

Article

Prevalence of overweight, obesity and hypertension amongst school children and adolescents in North Karnataka: A cross sectional study

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Abstract

Introduction: Childhood obesity& hypertension are global health problems as they caused increase in morbidity & mortality. Objective: To find out the prevalence of obesity, overweight in school going children and adolescents of north Karnataka. Also to study obesity related morbidities like Prehypertension and Hypertension and associated risk factors for sustained hypertension. Materials and Methods: Total 2800 children in age group from 10-16 years from 3 schools of Urban and rural region of Bijapur district were screened. Weight, height, BMI and Blood pressure were recorded. These values were compared with WHO child growth standards. Children then classified as overweight (OW) and obesity (OB). Blood pressure values were compared with reference charts given by American heart association guidelinesand grouped as prehypertensive (PHTN) and Hypertension (HTN). Results: This study revealed that 3.6% rural school children were overweight (OW) in age group of 13 years, 1.4% children were obese (OB) in age group of 15 years. In urban school children, 3.3% OB in age group of 12 years and 11.1% OW in age group of 10 years. In Rural school children, prevalence of systolic HTN was 21% in OW children and 25% in OB children. Among urban schoolchildren prevalence of systolic PHTN was 5.1% among OW and in OB group it was 16.6%. Conclusions: This study revealed that prevalence of hypertension was significantly higher in overweight and obese compared to children with Normal BMI. Also the prevalence of overweight and obesity is more in urban school children than rural children population. We need further large scale studies to study obesity and associated morbidities like hypertension school children and adolescents.

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... The studies conducted by Yuvraj et al., [12] Amma et al., [25] Srinivas et al., [24] Patil and Garg, [26] Baradol et al., [9] Narayanappa et al., [23] and Gupta et al. [17] had a lower prevalence of hypertension when compared with our study. Another study conducted in schools of New Delhi by Kaur et al. [13] using a cluster study design found the prevalence in their study to be 3.8% and 4.4%, respectively, in low-income and high-income groups. ...

... Further, some studies conducted by Patel et al., [11] Deshpande, [22] Vivek and Singh, [21] Naha et al., [20] Sharma et al., [19] Sharma et al., [16] Buch et al., [10] Shetty et al., [7] Patil et al., [6] and Zhou et al. [5] showed higher prevalence of hypertension in schoolchildren. Among few studies conducted on the prevalence of prehypertension in children, studies who inferred higher prevalence compared to our study were Patel et al., [11] Deshpande, [22] Amma et al., [25] Vivek and Singh, [21] Sharma et al., [19] Sharma et al., [16] Balakrishnan et al., [18] and Shetty et al. [7] Further, some studies done by Narayanappa et al., [23] Baradol et al., [9] and Naha et al. [20] showed lower prevalence compared to our study. This varied prevalence of hypertension and prehypertension in schoolchildren might be due to the geographical variation, lifestyle factors, and ethnic and genetic factors. ...

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... But in the study conducted by Baradol et.al, 2014 to study the prevalence of overweight, obesity and hypertension amongst school children and adolescent in Northern Karnataka, the prevalence of hypertension was 1.2% [20]

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Objective Childhood obesity (OB) is an acknowledged global problem with increasing prevalence reported around the world. We conducted this study with the aim of determining the local trend in OB and overweight (OW) prevalence in the last decade and to observe the alteration of OB and OW prevalence by age group. An additional aim was to construct new age- and gender-specific body mass index (BMI) ... [\[Show full abstract\]](#)

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