



Nutritional Status and Hypertension Among Tibetan Adults in India

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ABSTRACT Nutritional status and prevalence of hypertension and the relationship between them in adult Tibetan refugee population in India at three different places have been investigated in this study. Some 40% of the adult population is in the category overweight and obese. The trend towards hypertension is also very high. No relationship between nutritional status and body composition with blood pressures was found. Only age has a significant effect on blood pressure. High prevalence of hypertension among Tibetans may not be in reality an indication of morbidity among Tibetans as mortality and morbidity rates related to cardiovascular disease is low. In terms of Nutritional status and hypertension Tibetans in India resemble populations from developed countries who are described as urban having a sedentary way of life.

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