Hypertension

- Defined as blood pressure of greater than or equal to 140/90 mmHg

<table>
<thead>
<tr>
<th>Classification</th>
<th>Systolic Blood Pressure (mmHg)</th>
<th>Diastolic Blood Pressure (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt; 140 and &lt; 90</td>
<td>&lt; 90</td>
</tr>
<tr>
<td>Hypertension</td>
<td>≥ 140 or ≥ 90</td>
<td></td>
</tr>
</tbody>
</table>

Based on the Modified JNC VIII (2013)
Prevalence of hypertension based on a single visit, by sex and age, Philippines: 2013

Based on the Modified JNC VIII (2013)
Prevalence of hypertension based on a single visit BP, by wealth quintile and place of residence, Philippines: 2013

Prevalence of hypertension based on a single visit BP, by wealth quintile and place of residence, Philippines: 2013

Based on single visit BP determination using the 7th Joint National Committee (JNC 7)

\[ p-value < 0.0001 \]
RESULTS

DIABETES MELLITUS
## Classification and cut-off points of Fasting Blood Glucose by Guidelines

<table>
<thead>
<tr>
<th>Classification</th>
<th>WHO and IDF&lt;sup&gt;a&lt;/sup&gt;</th>
<th>Philippine CPG&lt;sup&gt;b&lt;/sup&gt;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>&lt; 110</td>
<td>&lt; 100</td>
</tr>
<tr>
<td>Impaired Fasting Glucose (IFG)</td>
<td>110-125</td>
<td>100-125</td>
</tr>
<tr>
<td>Diabetes</td>
<td>≥ 126</td>
<td>≥ 126</td>
</tr>
</tbody>
</table>

<sup>a</sup>International Diabetes Federation  
<sup>b</sup>Clinical Practice Guideline
Prevalence of High Fasting Blood Glucose*, by age and sex, Philippines: 2013

* WHO and CPG criteria of high FBG >125 mg/dL
Comparison in the Prevalence of Impaired Fasting Glucose (IFG) using WHO and Philippine CPG, Philippines: 2013
Prevalence of Diabetes, Philippines: 2013

DM: Wealth Index*

- Poorest: 3.5
- Poor: 4.3
- Middle: 4.6
- Rich: 6.4
- Richest: 8.1

DM: Place of Residence*

- Rural: 4.5
- Urban: 6.3

p-value: 0.0001

An increasing trend was noted in the prevalence of high FBS level from 2003 to 2013 among Filipino adults.

*p-value: 0.0336*
Summary

- The prevalence of hypertension slightly decreased while that of diabetes significantly increased from 2008 to 2013.

- There were more hypertensive males than females across all ages.

- The urban poor have a higher prevalence of diabetes compared to their rural counterparts.

- The prevalences of hypertension and diabetes have increasing trend with increasing age and wealth.
Thank you!