

## Dietary Habit and Anthropometric Status in Hypertensive Patients Compared to Normotensive Participants in the North of Iran

**Authors :** Marjan Mahdavi-Roshan, Arsalan Salari, Mahbobeh Gholipour

**Abstract :** Hypertension is one of the important reasons of morbidity and mortality in countries, including Iran. It has been shown that hypertension is a consequence of the interaction of genetics and environment. Nutrients have important roles in the controlling of blood pressure. We assessed dietary habit and anthropometric status in patients with hypertension in the north of Iran, and that have special dietary habit and according to their culture. This study was conducted on 127 patients with newly recognized hypertension and the 120 normotensive participants. Anthropometric status was measured and demographic characteristics, and medical condition were collected by valid questionnaires and dietary habit assessment was assessed with 3-day food recall (two weekdays and one weekend). The mean age of participants was 58  $\pm$  6.7 years. The mean level of energy intake, saturated fat, vitamin D, potassium, zinc, dietary fiber, vitamin C, calcium, phosphorus, copper and magnesium was significantly lower in the hypertensive group compared to the control ( $p < 0.05$ ). After adjusting for energy intake, positive association was observed between hypertension and some dietary nutrients including; Cholesterol [OR: 1.1,  $P < 0.001$ , B: 0.06], fiber [OR: 1.6,  $P < 0.001$ , B: 1.8], vitamin D [OR: 2.6,  $P < 0.006$ , B: 0.9] and zinc [OR: 1.4,  $P < 0.006$ , B: 0.3] intake. Logistic regression analysis showed that there was not significant association between hypertension, weight and waist circumference. In our study, the mean intake of some nutrients was lower in the hypertensive individuals compared to the normotensive individual. Health training about suitable dietary habits and easier access to vitamin D supplementation in patients with hypertension are cost-effective tools to improve outcomes in Iran.

**Keywords :** hypertension, north of Iran, dietary intake, weight

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