

Anthropometric and Physiological Risk Factors of Tuberculosis: A Case Control Study on Delhi Adults

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Abstract: The present case-control study was conducted among the adults of both sexes in Delhi, India. Participants who were diagnosed as suffering from tuberculosis (TB) by the Directly Observed Treatments Short Course (DOTS) centers and taking regular medicines were considered as 'cases'. Among 983 cases of both sexes, 632 were affected with Pulmonary TB (PTB) and 351 with Extra-Pulmonary TB (EPTB). Participants matched for age, sex and socio-economic status, who were apparently healthy and were confirmed by doctors to be free from TB were defined as 'controls' (N=333). The present study was undertaken to compare the anthropometric and blood pressure profiles of cases and controls inhabiting the mega-city of Delhi, India. We used anthropometric indices, viz. Body Mass Index (BMI), Waist Hip Ratio (WHR) and Waist Height Ratio (WHtR) and systolic and diastolic blood pressures (SBP and DBP) for comparing the cases and controls. Results exhibited that cases were taller and thinner compared to their control counterparts. Hyper tensive and pre-hypertensive individuals and those at risk for WHtR and WHR had a higher risk of suffering from TB in comparison to controls. Underweight cases were five times more likely to suffer from TB compared to controls.

Key words : Pulmonary tuberculosis, Anthropometric indices, Blood Pressure, cases and control, Delhi