

Variation in Blood Pressure Among School Children of Amritsar (Punjab)

Anjana, Prabhjot, Navdeep Kaur, Kanta Kumari* and Sharda Sidhu

Department of Human Genetics, Guru Nanak Dev University, Amritsar 143 005, Punjab, India

** Department of Physiology, Govt. Medical College, Amritsar, Punjab, India*

KEYWORDS Health. Blood Pressure. School Children. Hypertension

ABSTRACT The patterns of blood pressure among 1000 school children (540 boys and 460 girls) in the age group 6 to 14 years of Amritsar district of Punjab were studied cross-sectionally. Three readings of blood pressure were recorded for each subject. The mean values of systolic blood pressure and diastolic blood pressure increase with age in both sexes. There was no significant difference in blood pressure of the two sexes at all age groups except for systolic blood pressure at age group 7+. The study has also revealed that hypertension is prevalent in 7.5% healthy children of Amritsar. It is, therefore recommended that the children must be screened regularly for blood pressure to detect the prevalence of blood pressure.