

A Study on Obesity and Hypertension among Adults of Meghwal Community, Udaipur District, Rajasthan (India)

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ABSTRACT A cross-sectional investigation was carried out among Meghwal individuals of five villages of Udaipur District, Rajasthan with the aim to understand the extent of obesity and hypertension among adult individuals of the population, to understand the association of various adiposity indices with blood pressure and to do a comparative analysis of the magnitude of association between them. 163 adult individuals of the age group 18 to 70 years were studied through door-to-door investigation. Mean stature, weight, waist circumference, waist-to-hip ratio, systolic and diastolic blood pressure were found to be significantly higher in males than in females. Individuals at high risk due to waist-to-hip ratio were found to be significantly higher among females than among males. Arterial blood pressure increased with an increase in general and central obesity. Relationship of systolic and diastolic blood pressure was highest with waist-to-hip ratio among male individuals and with waist-to-height ratio among female individuals.