

## #1681 - Trend of mortality and years of life lost attributable to hypertension in Yazd-Iran

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### Body:

#### Introduction :

High blood pressure is one of the most important risk factor of cardiovascular & renal diseases. Premature mortality attributable to hypertension has not been fully characterized. Number of deaths have often been measured to monitor the population health status and priority of health problems. However, number of years of life lost (YLL) is a more appropriate indicator for them. We calculated trends in the proportion of deaths attributable to hypertension and estimated YLL in Yazd, an indicator of premature mortality in the population to provide planners with baseline data.

#### Materials and Methods:

The number of deaths attributable to hypertension in Yazd Province from 2004 to 2010 was obtained using the death registration system. In International Classification of Diseases (ICD 10), prostate cancers are classified under the I11-I13 .Those deceased whose residence was registered out of Yazd Province were excluded. Calculate the YLL, based on each individual's age at death, and the standardized expected YLL method was used with a discount rate of 0.03, the age weight of 0.04, and correction factor of 0.165. All data were analyzed and prepared in Excel.

#### Results :

1182 death records were analyzed (3.6 % of total deaths).169 patients in Yazd province die annually attributable to hypertension (71 male & 98 female).The average death age was 78. Crude death rate is 13.6 in men and 20.2 in women per 100,000 people. Premature deaths have caused 6469 YLL in this period (924 YLL annually). Female loose more life years than males (3754 vs 2715 years) . Also, mean YLL was 5.5 years that it is not significant by sex. The age group of  $\geq 70$  with 83.8 % had the highest mortality percentage. The age group of  $\leq 60$  had 5.6% of deaths. The number of death did not significantly increased, in this period.

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## Conclusions:

High blood pressure is the common important cause of death in Yazd and it is increasing with changes in demographic composition and ageing that can be averted if high blood pressure is prevented and controlled. So, Effective interventions in primary and secondary health care setting are mandatory to be implemented. The index of YLL, will be useful in ranking of diseases than do deathcounts. A monitoring system will make these trends more robust and should alert health care policy makers to deficient areas that most need to be addressed.

**Keywords:** Years of life lost – Hypertension – mortality

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