

Title : Hypertension among bus drivers in the urban areas of Bangkok, Thailand

Key words: risk factors, hypertension, bus drivers

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Abstract

Bus drivers, as a group, have elevated health risks that are related to their working conditions. This study was designed to examine the prevalence of hypertension among bus drivers working for the Bangkok Mass Transit Authority and its related factors. The subjects of this study consisted of 435 male bus drivers and 278 male age matched workers from rural areas (Control group). Their age ranged from 23-59 years. Blood pressure of the two groups was measured in the resting in the resting supine position with digital automated sphygmomanometer. Body weight and body height were also measured. The subjects were interviewed about their lifestyle by trained research assistants. The results revealed that the bus drivers (17.5%) had a significantly higher prevalence than those of the control group (7.7%). The mean systolic and diastolic blood pressure of the bus drivers was also significantly higher than those of the control group. The logistic regression analysis revealed a significantly increased risk for developing hypertension associated with age, body mass index (BMI), occupation, alcohol consumption, smoking and exercise for the bus drivers and those associated with age and BMI for the control group.

These results suggest that the risk factors of hypertension of the bus drivers include not only physical factors but also behavioral and occupational factors. Therefore, monitoring the lifestyle and working environment together with blood pressure for the bus drivers should be done to prevent and control hypertension.