

Unhealthy Eating Practices Associated with Risk Factors for Hypertension

Cerio Mareo*

Department of Cardiovascular Sciences, La Sapienza University, Rome, Italy

DESCRIPTION

One of the main risk factors for a number of chronic diseases, such as diabetes, cancer, cardiovascular disease, and other disorders associated with obesity, is a poor diet. Increasing your intake of fruits, vegetables, grains, legumes, nuts, and sweets while reducing your intake of fats, sugars, and salt are some specific dietary recommendations. Selecting unsaturated fats over saturated fats is also advised. Changing one's eating habits affects society as a whole, not just the individual. It therefore necessitates a multidisciplinary, population-based, multisectoral, and culturally sensitive approach.

One of the major causes of premature death in the world is hypertension. Dietary consumption has been identified as a major risk factor for hypertension on a global scale. For instance, a high intake of sodium (Na) and a low intake of potassium (K) have been shown in multiple studies to raise the risk of hypertension. Moreover, it has been demonstrated that hypertension is associated with lower intakes of vegetable protein, magnesium, and Poly Unsaturated Fats (PUFA) and greater intakes of soft drinks, cholesterol, animal protein, and red meat. Diets low in saturated animal fat and high in dietary fiber, such the Dietary Approaches to Stop Hypertension (DASH) diet, can successfully lower blood pressure, according to accumulating data from randomized clinical trials.

Over 1 billion people worldwide suffer from arterial hypertension, which is a global public health concern that is thought to be responsible for ten million fatalities annually. A substantial risk factor for Cardio Vascular Disease (CVD), stroke, and Chronic Kidney Disease (CKD) is inadequate Blood Pressure (BP) control, which is commonly reported among treated hypertensive individuals despite the availability of effective and well-tolerated medications and extensive public health initiatives to treat hypertension.

As long-term elevated blood pressure of at least 140/90 mmHg, hypertension continues to be the primary preventable risk factor for cardiovascular disease and the leading cause of death worldwide. One in three adults, or around 40% of those between the ages of 30 and 79, suffers from hypertension, two

thirds of these cases occur in low- and middle-income nations, including those in Africa.

Increased use of bad diets (high intake of salt and potassium, low intake of healthy fats and oils, refined sugar, alcohol, and few servings of "fruit and vegetables") and inactivity have been partially blamed for the situation in many nations. Dietary factors have been implicated in around thirty percent of instances of hypertension. There was a strong correlation found between the frequency of eating before bedtime and the beginning of new hypertension. One of the main risk factors for the dietary strategy for hypertension is generally acknowledged to be salt intake. Furthermore, dinnertime was mentioned as a risk factor. All of the body's arteries receive more blood flow during exercise, which triggers the body to release cytokines and natural hormones that relax blood vessels and reduce blood pressure. Being overweight is also more likely when one does not exercise.

In the age-sex-adjusted model, stopping daily walking or comparable physical exercise was significantly correlated with new-onset hypertension however, in the multivariate model, this connection was not significant. It has been demonstrated that increasing physical activity and exercise can lower blood pressure. At baseline, the new-onset group had a much greater percentage of people quitting daily walking or similar physical exercise, but they also had a significantly higher rate of people changing their unhealthy lifestyles. These findings suggest a robust correlation between elevated blood pressure and an abrupt stop of physical activity. Reduced physical activity may lead to social issues or health issues like orthopedic illnesses.

Unhealthy lifestyle modifications can also be brought on by mental health issues associated with unavoidable circumstances including providing care for their family, suffering from a serious illness, and experiencing stress at work. Consuming an excessive amount of salt can narrow the arteries in your body and make you retain fluid. Blood pressure is raised by both of these circumstances. The history of unhealthy lifestyle modifications should be attended to by the healthcare professional. While a high fruit and vegetable intake is protective against hypertension, a high consumption of dietary fat, red meat, junk food, dietary salt, and alcohol is linked to an elevated risk of the condition.

Correspondence to: Cerio Mareo, Department of Cardiovascular Sciences, La Sapienza University, Rome, Italy, E-mail: c.mareo@cm.it

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