Prevalence of smoking was 56.6% in men and 11.1% in women, 18.7% of men and 3.7% of women stopped smoking (p = 0.001). On the average the quantity of smoked cigarettes per day was 15.9 ± 6.3 among men and 9.8 ± 5.5 among women (p = 0.001). Overweight was revealed in 43.2% men and 35.4% women. Obesity of different degrees was diagnosed in 18.9% men and 36.8% women (p = 0.001). Systolic blood pressure (SBP) within 120 mmHg was measured in 40.6% men and 39.7% women. High normal blood pressure according to criteria of SBP was met in 17.6% men and 13% women (p = 0.027). The arterial hypertension of different degrees was in 35.1% men and 42.2% women (p = 0.004). A significant correlation between the frequency of overweight and SBP over 140 mmHg (60.9%, p = 0.001), hypercholesterolemia and SBP over 140 mmHg (60.8%, p = 0.001), obesity and hypercholesterolemia (83.1%, p = 0.001) was revealed.

Conclusion: During the study considerable prevalence of behavioral RF among population attached to polydynes was found. Frequent combination of individual components of metabolic syndrome in patients without AH indicates a high need patients for preventive measures at level of outpatient health care and insufficient supply of them.

**PP.40.333 AGE AND SEX CHARACTERISTICS OF POSTPRANDIAL AND FASTING GLYCAEMIA IN HYPERTENSIVE PATIENTS WITH OBESITY**

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The aim was to establish age and sex characteristics of carbohydrate metabolism disorders.

Materials and Methods: 102 Hypertensive patients with overweight or obesity were examined. The patients were divided into groups age: 1 gr. - Men aged 22-49 years and women aged 21-52 years, 2 gr. - Men aged 61-74 years and women aged 56-74 years. According to the WHO (1997) classification a BMI (kg/m²) over 30 kg/m² means obesity. We used guidelines IDF (2005) to definition the glaucomatous profiles. Oral glucose tolerant test was used as a standardized breakfast.

Results: Average age of 1 gr. was 49.19 ± 7.65 years, and the 2 gr. - 63.78 ± 4.42 years. BMI in men 1 gr. was 29.07 ± 6.10 kg/m² and 27.95 ± 2.23 kg/m² in men 2 gr. and in women 1 gr. - 29.54 ± 5.44 kg/m² and 1 gr. - 32.44 ± 6.02 kg/m². The fasting insulin and glucose increases with age in hypertensive men. The fasting insulinemia and glycemia were higher in men 2 gr. (20.95 ± 7.60 mU/ml and 5.62 ± 0.99 mmol/l) than in men 1 gr. (17.03 ± 8.39 mU/ml and 5.23 ± 0.99 mmol/l), (p < 0.05). Hyperinsulinemia increase with age in hypertensive women. The insulinaemia in women of 2 gr. was 17.01 ± 10.17 mU/ml at 16.61 ± 10.44 mU/ml in 1 gr. (p < 0.05). Postprandial glycemia and insulinemia in men of 1 gr. was 5.99 ± 0.90 mmol/l and 40.48 ± 19.21 mU/ml compared with men 2 gr. - 56.74 ± 18.31 mU/ml and 6.07 ± 0.89 mmol/l and women of 1 gr. was insulinaemia - 44.82 ± 22.40 mU/ml and glycemia - 5.87 ± 0.75 mmol/l compared with women in 2 gr. - 49.51 ± 23.66 mU/ml and 6.39 ± 1.12 mmol/l, p < 0.05, respectively.

Conclusion: This investigation revealed that the level of fasting and postprandial glycemia, hyperinsulinemia in hypertensive patients with obesity have age- and sex-specific characteristics.

**PP.40.334 EVOLUTION OF THE CONTROL OF HIGH BLOOD PRESSURE. ROOM FOR IMPROVEMENT**

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It is estimated that around 20% of the population over 18 years old is hypertensive in our village and that we have a prevalence of high blood pressure in a population over 13 years old of 15.97%. There are studies which indicate that 42% of the deaths due to coronary diseases and up to 46% of the cerebrovascular diseases can be owed to high blood pressure. Hence it's importance of the management in Primary Care. Despite the different clinical practice guidelines and their recommendations our attention does not always evolve correctly.

Objective: To assess the care to hypertensive patients in a population of the Basque Country (Spain) for the period 2009-2010.

Methodology: Descriptive transversal study carried out in September 2009 and October 2010 in Comarca Araba (Vitoria, Spain). The software Osabide is used to assess the degree of fulfillment of criteria of Good Care to hypertensive patients in 2009 and 2010.

Results: 2009 2010
Population 289.923 301.094
Screening for Hts every 4 years in >14 and <40 years old 47.94% 47.65%
Hta prevalence 14.95% 15.97%
Analytical study: diagnosis and every 3 years 76.13% 76.60%
Hypertensive control every 6 months 49.84% 57.47%
ECG (diagnosis and every 5 years) 78.38% 74.07%
Hta Good Control <140/90 mmHg 42.67% 40.16%