



Survey on intake of functional food by patients suffering from the non-communicable disorders-Hypertension

Introduction:

Over the past 30 years, the prevalence of hypertension has increased. High blood pressure is a major factor in death and disease worldwide, significantly increasing the risk of heart, brain, and kidney disease. In recent years, nutraceuticals and functional foods have attracted considerable interest as potential alternative therapies for the treatment of hypertension, especially for prehypertensive patients, whose blood pressure is marginally or mildly high but not high enough to warrant the prescription of blood pressure-lowering medications.

Objective:

To study the extent of intake of functional food and Nutraceuticals by Hypertension patients in the Community.

Methodology:

The survey was conducted by questionnaire method among 30 individuals of both sexes belonging to the age group Of 20-60.

The questionnaire was formulated and the survey was conducted over Online mode through google forms.

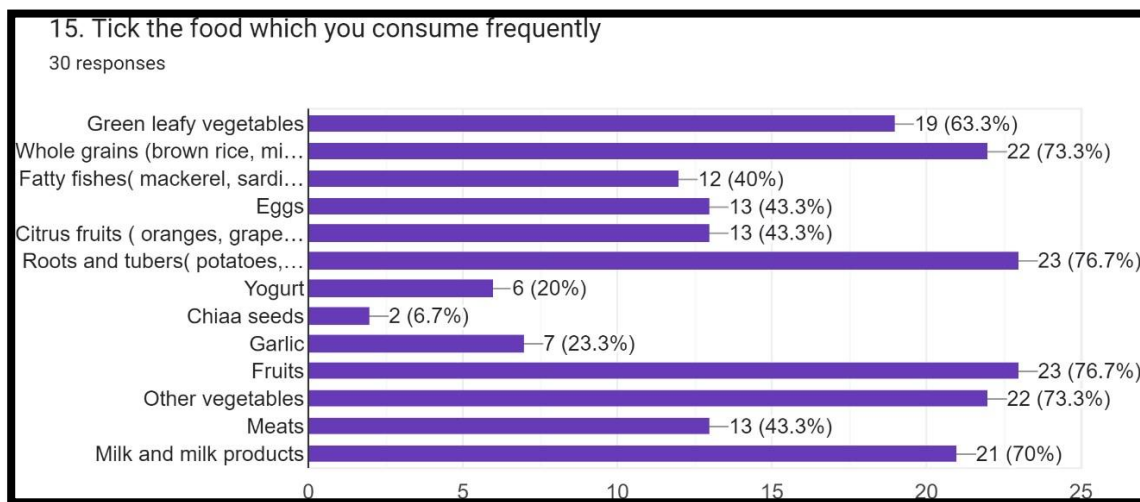
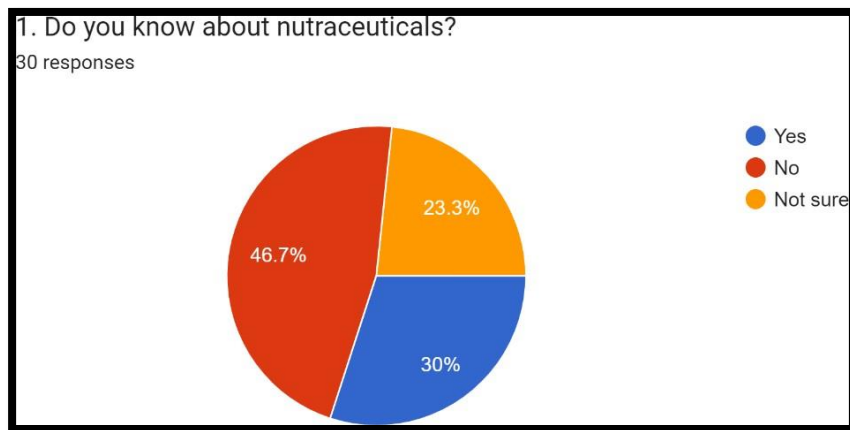
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Result and discussion:

The survey was conducted to evaluate the intake of functional food by hypertension patients.

So, most of the population did not have much knowledge regarding Functional foods or Nutraceuticals that can help manage hypertension.

But their dietary habit revealed that they have incorporated functional foods like Root crops, Citrus fruits, Fatty fish, Chia seeds, Whole grains, Eggs, garlic, etc in their diet.



Conclusion:

The survey disclosed that non-communicable disorders like hypertension can be well managed by incorporating functional food with antihypertensive properties in the affected individual's diet.