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Obesity and Hypertension: A Cross-sectional Study among the Adult Individuals of Sonowal Kachari Tribe of Hatimora Village, Assam, India

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ABSTRACT A cross-sectional study was conducted among the Sonowal Kachari tribe of Hatimora Village, Dibrugarh, Assam from 27th December 2018 to 4th January 2019 to determine the prevalence of obesity and hypertension in the population and to determine any association between the two. Out of the total Sonowal Kachari population, 240 adult individuals (102 male and 138 females) were studied through a door to door investigation. It was observed that 35.42 percent of the individuals had stage-2 hypertension and 1.67 percent had stage-3 hypertension. It was also observed that only 12.92 percent of the individuals were obese. A higher incidence of central obesity was found among females. A significant association was found between hypertension and high BMI. A significant association was also found between hypertension and central obesity.