

Hypertension in Asian Indian Children and Adolescents: A Systematic Review on the Prevalence and Associated Risk Factors

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ABSTRACT Hypertension in children is becoming a growing health problem. It is often asymptomatic and overlooked by the physician. Although death and cardiovascular disability do not occur in hypertensive children, evidences of target organ damages are detectable in children with hypertension. Moreover, hypertension in childhood continues into adulthood. This review summarizes the insights into the epidemiology of hypertension in children, emphasizing the prevalence and risk factors for the development of hypertension in Asian Indian children. A systematic literature review was carried out using PubMed and Google Scholar along with manual searching from 1971 to 2017. The prevalence of hypertension ranges from 0.5 to 11.7 percent. Though, the prevalence is higher in urban population, an upward trend is noticeable in rural population as well. The strongest risk factor for hypertension in children is obesity. Lower insulin sensitivity may also play an important role for the development of hypertension in Asian Indian children.