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BLOOD GLUCOSE AND RISK OF CARDIOVASCULAR DISEASE AMONG ASIAN INDIAN CHILDREN AND ADOLESCENTS

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Aims & Objectives: The purpose of this cross-sectional study was to find out the prevalence of blood glucose and other CVD risk factors in children and adolescents of Asian Indian origin.

Methods: A total of 1101 (532 boys and 569 girls) children and adolescents were taken part in this study, aged 10 to 17 years from different schools situated in rural, suburban and urban areas in West Bengal, India. Nine anthropometric measurements, such as stature, body weight, circumferences at mid arm (MUAC), minimum waist (MWC) and maximum hip (MHC), skinfolds at biceps (BSF), triceps (TSF), sub scapular (SSSF) and supra iliac (SISF) regions etc., were measured using standard technique. Blood glucose and lipid profiles were measured from each participant. Systolic (SBP) and diastolic (DBP) blood pressure were also recorded according to a proper methodology. The weekly consumption of food was collected using a food frequency schedule.

Results: The urban participants have higher mean values of weight, stature, body mass index (BMI), minimum waist circumference (MWC), maximum hip circumference (MHC) and waist-hip ratio (WHR) in all age and sex groups. Mean values of blood glucose and lipid profile are slightly higher in the urban participants. Significantly, mean values of systolic blood pressure (SBP) and diastolic blood pressure are almost similar in participants from different habitat variation. Beside this, no significant sex difference is observed for SBP and DBP. Sedentary lifestyle and faulty food habits was found to be significant association with blood glucose level.

Conclusion: The study showed that the prevalence of CVD risk factors was high in both urban, sub urban and rural participants. Therefore, there are need an effective preventive strategy, targeting the children and adolescent to encourage and improve their unhealthy life style, so that they do not become the epidemics of the 21st century.

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