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To determine the correlation between anthropometric variables of obesity and hypertension among Mid-Western population of Nepal

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Incidence of metabolic risk factors such as high blood pressure, body fat abnormality and glucose intolerance is in increasing trend. Obesity is one of the factors which are commonly associated with these metabolic risk factors. There is scarcity of data in relation to obesity with anthropometric indices in specific population. Therefore, the present study is to determine the correlation of common anthropometric indices of obesity with blood pressure among population in mid-western region of Nepal. The result will provide us insight on relevant anthropometric indices for predicting hypertension based on linear correlation calculated from our data. We screened 500 healthy subjects (45 ± 10.12 years) to study the correlation between anthropometric indices and blood pressure. Our result showed strong correlation between sums of skinfold, waist circumference, waist hip ratio with blood pressure (systolic blood pressure, diastolic blood pressure and mean arterial blood pressure). However some of the anthropometric indices like hip circumference and body mass index did not have significant correlation with blood pressure. Provided obesity related morbidity and mortality is burgeoning in our society, it is imperative to identify right indicators of cardiovascular disease for specific population. Relevant anthropometric indices can serve as excellent indicators if used based on scientific validation.

Biography

Bhawana Pant Neupane has completed her BDS (Bachelor of Dental Surgery) from Dhaka University, Bangladesh and MD from Kathmandu University, Nepal. She is a Lecturer in Department of Medical Physiology in Nepalgunj Medical College. She has published 1 paper as a co-author. Currently she is involved in her research about obesity related to periodontitis among mid-western population of Nepal.

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