

# Dietary Habits among a Sample of Sudanese Women Diagnosed with Hypertension Disease

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**Abstract:** The objective of this study is to identify the dietary habits of the Sudanese woman who suffers from high blood pressure in the clinic converted into Singa Teaching Hospital method of data collection Data were collected by one of the researchers working at the hospital and demographic information and some dietary habits was in the period between (2014-2015) using a questionnaire. **Results:** 66.66% of respondents members age greater than 50 years, and 83.33% housewives do not have work, and 60% of them live in rural areas and 64.66% uneducated 58.66% of low-income poor families, the results showed that dietary habits: results based on eating certain foods in large quantities, where he was drink coffee 53.33% and meat containing fat 88.66% and sugars intake 96.66 %, salt, 82% and 63.33% live life difficult and 88% suffer from a lack of movement and lack of physical activity and 60% of overweight and not to follow the doctor methodically 29.33% and not follow the height of a special blood pressure diet is considered 80% . **Conclusion:** the summary of the results of each of these habits for patients with hyperthyroidism high blood pressure is one of the factors that can lead to serious complications among the recommendations a special diet for high blood pressure, and physical activity with the importance of periodic follow.

**Keywords:** Characteristics, Diet, Food habits, hypertension, Sudanese

## 1. Introduction

Hypertension (high blood pressure) is one of the leading public health problems worldwide [1]. Hypertension is associated with an increased risk of various chronic diseases, including CHD, stroke and cardiovascular mortality [2-3]. alcohol drinking and salty food consumption increase the risk of developing [4] Excessive sodium is a risk factor for hypertension which has been well documented in Epidemiological [5-6] An increased trend of odds in eating habit as salt-heavier was presented in indoor laborers (p-trend = 0.048), especially for women (p-trend = 0.001). No clear trend presented in men. Conclusively, sex-specific occupational disparities exist in the association between self-reported salt-eating habit and hypertension in older individuals. Overlooking the potential moderating role of sex and occupation might affect the relationship between sodium intake and hypertension [7] In the hypertensive population or in individuals at risk for hypertension, lifestyle modifications may be of benefit in four primary ways: [8] by lowering blood pressure, [9] by reducing the requirement for antihypertensive medications, [10] by minimizing risks associated with hypertension, and [11] by preventing increased blood pressure and the associated cardiovascular diseases. Ample evidence supports the beneficial effects of healthful lifestyle modifications in the prevention and management of hypertension. Therefore physicians should be motivated to provide guidance to the population relative to lifestyle practices that can help prevent and control hypertension. [12] Two exploratory dietary patterns, a "traditional cooking" pattern (meat, cooked vegetables, sauce, potatoes, and poultry) and a "fruits and vegetables" pattern (fruits, raw vegetables, and vegetable oil), were identified by exploratory factor analysis and confirmed by confirmatory factor analysis. Additionally, a hypothesis-oriented pattern based on the Dietary Approaches to Stop Hypertension (DASH) Study was defined (fruits, vegetables, and milk products). Patterns' associations with disease risk were estimated by Cox regression. While no significant

associations were observed for the traditional cooking pattern or the fruits and vegetables pattern after adjustment for potential confounders, women in the third quartile of the DASH pattern were at lower risk than women in the lowest quartile (hazard rate ratio = 0.51, 95% confidence interval: 0.29, 0.89). These results suggest that this hypothesis-oriented pattern might play an important role in the risk of hypertension. [13] An unhealthy diet contributes to develop coronary heart disease [14] A broad-based public health recommendation for physical activity for Americans states that every adult should participate in at least 30 minutes of moderately intense physical activity on most days of the week [16]

## 2. Materials and Methods

The study sample consisted of women with high blood pressure were selected randomly from Singa hospital reviews the education of women, the old woman an average of 30-70 years. Data were collected by a researcher working in Singa hospital in the period between (2014-2015) has used a questionnaire filled out by personal interview. The demographic variables descriptive data age, marital status, housing and economic status and the nature of work and level of education as well as some dietary habits.

## 3. Results And Discussion

**Table 1:** General Characteristics

Characteristic	Frequency N=150	%
<u>Maternal age (years)</u>		
≤30	20	13.33
30-50	30	20
>50	100	66.66
<u>Marital Status</u>		
Single	20	13.33
Married	130	86.66
<u>Occupation</u>		
Employed	25	16.66

Unemployed	125	83.33
<u>Living</u>		
Village	60	40
City	90	60
Educational level		
Illiterate	97	64.66
Primary	40	26.66
Secondary	10	6.66
collectors	3	2
Monthly household income		
Less than 1000	88	58.66
1000-2000	50	33.33
2000-3000	10	6.66
More than 3000	2	1.33

Participated in this study, 150 patient with hypertension, a woman of about 13.33% under the age of 30 years, age group (30-50 years) 0.20% and 66.66% larger than the 50-year-old women in old age are exposed to the risk of coronary arteries as a result of for a period of menopause and estrogen deficiency [14] married 86.66% housewives 83.33% (does not work), 40% of patients living in rural areas with no access to necessary health care, and 60% live in the city, 60% of uneducated 58.66% where lack of food knowledge, and 58.66% of patients captives weak income they have, which affects the quality of food intake and provide the necessary health care (table 1).

**Table 2:** The practice of eating habits in women with hypertension

<i>eating habits</i>	<i>Frequency N=150</i>	<i>%</i>
Coffee a day		
Yes	137	91.33
No	3	2
sometimes	10	6.66
Tea a day		
Yes	122	81.33
No	10	6.66
Sometimes	18	12
Soft drinks a day		
Yes	60	40
No	70	46.66
sometimes	20	13.33
Drink milk a day		
Yes	80	53.33
No	40	26.66
sometimes	30	20
Eat fresh vegetables per day		
Yes	40	46.66
No	60	40
Sometimes	50	33.33
Eat fresh fruit daily		
Yes	30	20
No	80	53.33
sometimes	40	26.66
Daily intake of red meat		
Yes	99	66
No	3	2
sometimes	48	32
Eating dried fish per day		
Yes	33	22
No	27	18
Sometimes	90	60
Eat age daily		
Yes	35	23.33

No	60	40
Sometimes	55	36.66
White bread daily		
Yes	80	53.33
No	12	8
Sometimes	58	38.66

Table 2 shows the dietary habits of the patients of hypertension, where he was handling daily for some foods are as follows: 91.33% drinking coffee and 81.33 drank tea contains tea on nutrients that may promote heart health [14] 40% consume soft drinks drinking milk 40% and eat vegetables 46.66% fruit and 20%, which is one of the food is important to be addressed daily and 66% ate red meat which contain fat and cholesterol which is a risk to the health of the patients and 22% eat dried salted fish that are there are dangerous to use and 23.33% eat eggs and bread White 53.33%, which contains Soft drinks t high and is believed to patients as best, Sudanese bread (crumb red) 88.66%, which is one of the foods high Soft drinks and protein and excessive intake of these foods lead to weight gain and affect high blood pressure [14].

**Table 3:** Numbers of the following things can contribute to hypertension

	<i>Frequency N=150</i>	<i>%</i>
Having too much caffeine		
Yes	80	53.33
No	70	46.66%
Favorite high fat with meat		
Yes	133	88.66
No	17	11.33
Favorite Sugars foods		
Yes	145	96.66
No	5	3.33
Eating too much salt		
Yes	123	82
No	27	18
Having a stressful lifestyle		
Yes	95	63.33
No	55	36.66
Not taking enough exercise		
Yes	132	88
No	18	12
Being overweight		
Yes	99	66
No	51	34

Table 3 shows some of the things that have to do with high blood pressure, where he found coffee consumption in large quantities in 53.33% more than three times a day,% 88.66 prefer eating meat that contains fat, which leads to high cholesterol level% 96.66 prefer to eat sugars 82% prefer salt intake With respect to sodium intake, recent studies in hypertension patients have demonstrated that dietary recommendations for primary prevention of cardiovascular diseases, including stroke, should include reduced salt intake [7] [15] . which runs on high blood pressure, and 63.33% are living a hard life and subjected to psychological ,3 shows some of the things that have to do with high blood pressure, where he found coffee consumption in large quantities in 53.33% more than three times a day,% 88.66 prefer eating meat that contains fat, which leads to high cholesterol%

96.66 levels prefer to eat sugars 82% prefer salt intake and with respect to sodium intake, and recent studies in patients who suffer from high blood pressure that dietary recommendations for primary prevention of cardiovascular disease, including stroke, proven, and should include the reduction of salt intake [7] [15]. Who works on high blood pressure, and 63.33% are living a hard life and subjected to psychological% of patients are overweight with should be directed to high blood pressure in a program to reduce weight by reducing calories and increasing physical activity in the long-term plan with reinforcements to help in maintaining the weight lost [12].

**Table 4:** Monitoring hypertension

Monitoring hypertension	Frequency N=150	%
Monthly	21	14
Every 3 months	100	66.66
Not follow	29	19.33

Table 4 refers to the periodic review of patients hypertension, 80.66% are watching your blood pressure at a specific time, but a small group 19.33% do not follow up their blood pressure. This small group in need of education and awareness about the importance of follow-up to avoid complications caused by high blood pressure.

**Table 5:** Special hypertension Diet food in the last 3 months

Special hypertension food	Frequency N=150	%
Yes	30	20
No	120	80

Table 5 refers to the use of special diet disease, high blood pressure during the past three months; the survey reveals that 74% of respondents do not know the diet, which is used to compress the disease to avoid serious complications should foods be suitable for disease hypertension [13].

#### 4. Conclusion

Results of the study indicate that dietary habits for patients of hypertension need to raise awareness and the need for changes in the diet and promote nutritional knowledge to contribute to the preservation of blood pressure.

#### 5. Recommendation

The researcher recommended that the need for greater awareness of the appropriate governing food to a patient of hypertension and reliance on a daily diet helps to reduce blood pressure with increased physical activity and health promotion.

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