

Background : The study was based on establishing the factors influencing prevalence of hypertension among adults. The study was conducted in Fort Portal Referral Hospital.

Main objective to the study

To establish the factors influencing prevalence of hypertension among adults. The study was therefore directed by the following specific objectives; to determine the demographic factors influencing hypertension among adults, to find out the personal factors influencing the hypertension among adults and to determine the socio-economic factors influencing the hypertension among adults.

Methods: study design, sample size and sampling procedures. The study was a cross – sectional study that was both qualitative and quantitative survey. The study was conducted on a sample of 366 respondents who were picked at random from all the patients visiting the heart institute. The data was analyzed using a computer software package known as SPSS version 16 whereby the Uni – Variate, Bi – Variate and Multi – Variate analysis of results were made.

Findings: The results indicated significant association of demographic factors of (age, occupation, level of education and marital status) with the level of hypertension. Age as an influencing factor influencing the prevalence of hypertension among adults in Fort Portal Referral Hospital with Odd ratio 1.5, Occupation with Odd ratio 2.2, Education level with Odd ratio 1.2, whilst Marital status with significant indicator of Odd ratio 2.9.

Socio – economic factors: Multivariate analysis indicated significant model fit that Education with Odd ratio 1.65, the effect of Income showed significant association with the uptake with Odd ratio 1.75, whilst occupation indicated significant association with the Odd ratio 2.15. Personality factors: Multivariate analysis indicated significant model fit that Smoking is recognized as increasing the likelihood of individuals developing hypertension with Odd ratio 2.78, alcoholism showed significant association with the uptake with Odd ratio 1.98, Physical inactivity and obesity with the Odd ratio 2.04, poor dietary habits with the Odd ratio 1.50, whilst the habit of testing for hypertension indicated significant association with the Odd ratio 1.22.

Conclusion: High blood pressure is extensively prevalent in Fort Portal Referral Hospital and may symbolize a silent epidemic in adult men and women population. Overweight, obesity as well as

physical inactivity is an important determinant of high blood pressure. There is an urgent need for strategies and programmes to minimize, curb, prevent and control high blood pressure especially among adult men and women, and promote healthy lifestyle primarily among the adults of Uganda at large.