

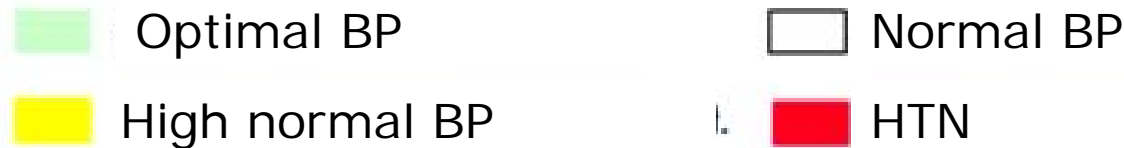
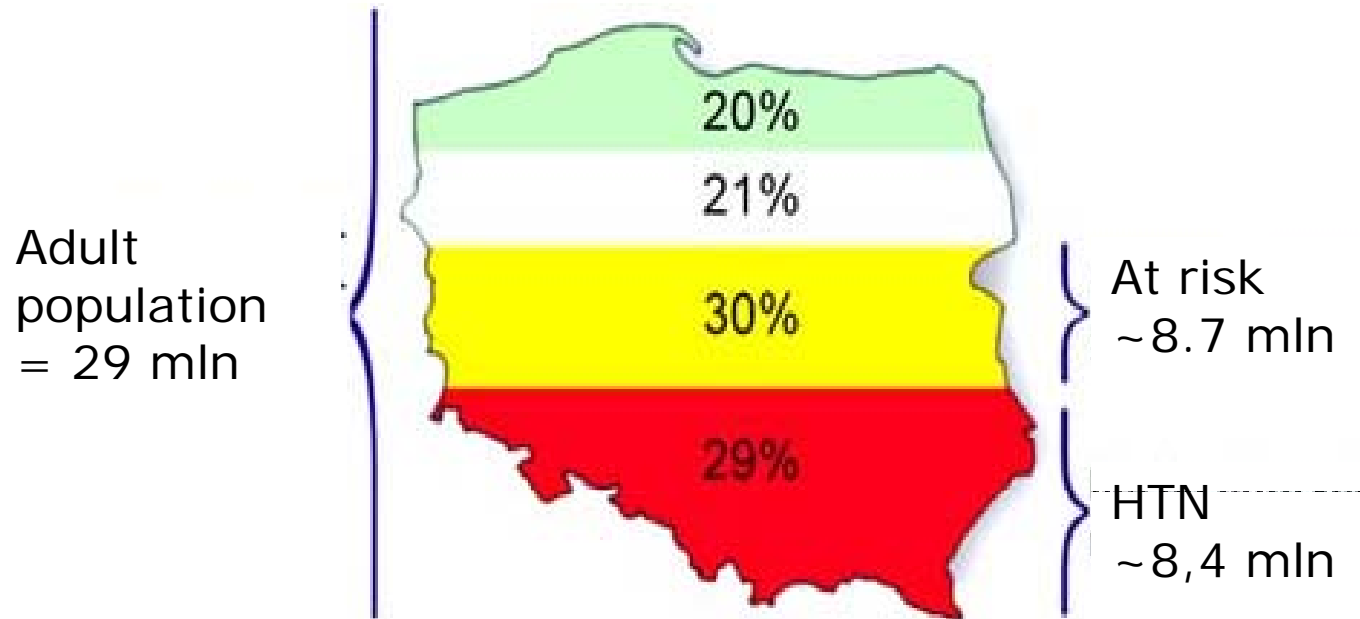
**Różnice w zdrowiu w populacji Polski**  
**29 września – 1 października 2011**  
**Warszawa**

**Health differences in Polish population**  
**29 September – 1 October 2011**  
**Warsaw, Poland**

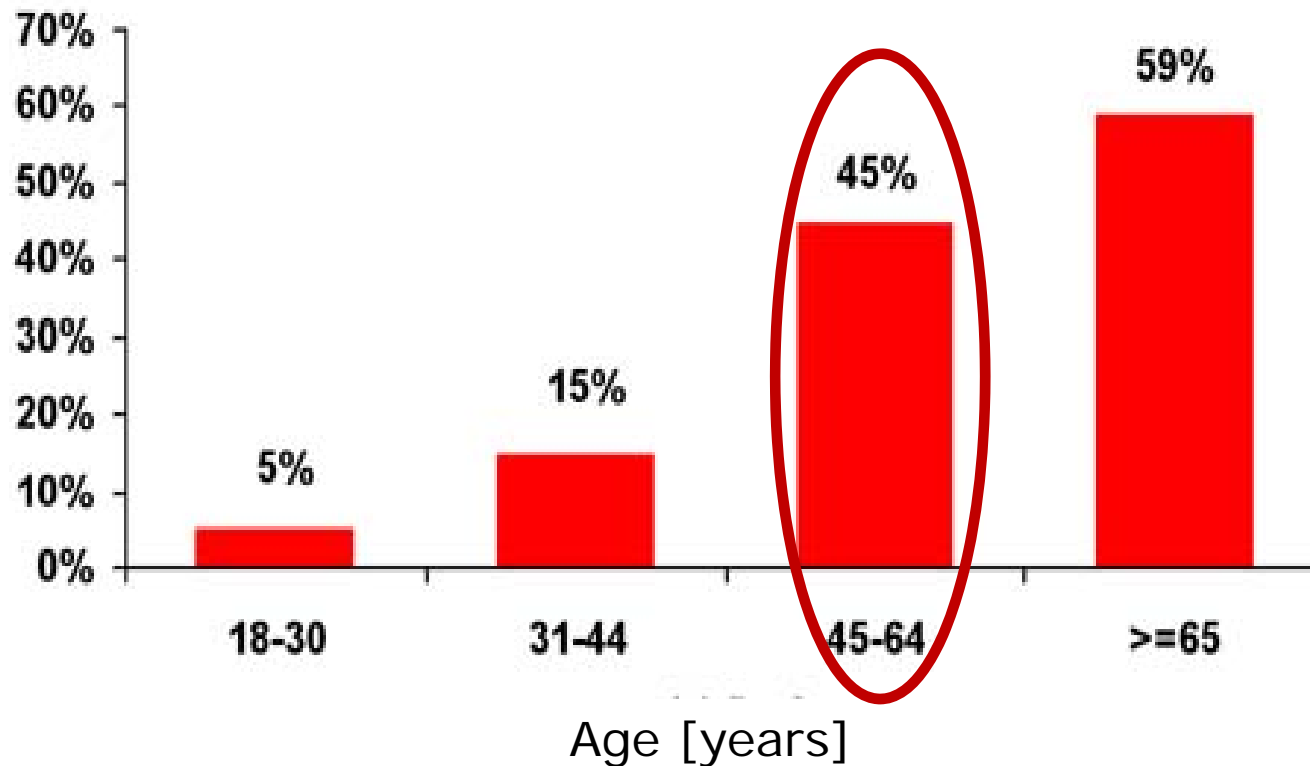
# Prevalence of hypertension in Polish population – baseline assessment from prospective cohort study PONS

The PONS team

# Prevalence of hypertension in Poland



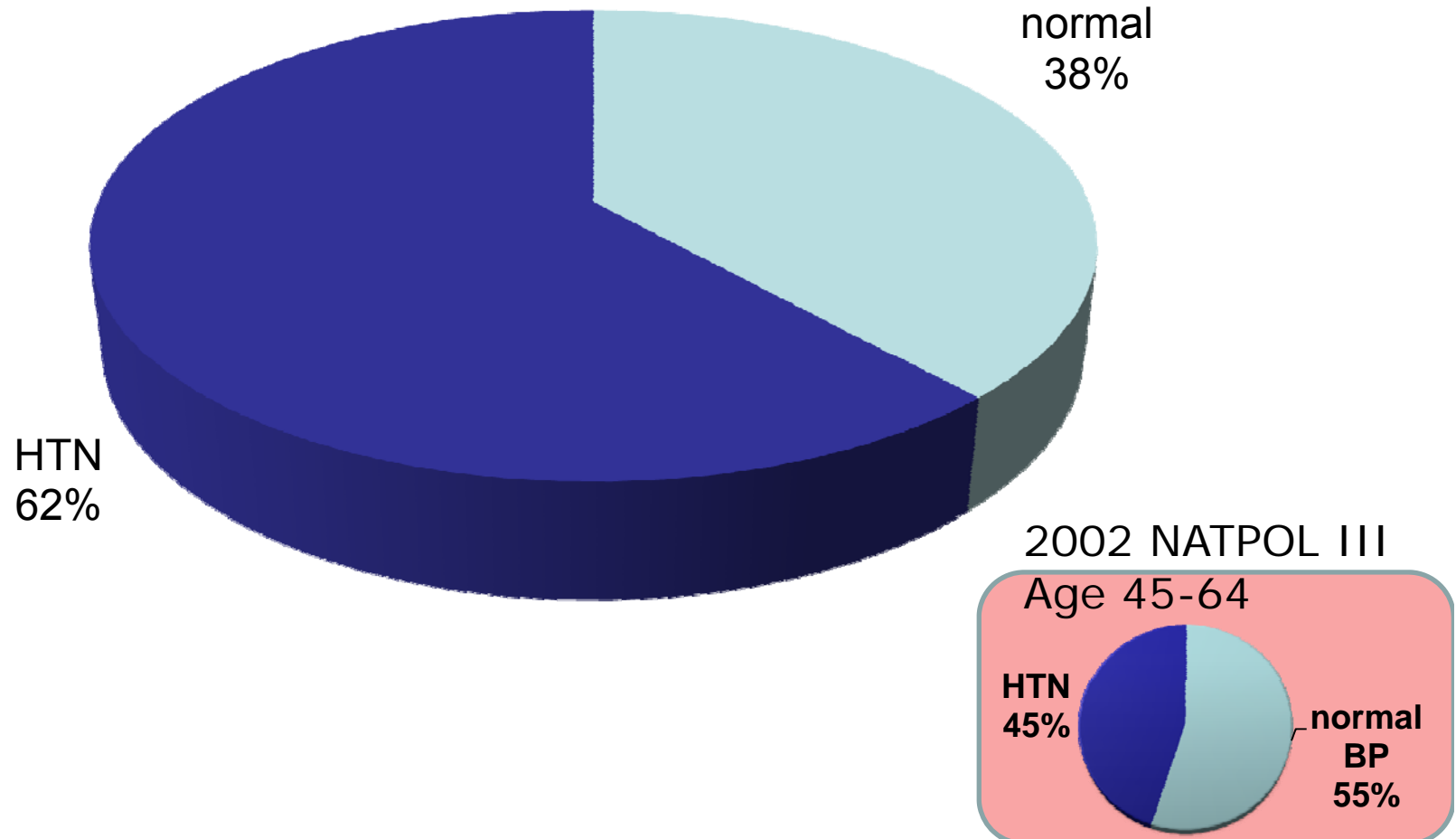
# Prevalence of hypertension in Poland by age group



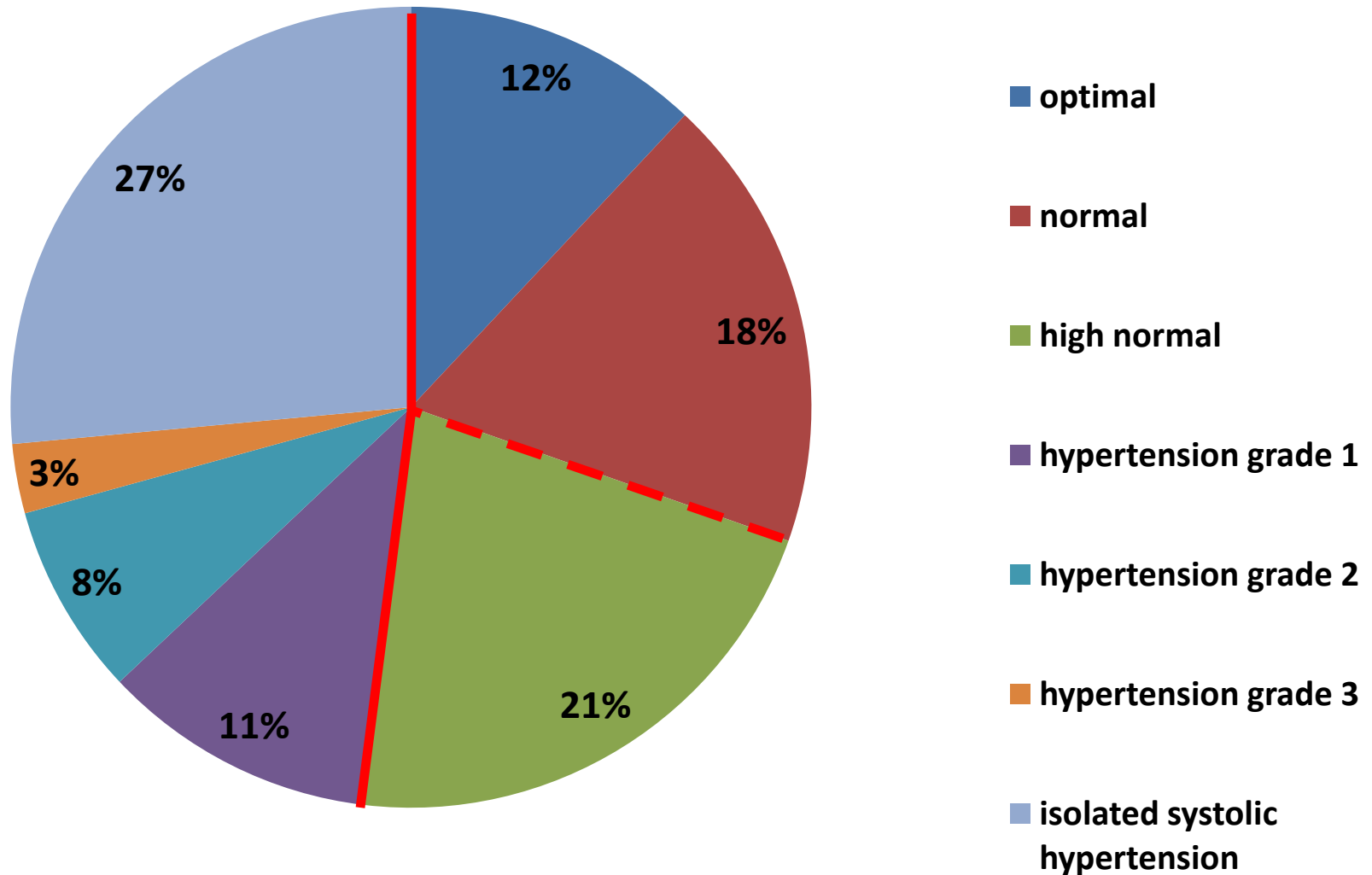
## PONS population

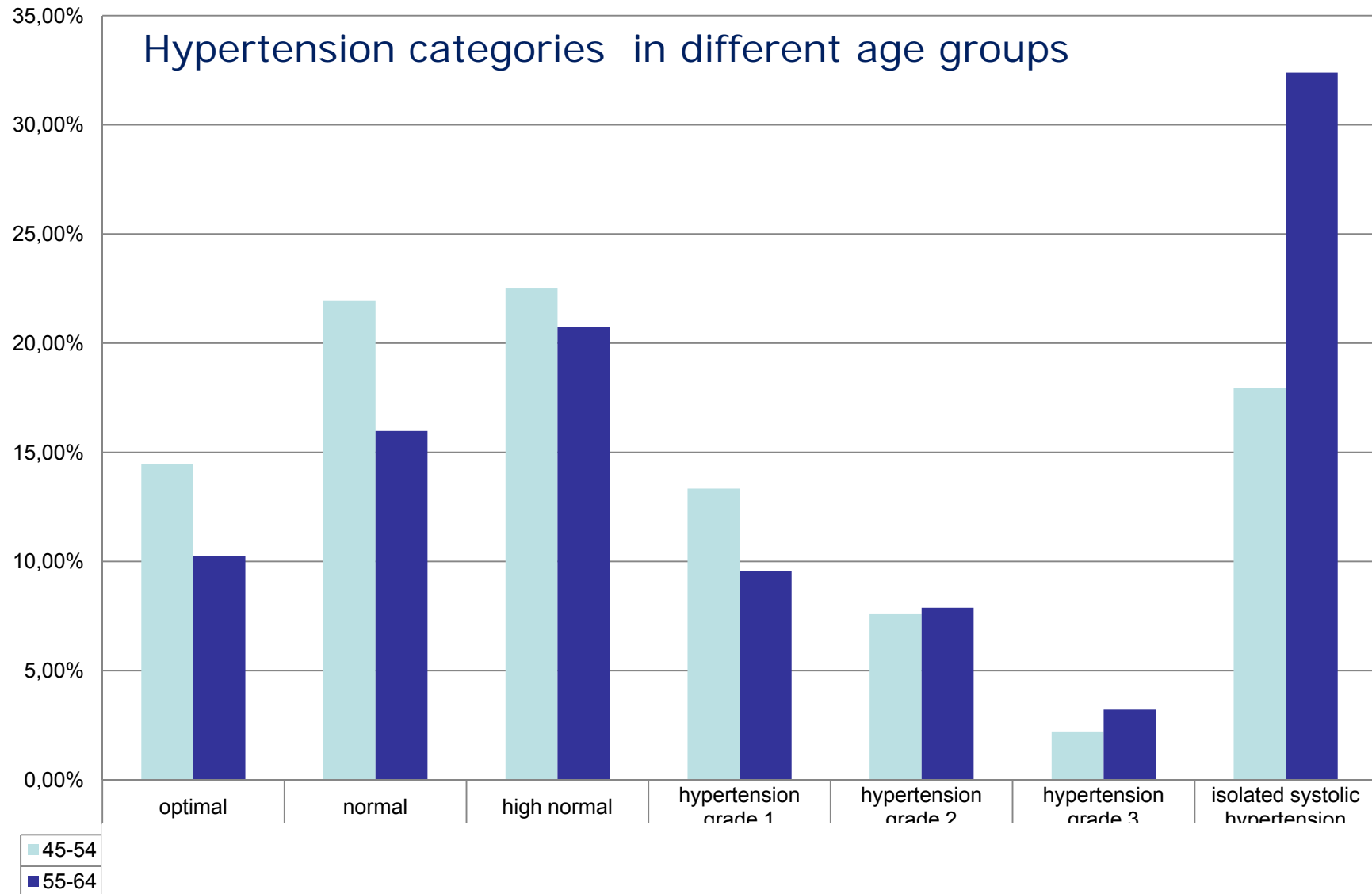
- The study group included 3862 inhabitants of świętokrzyskie voivodeship:
  - aged 45 to 64 years (1290 men and 2572 woman)
  - 1182 rural inhabitants (396 men and 786 women)
  - 2680 urban inhabitants (894 men and 1786 women)
- Mean (SD) age in studied group:
  - Men 55.8 (5.4) y.o.
  - Women 55.5 (5.3) y.o.
  - Urban 56.1 (5.2) y.o.
  - Rural 54.3 (5.3) y.o.

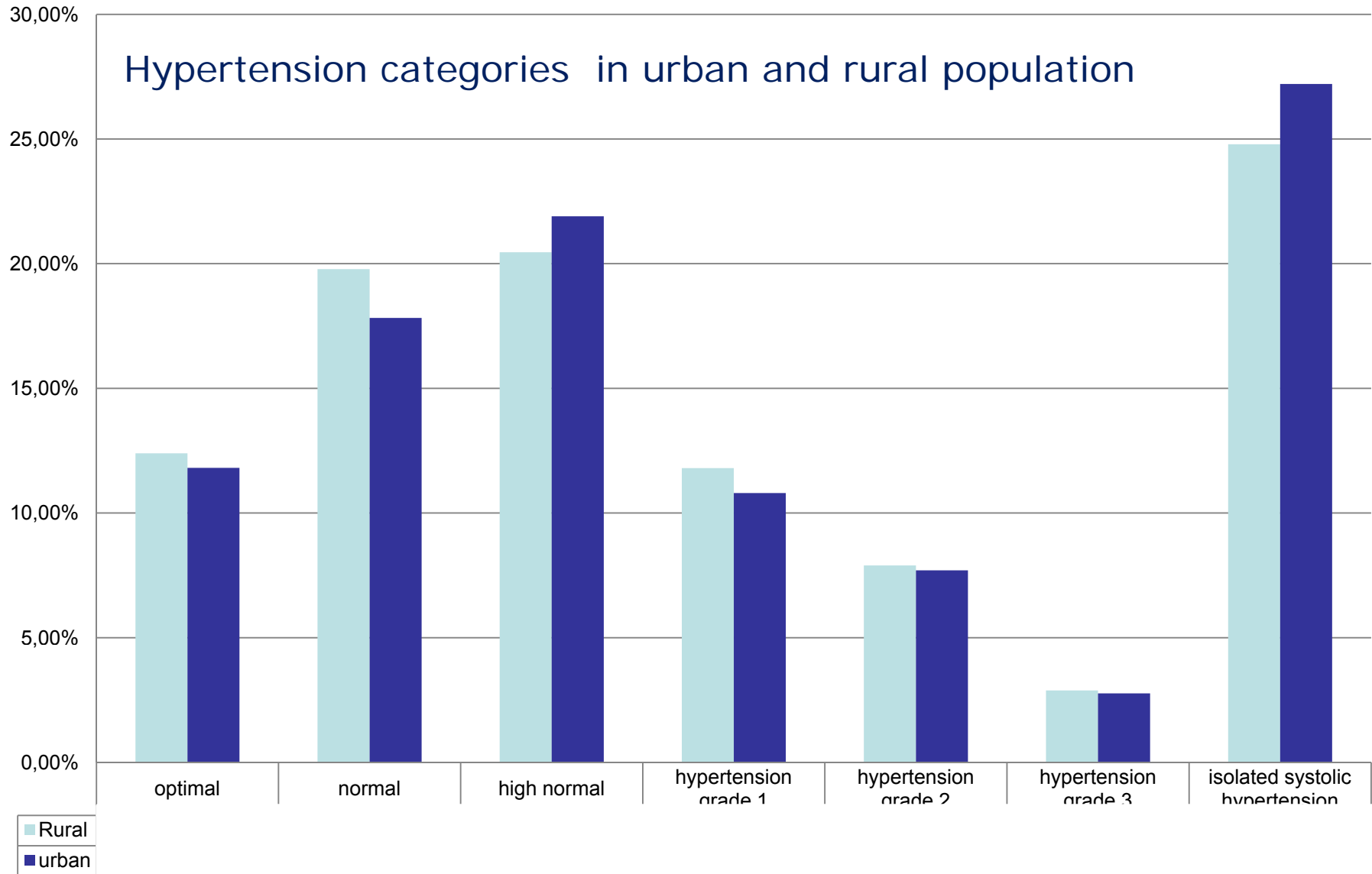
# Prevalence in hypertension in the studied population



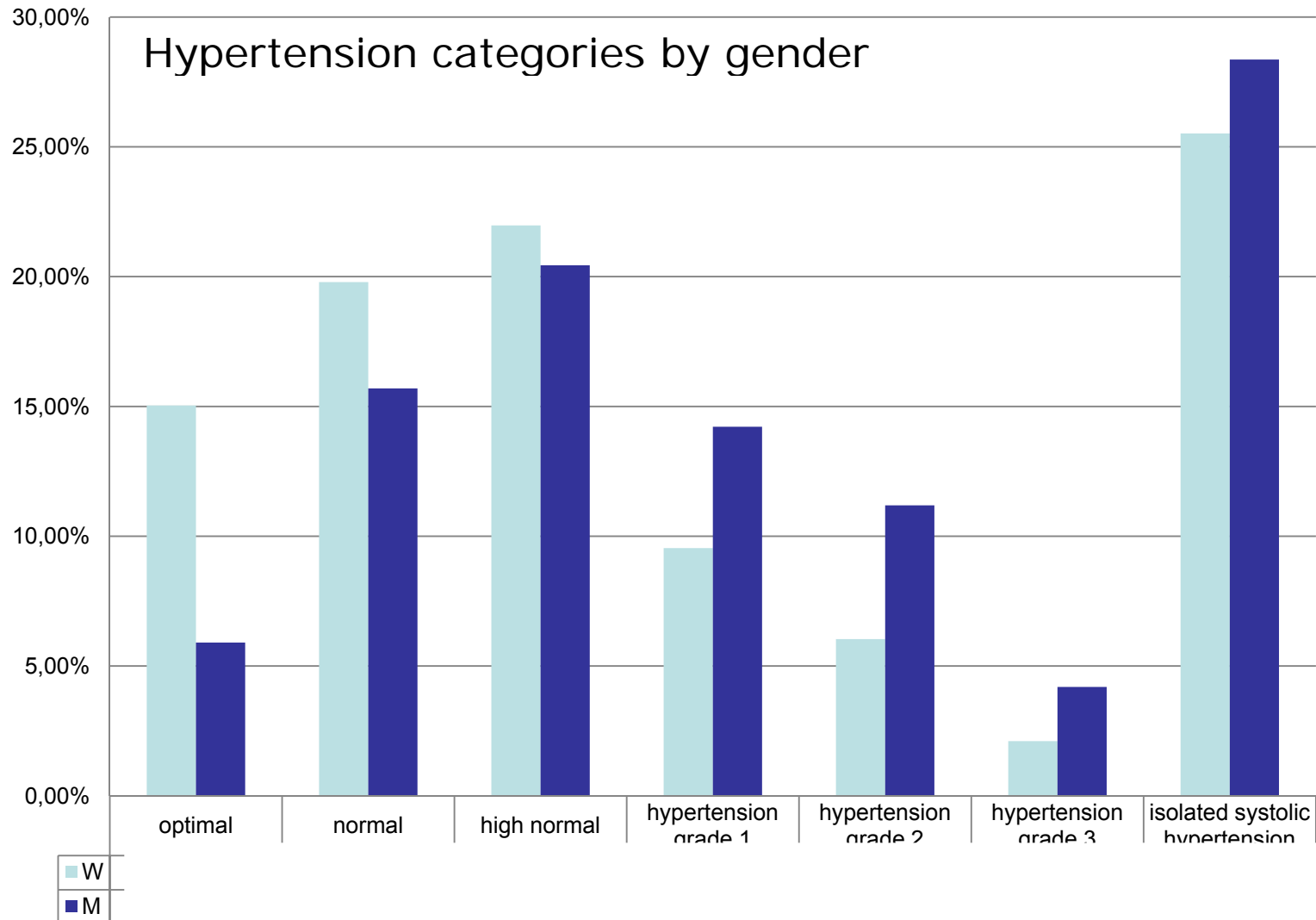
## Hypertension prevalence by grade



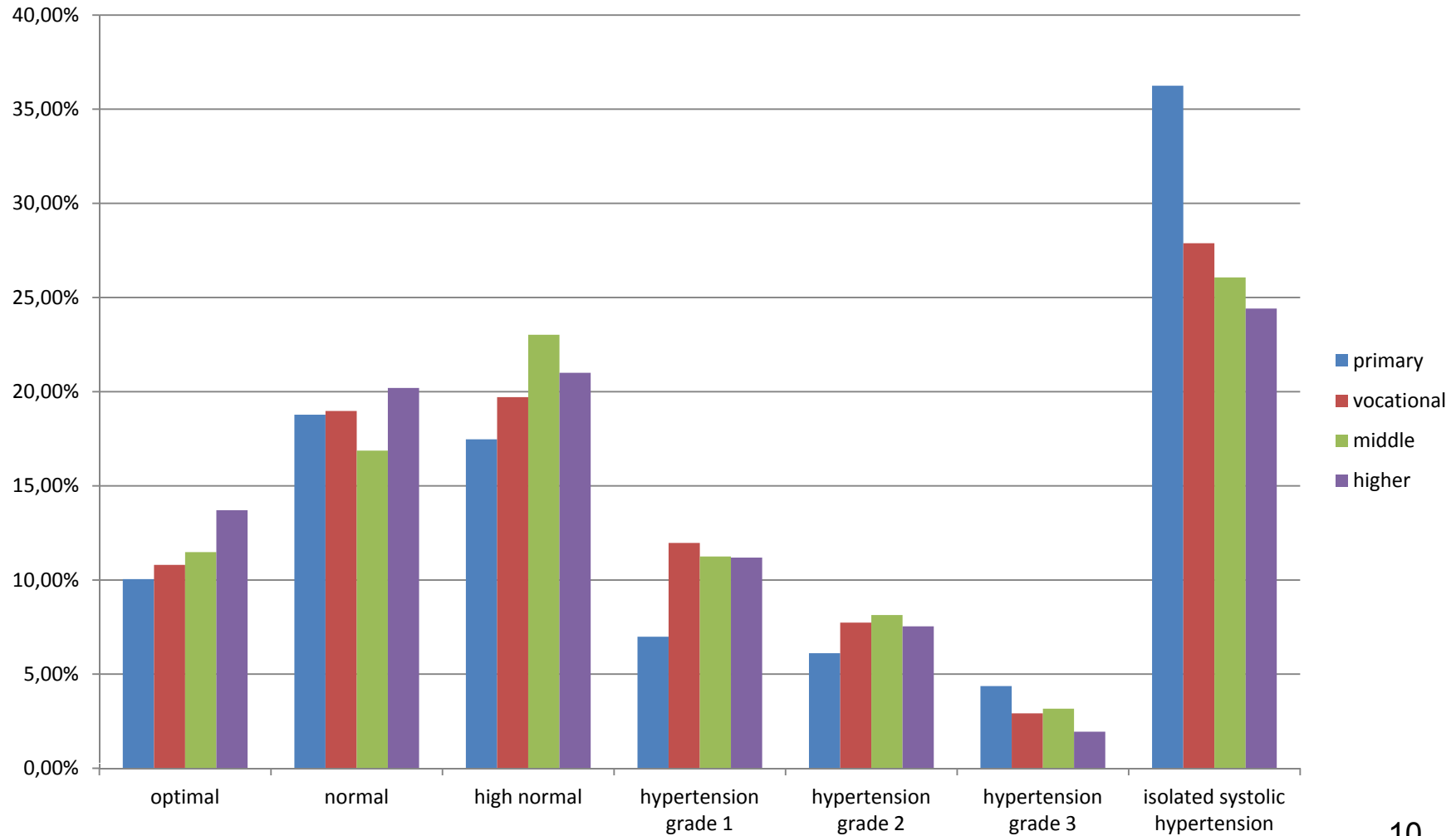




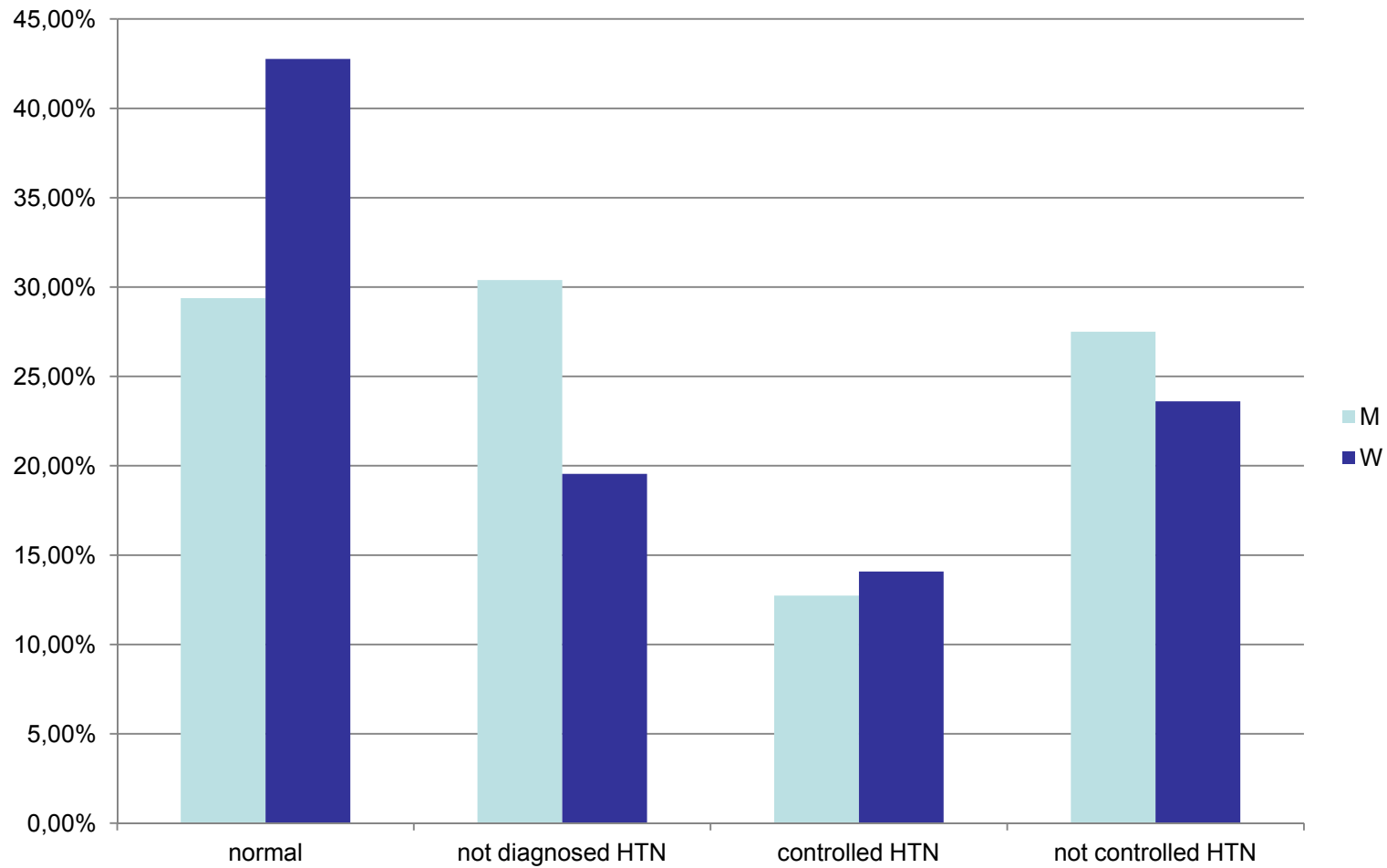




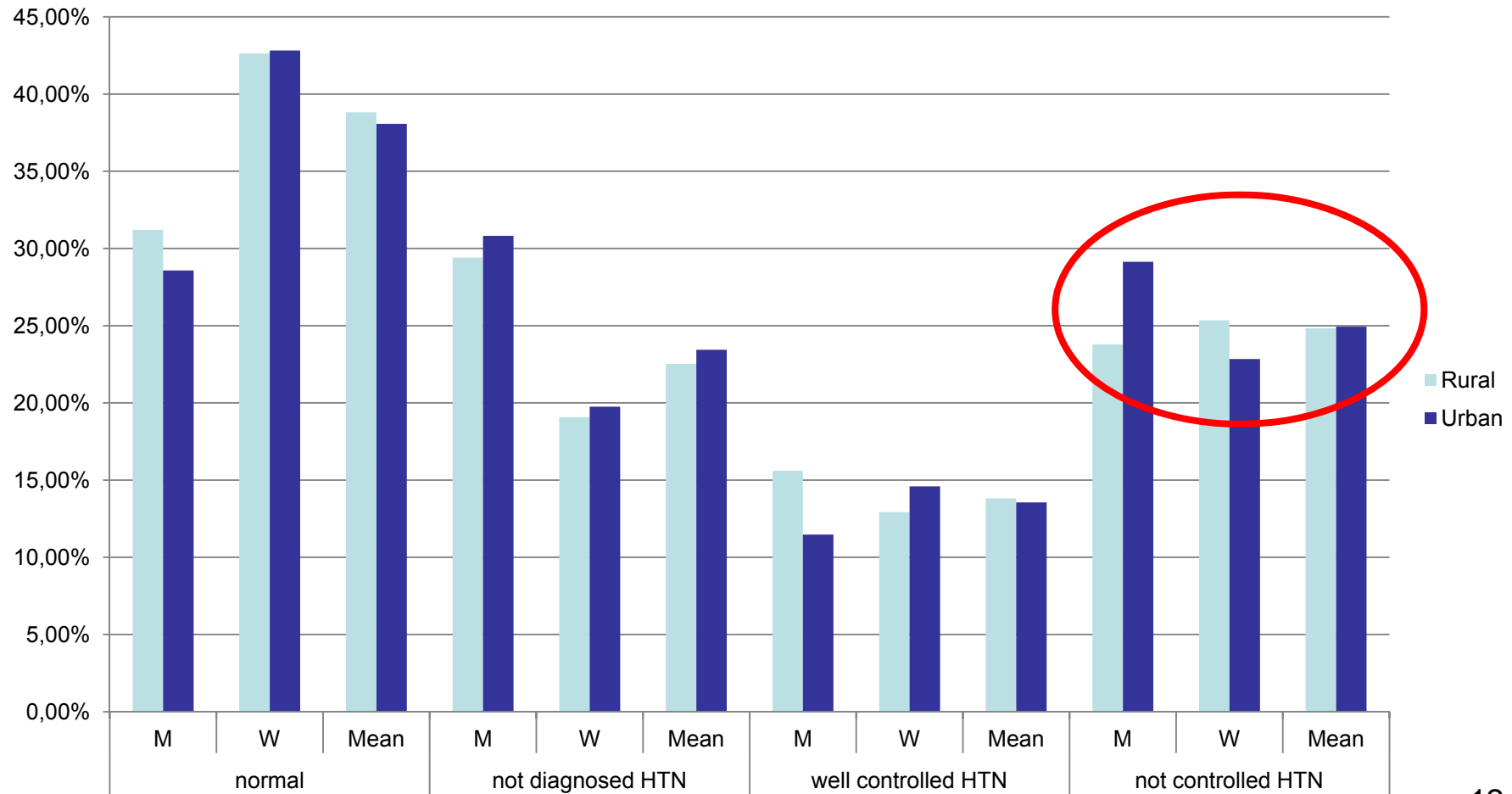
## Hypertension grade in different educational categories



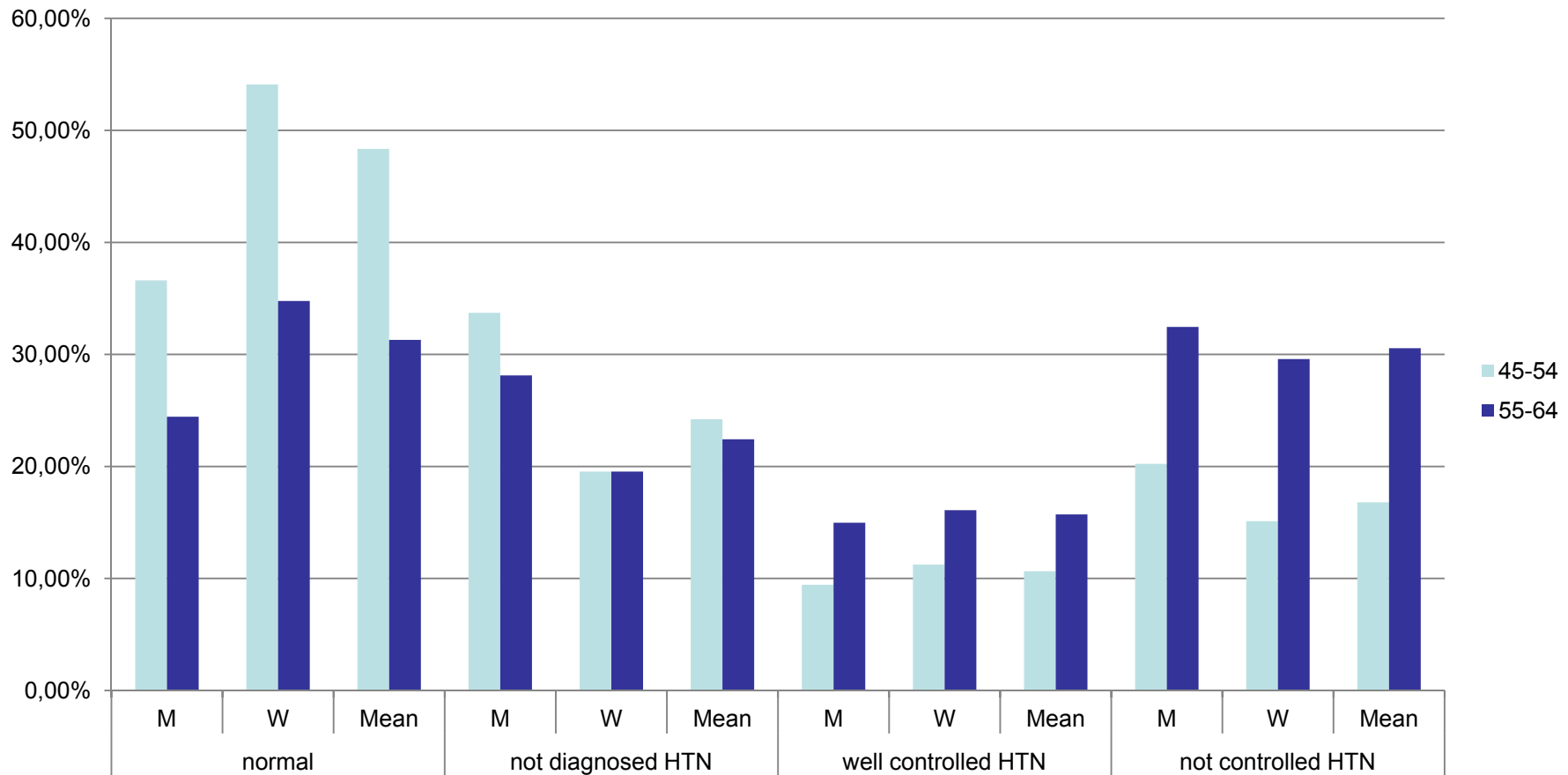
## Hypertension control by gender

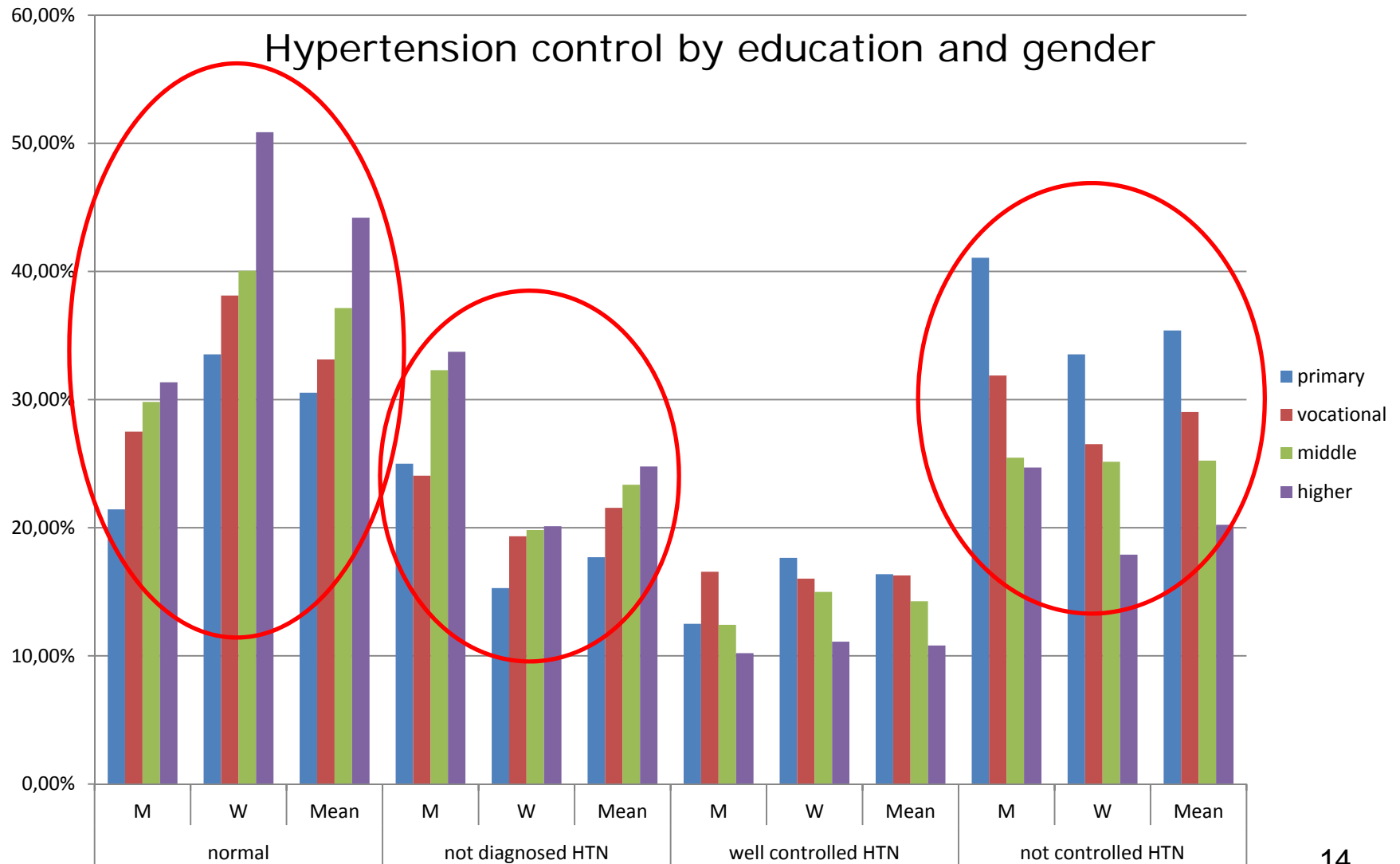


## Hypertension control: rural vs urban population



## Hypertension control by age and gender





## THANK YOU



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**