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The Utility of Anthropometric Measurement and Blood Pressure in Prediction of Risk of Cardiovascular Disease among Urban College going Girls

A community based cross-sectional study was under taken among four hundred urban college going girls to assess the utility of anthropometric measurement in prediction of cardiovascular disease in Allahabad city, data collection was done with a predesigned schedule along with recording of anthropometric measurements and blood pressure. Mean and correlation coefficient were used for statistical analysis. Systolic and diastolic blood pressure increased with increase in weight, BMI, waist circumference, waist hip ratio and waist height ratio with a significant positive linear correlation. These are the simple parameters which can be measured simply by means of measuring tape. So it can be useful in health promotional work in our country.

Biography:

Amirul Hassan is a Professor and Head in the Department of Community Medicine. He has teaching experience of 20 years, involved in various government projects and Health programmer. He was also accessory of Medical Council of India.