

Prevalence of Stage 1 Hypertension among Undergraduate and Postgraduate Physiotherapy Students

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Abstract: *Background:*

Hypertension is increasingly reported in young adults, but data on physiotherapy students remain limited. This study examined the prevalence of Stage 1 Hypertension and associated factors among physiotherapy students in India.

Methods:

A cross-sectional study was conducted among 100 students (mean age 22.1 years). Blood pressure was measured using 2025 AHA/ACC guidelines, and demographic and lifestyle data were analysed using Chi-square, correlation, and logistic regression.

Results:

Stage 1 Hypertension prevalence was 60%. Males showed higher prevalence (72.5% vs 52%). Family history correlated significantly with hypertension ($p = 0.048$). Male gender, family history, and a non-vegetarian diet were independent predictors, explaining 41% of variance.

Conclusions:

Stage 1 Hypertension is common among physiotherapy students. Early screening, lifestyle guidance, and stress-management interventions should be incorporated into physiotherapy training to reduce long-term cardiovascular risk.

Keywords: Stage 1 Hypertension, Physiotherapy Students, Prevalence, Risk Factors, India.

