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Rural-Urban Differences in Hypertension among the Hmars of Manipur in Northeast India

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ABSTRACT This paper aims to identify the risk factors for the rural-urban differences in hypertension. A cross-sectional sample of 1,207 adult Hmars (18-70 years) was collected from rural and urban areas of Manipur, India. The results showed that there were significant differences in blood pressure and hypertension within and between the two settings. Urban participants had higher rates of hypertension than their rural counterparts at a given age or physical activity level, but similar at the same BMI level. Hypertension was higher in men than women, but urban men had higher risk of hypertension than their rural counterparts, whereas rural and urban women experienced a similar risk. Using multivariate-logistic regression, the rural-urban difference (OR = 1.55; CI = 1.75-2.06, $p < 0.01$) in hypertension was mainly due to variation in physical activity and household income. These results indicated that there was an intra-variation in acculturation within the Hmar community.