

Monitoring of Blood Pressure of Children of Hypertensive Parents in their Early Ages Reduces the Risk of Having Cardiovascular Diseases in Future: A Study Conducted on Adolescents

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KEYWORDS Cardiovascular Diseases. Anthropometric Measurement. Parental History. Body Mass Index

ABSTRACT Hypertension is a silent but known risk factor for cardiovascular diseases and is estimated to contribute 4.5 percent of current global disease burden in developed countries and many developing countries. A family history of cardiovascular disease has been shown to be a risk factor for the subsequent development of the disease in children. Hence, the present study was conducted keeping in mind the objective to measure the anthropometric parameters of young healthy adults and its association with presence or absence of parental history of hypertension. A cross-sectional study was conducted on 18-25 years college-going 200 adolescents of both sexes. Half of the students were selected having parental history of hypertension and half were selected without any history of parental hypertension. A pretested questionnaire was used along with anthropometric measurements to know obesity or overweight. Among the 200 participants, 63 percent were male with average age 20.12 years (SD \pm 2.01). 32 percent had Body Mass Index more than 25, their prevalence being 35.5 percent in male and 26.3 percent in female compared to that in offspring of normotensive parents which was 10 percent for both genders, 12.5 percent for male and 5.6 percent for female. Out of the 100 participants of the study group, 56 have their Waist Hip Ratio above the standard defined cut-off for their respective sex. There is a definite need of monitoring the children's of parental history of hypertension with other non communicable diseases like diabetes & obesity to prevent the occurrence of disease in future.