

## ABSTRACT

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**Objectives:** To assess the current awareness, knowledge and practices of life –style modification measures related to hypertension among women in Trinidad.

**Methods :** A survey of women aged 25 years and over using convenient sampling were conducted from October to November 2010, with 120 respondents ; 46 % Afro Trinidadian, 33% Indo Trinidadian, and 22 % of Mixed ethnicity. A 30–item closed ended questionnaire was incorporated into four sections for evaluating awareness, knowledge, history (family and personal), life style modification, and demographics. The study data was analysis using frequency, cross tabulation and chi squared ( $X^2$ ) tests. Statistical significance was set at  $P < .05$ . Data entry and analysis were done using SPSS for windows version 19.

**Results:** Education attained by women influenced knowledge of risk factors. Majority of women report they were moderately (51%) to not well informed (15%) about hypertension. Less than 37 % identified heart failure and renal disease as complication with untreated hypertension. Sources of information receive from dietitians, nurses, media and printed media were significant with majority of risk factors identified ( $P < .05$ ), and most dietary and lifestyle practices for prevention or control of hypertension.

**Conclusions:** The findings suggest women had adequate knowledge of most risk factor and some disease risk regarding hypertension. Sources of information receive by respondents influence their knowledge of risk factors and dietary and lifestyle practices. Education level influenced knowledge to a greater extent than age or ethnicity. The findings reveal that continuous educational interventions amount public and healthcare providers are vital.