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BMI Mediates the association of Family medical history with self-reported hypertension and diabetes among older adults: evidence from baseline wave of the longitudinal aging study in India**T. Muhammad***Department of Family & Generations, India*

This study explored the association between family history of hypertension and diabetes with their diagnosis among older Indian adults. The study further examined the role of body mass index (BMI) as a potential mediator in these associations. Methods Data from the Longitudinal Ageing Study in India (LASI, 2017-18), wave-1 were used. The sample for the study included 31,464 older adults aged 60 years and above. Descriptive statistics and bivariate analysis has been conducted to assess the prevalence of self-reported hypertension and diabetes. Further, multivariable logistic regression models were used to test the research hypotheses of this study. The Karlson–Holm–Breen (KHB) mediation analysis was conducted to recover the direct and indirect effects of BMI in the association of family medical history and diagnosis of hypertension and diabetes. Results A proportion of 32.70% of older adults were diagnosed with hypertension and 14.23% of older adults were diagnosed with diabetes. A proportion of 19.48% and 14.69% of older adults had a family history of hypertension and diabetes, respectively. Also, 16.57% and 5.53% of older adults were overweight and obese, respectively in the current study. Older adults who had family history of hypertension had higher odds of being diagnosed with hypertension [aOR: 2.23, CI: 2.07-2.39] than those who had no such family history. This association was mediated by BMI (percent mediated: 6.31%). Similarly, older adults who had family history of diabetes had higher odds of being diagnosed with diabetes [aOR: 2.63, CI: 2.41-2.88] than those who had no such family history. This association was mediated by BMI (percent effect mediated: 6.66%). Conclusion The study highlights the relevance of using family medical history data along with information on BMI as potential source for the control and management of hypertension and diabetes among older population.

Biography

T. Muhammad is a Ph.D. Candidate at the Department of Family & Generations, International Institute for Population Sciences, Mumbai. His Ph.D. is in Demography and Population Studies, has MPhil and MA in Population Studies, and MA and BA in Economics. He has 63 peer-reviewed manuscripts. His research interests include Population aging, mental health, social and geriatric psychiatry, cognitive health, obesity and physical activity, physical/ social/ cognitive frailty, healthy/ active/ positive/ successful aging, socioeconomic inequalities in health, gender, and health disparities among vulnerable populations.