

Assessment of Health Status by BMI and BP among Adult Men from Punjab, India

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KEYWORDS Waist-Hip-Ratio. Body Mass Index. Blood Pressure. Obesity. Cardiac Disorders. Hypertension

ABSTRACT To analyse the relationship between various anthropometric indices and various health risks, population based cross-sectional study has been conducted on 600 adult men (mean age 34.23 years) residing in different areas of Punjab. Mean values for Height (cm), Body Mass (Kg), Circumferences (cm): waist and hip, Systolic and Diastolic Blood Pressure (mmHg), BMI and WHR for subjects were 167.62 ± 6.02 cm, 62.38 ± 8.89 kg, 22.18 ± 2.89 kg/m², 84.91 ± 9.98 cm, 92.73 ± 8.35 cm, 0.92 ± 0.14 , 124.12 ± 9.48 mmHg and 83.99 ± 8.69 mm Hg, respectively. After classifying the data using criteria for WHR, BMI and Blood pressure given by WHO, it has been found that approximately 30% of the adult men are under the risk of developing various adverse health hazards like obesity, diabetes, hypertension, metabolic syndrome etc. Anthropometric indices BMI, WHR and Blood pressure classification criteria are helpful in predicting various serious adverse health related disorders.