

# Correlation between Blood Pressure and Body Mass Index among University Students

Deeksha Kaushik and Gurjeet Kaur Chawla<sup>2</sup>

<sup>1</sup>Student, Department of Nutrition and Dietetics, Faculty of Applied Science,  
Manav Rachna International Institute of Research and Studies,  
Faridabad, Haryana

<sup>2</sup>Associate Professor, Department of Nutrition and Dietetics,  
Manav Rachna International Institute of Research and Studies,  
Faridabad, Haryana

E-mail: <sup>1</sup>dikshakaushik93.dk@gmail.com, <sup>2</sup>gurjeet.fas@mriu.edu.in

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**Abstract**—A condition in which the force of the blood against the artery walls is maximum during one heartbeat is known as systolic blood pressure and diastolic pressure is minimum in between two heart beats of heart. It has been found that strong relationship prevails between blood pressure and body mass index. Risk of hypertension increases in obese population and high blood pressure is a risk factor of many cardiovascular diseases, type2 diabetes mellitus or other chronic diseases. Prevention of hypertension and increased body mass index in young students is very important to prevent major problems like cardiovascular diseases later in life. According to various studies, lack of knowledge, lack of physical activity and frequently fast food intake cause health risk and negative impact on body weight .High blood pressure and maintained body mass index and fitness is more prevalent among urban population than rural population. Regular physical exercises and nutrition rich food intake, low sodium food and less fast food intake help to reduce blood pressure and BMI. Lifestyle changes help to decrease the risk of hypertension in pre-hypertensive young population and thereby helps to maintain their blood pressure.

**Keywords:** Body Mass Index, Food Habits, Hypertension, Lifestyle.