Trends to increased body fat and blood pressure of university students in two cohorts (2009-2014) [Tendencias al incremento de la adiposidad corporal y la presión arterial de jóvenes universitarios en dos cohortes (2009-2014)]

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Objective: a) describe changes in body adiposity, b) quantify the increase in blood pressure and c) verify if blood pressure increases according to the categories of body fatness in two cohorts (2009-2014) in university students. Methods: two transverse measurements made in 2009 and 2014. The 2009 sample consisted of 309 university students (138 men and 171 women) and 2014 by 319 young people (136 men and 183 women) were compared. Weight, height, body mass index, waist circumference and systolic and diastolic blood pressure were evaluated. Results: males were significantly increased body adiposity (BMI = 1.9 kg/m2 and CC = 6.4 cm), (p < 0.001), while women increased blood pressure (DBP = 5.7 mmHg and SBP = 6.6 mmHg) as a function of body fat in a range of 5 years (p < 0.001). Conclusion: males increased their body fat, while women increased blood pressure. The results suggest the adoption of healthy lifestyles to combat excess weight and the presence of hypertension in young students.

Adiposity

Blood pressure

Trend

University

Youth

blood pressure

body mass

cohort analysis

female

human

lifestyle

male

obesity

physiology

sexual development

statistics and numerical data

student

university

young adult

Adiposity

Blood Pressure

Body Mass Index

Cohort Studies

Female

Humans

Life Style

Male

Sex Characteristics

Students

Universities

Young Adult