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RELATIONSHIP BETWEEN FAMILY HISTORY OF HYPERTENSION AND CARDIOMETABOLIC RISK FACTORS IN ADOLESCENTS

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This study aimed to investigate the relationship between parental hypertension and cardiometabolic risk factors in adolescents. We analysed data of 554 adolescents aged 13–19 years from Korean National Health and Nutrition Examination Survey 2013. The associations between parental hypertension and cardiometabolic abnormalities in adolescents were evaluated through multivariate logistic regression. Parental hypertension was noted in 16.2% of subjects. The adjusted odds ratios (ORs) and 95% confidence intervals (CIs) for overweight (OR 2.08, 95% CI 1.01–4.28) and obesity (OR 2.11, 95% CI 1.09–4.07) were significantly higher in subjects with parental hypertension. The adjusted ORs for abdominal obesity (OR 2.36, 95% CI 1.01–5.56), high blood pressure (OR 3.05, 95% CI 1.19–7.78), and elevated alanine transaminase defined as >35 IU/L (OR 2.86, 95% CI 1.03–7.95) were significantly higher in subjects with parental hypertension. Prevention of cardiometabolic risk factors should be reinforced in offspring of hypertensive parents.

Biography

Jung Eun Yoo has her expertise in evaluation and passion in improving the health and wellbeing. She always tries to provide a personalized healthcare for each patient, including prevention and early diagnosis of diseases resulting from one's lifestyle problems, degenerative illnesses, and cancers. In addition, she offers professional help for patients and their family's well-being, including matters related to nutrition, exercise, smoking and drinking, stress, and aging.

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