

## **Relation of Obesity and Hypertension Among Elderly Karbis of Karbi Anglong, Assam**

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**ABSTRACT** Worldwide there is increasing incidence of obesity. Obesity and hypertension are interrelated and result from changes in body composition and lifestyle factors concomitant to age. The present study examines the prevalence and relation of obesity and hypertension among elderly Karbis following a traditional way of life in the hill district of Karbi Anglong, Assam. The sample of the study consists of 335 male and female elderly (60 years and above) Karbis. Whole body obesity and abdominal obesity are assessed from anthropometric variables, indices and fat percentage. Hypertension is categorised according to the WHO classification of systolic and diastolic blood pressure used in estimating risk for metabolic syndrome. Prevalence of obesity by fat percentage is higher. Abdominal obesity and hypertension prevalence is higher in elderly female in comparison to elderly male. Hypertension prevalence is influenced significantly by fat percentage in both male and female elderly and by Waist Circumference in male elderly.