Abstract

Anthropometric measurements have emerged as valuable, non-invasive tools for identifying individuals at risk of hypertension. While various anthropometric indices including Body Mass Index (BMI), Waist Circumference (WC), Waist-to-Hip Ratio (WHR), and Body Fat Percentage (BFP) have been investigated as potential predictors of high blood pressure, there remains a notable gap in research specifically focusing on teaching faculty as a distinct occupational group. Their unique work environment, lifestyle patterns, and occupational stressors may influence the relationship between body composition and blood pressure differently from the general population. Hypertension significantly elevates the risk for severe cardiovascular sequelae, including cerebrovascular accidents, myocardial infarctions, and renal dysfunction, making targeted risk assessment crucial for this population.

Anthropometric measurements, hypertension, body mass index, waist circumference, body fat percentage, teaching faculty, cardiovascular risk.

This study investigates the association of waist circumference body mass index, percentage body fat with the risk of hypertension among teaching faculties (aged 39-60 years) with no sedentary behavior. Total participants were selected using convenience sampling and classified into normal, overweight and obese category. I based on BMI, waist circumference, percentage body fat, Measurements included systolic and diastolic blood pressure and pulse rate.
gender, age, weight, hight, teaching experiences department smoking status physical activity, average working hour, sleep duration. blood pressure measurement male (40) and female (20) correlation between BMI and systolic blood diastolic blood pressure, correlation between waist circumference and systolic and diastolic blood pressure, and correlation between percentage body fat and systolic and diastolic blood pressure.

The findings suggest that even among non-sedentary individuals, male and female have an increased risk of blood pressure and cardiovascular diseases.
This study highlights the importance of maintaining a healthy heart to maintain functional capacity during middle age and suggests further research with larger populations and longitudinal designs.

Keyword: "Body mass index (BMI), waist circumference, percent body fat, systolic and diastolic blood pressure, Systolic blood pressure, Diastolic blood pressure, Body composition, Functional capacity".

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