

Metabolic Profile and Body Fat Distribution in Diabetic Hypertensives and Normotensives

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ABSTRACT The aim of the present study is to assess the metabolic profile and body fat distribution in diabetic hypertensives and normotensives. Information on subject's demographics, life styles, disease history, anthropometry, blood pressure, blood glucose and lipids were assessed among 91 hypertensives and 179 normotensives. In the present sample, overweight and obesity recorded to an extent of 80 percent in hypertensives and 68 percent in normotensives. Hypertensives possess higher levels of blood pressure, pulse rate, fasting and post prandial blood sugar and triglycerides. Thirty- eight percent of the variance in SBP and thirty- six percent of the variance in DBP levels were explained by independent variables like age, body mass index and post prandial blood sugar. The ODD's of hypertension were: obesity, 2.83; 95% CI: 1.29-6.19, fasting blood glucose, 5.78; 95% CI: 1.96-17.09, Post prandial blood glucose, 5.11; 95% CI: 1.14-22.85, triglycerides, 5.73; 95% CI: 2.22-14.83. In conclusion the results indicate that age, body mass index and post prandial blood sugar levels are significant risk factors in developing hypertension. Hence preventive strategies warranted towards the management of hypertension.