

Examining the frequency of drug use in people with non-communicable diseases in the adult population of Ardabil during the years 2017 to 2021: a Persian cohort study

Abstract

Background: Despite the improvement and progress in the healthcare and health system in the world, as well as continuous efforts by countries to control the spread of non-communicable diseases, the results have not been satisfactory, especially in developing countries. Identifying the factors related to non-communicable diseases and designing and implementing targeted interventions for their prevention and management is important in reducing the burden of these diseases in the future.

Aim: To evaluate the frequency of drug use in people with non-communicable diseases in the adult population of Ardabil during the years 2017 to 2021.

Materials and methods: In this study, 360 patients with non-communicable diseases (cardiovascular diseases, diabetes and blood pressure) of Ardabil city based on Persian cohort study of Ardabil province were included. To collect the data, a researcher's checklist including demographic information, information related to the type of disease (cardiovascular, diabetes and blood pressure), and drug use (type of drug and duration of use) was used.

Results: A total of 360 people with an average age of 57.3 ± 8.2 years participated in this study, of which 202 individuals (56.1%) were male and 158 (43.9%) individuals were female. The prevalence of opium, cigarette, hookah, and alcohol use was 5.3, 17.8, 7.5, and 8.9 percent, respectively. The prevalence of cardiovascular disease, diabetes, and high blood pressure was 23.9, 26.4, and 56.9 percent, respectively. Opium use had a direct and significant relationship with high blood pressure ($P=0.014$) and cardiovascular disease ($P=0.023$). Smoking had a significant and direct relationship with high blood pressure ($P=0.008$) and cardiovascular disease ($P=0.013$). Alcohol consumption had a significant relationship with high blood pressure ($P=0.011$).

Conclusion: The results of the present study showed that high blood pressure was the most common non-communicable disease in the adult population of

Ardabil city, followed by diabetes and heart disease, and opium use and smoking had a significant relationship with high blood pressure and heart disease, and alcohol use had a significant relationship with high blood pressure. These findings generally indicate the need to develop a preventive strategy against the growing trend of non-communicable diseases through controlling the use of opium, tobacco, and alcohol.

Keywords: Non-communicable diseases, drugs, Ardabil..