school girls was our aim. Diastolic BP 95th percentile for age was noted in 3.95% and 3.3% in Group I and II, respectively, with general prevalence rate of 3.57%. Systolic BP 95th percentile for age was found to be 6.7% & 4.4% for Group I and II, respectively. Analysis of other variables (weight, height and urine) was performed to determine the contribution of each independent variable to BP. Weight and height were found to be associated with BP, while age was not correlated. These data suggest that BP standards for children should be based on weight and height rather than on age alone. The whole community must be mobilized and made aware of the problem in early childhood. We have to search for the best approach for prevention and control