

Association of Body Mass Index, Body Fat and Hypertension among Postmenopausal Women

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ABSTRACT The association of systolic and diastolic blood pressure with body mass index, waist hip ratio, the sum of three trunk skinfolds, the sum of the six skinfolds, the ratio of the sum of the trunk to the sum of the extremity skinfolds and relative fat pattern index and the correlations between each of these were examined among 30 hypertensive and 30 normotensive post menopausal women of Udaipur city. Anthropometric measurements and indices like weight, height, WHR, abdominal obesity, body mass index were higher in hypertensive women. Adiposity measures had consistent relationship with blood pressure. The correlation coefficients of the adiposity measure and blood pressure are intercorrelated with a few exceptions in both groups.