

ASSOCIATION BETWEEN OBESITY AND HYPERTENSION AMONG ADULT INDIVIDUALS OF RAJASTHAN (INDIA)

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Abstract—*The prevalence of CVD has been on the rise throughout the world. Thus, a proper understanding of the risk factors involved is very important. The present investigation aims to study the extent of obesity and hypertension among adult individuals of the population and to understand the association of obesity with blood pressure among them. A cross-sectional investigation was carried out among the Meghwal individuals of five villages of Udaipur District, Rajasthan. Adult individuals of the population were studied. Mean stature, weight, waist circumference, waist-to-hip ratio, systolic blood pressure, 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. The study showed significant positive correlation between obesity and blood pressure.*