

JOINT EVENT

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Prevalence of obesity and its association with Type 2 diabetes mellitus and hypertension among urban geriatric population in South India

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Statement of the Problem: World has witnessed demographic transition in 20th century, where the proportion of elderly population increased globally especially in underdeveloped and developing countries. As per the 2011 census, the elderly population in India constitute more than 100 million. This increased life expectancy is associated with age related chronic non-communicable diseases (NCDs) including overweight and obesity.

Objectives: The objective of this communication is to assess the prevalence of obesity and its association with NCDs among elderly.

Methodology & Theoretical Orientation: A community based cross-sectional study was carried out among 400 urban elderly (60 years and over) subjects residing in Khammam town of Telangana State. Weight, height and waist circumference (WC) were measured using standard equipment. WHO recommended Asian standards were used for calculation of body mass index (BMI) and abdominal obesity. Blood pressure was recorded using mercury sphygmomanometer and history of diabetes mellitus (DM) was obtained from all subjects. Finger prick fasting blood sample was collected from sub-sample (202). The overall prevalence of overweight/obesity and abdominal obesity among urban geriatric population was 72.7% and 66%, respectively. While the prevalence of Type 2 diabetes mellitus and hypertension was 25.3% and 66.5%, respectively. In general, the prevalence of overweight and obesity was relatively higher among elderly women as compared to their male counterparts. The prevalence of diabetes and hypertension was significantly ($p < 0.01$) higher among the elderly with abdominal obesity and higher BMI.

Conclusion and Significance: The prevalence of obesity and its association with NCDs is a serious public health concern among urban geriatric population. Therefore, the community should be sensitised adverse health effects of NCDs through health and nutrition education and behavioural change communication (BCC) for adaptation of healthy lifestyles during adolescence and early adult life for the prevention and control of non-communicable diseases during the period of ageing.

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