

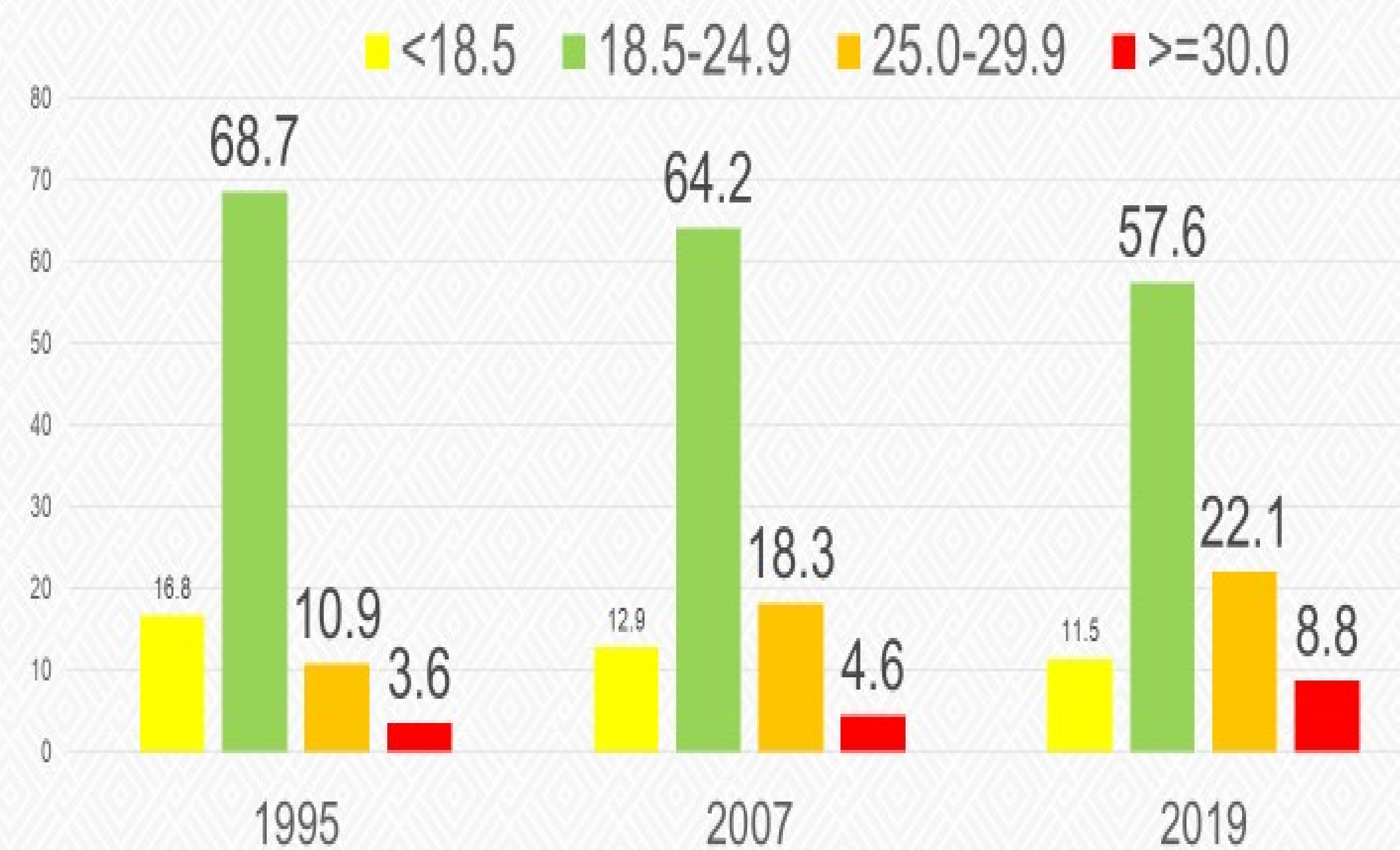
Nutritional status in Mountain Villages of Gilgit-Baltistan (GB), Pakistan

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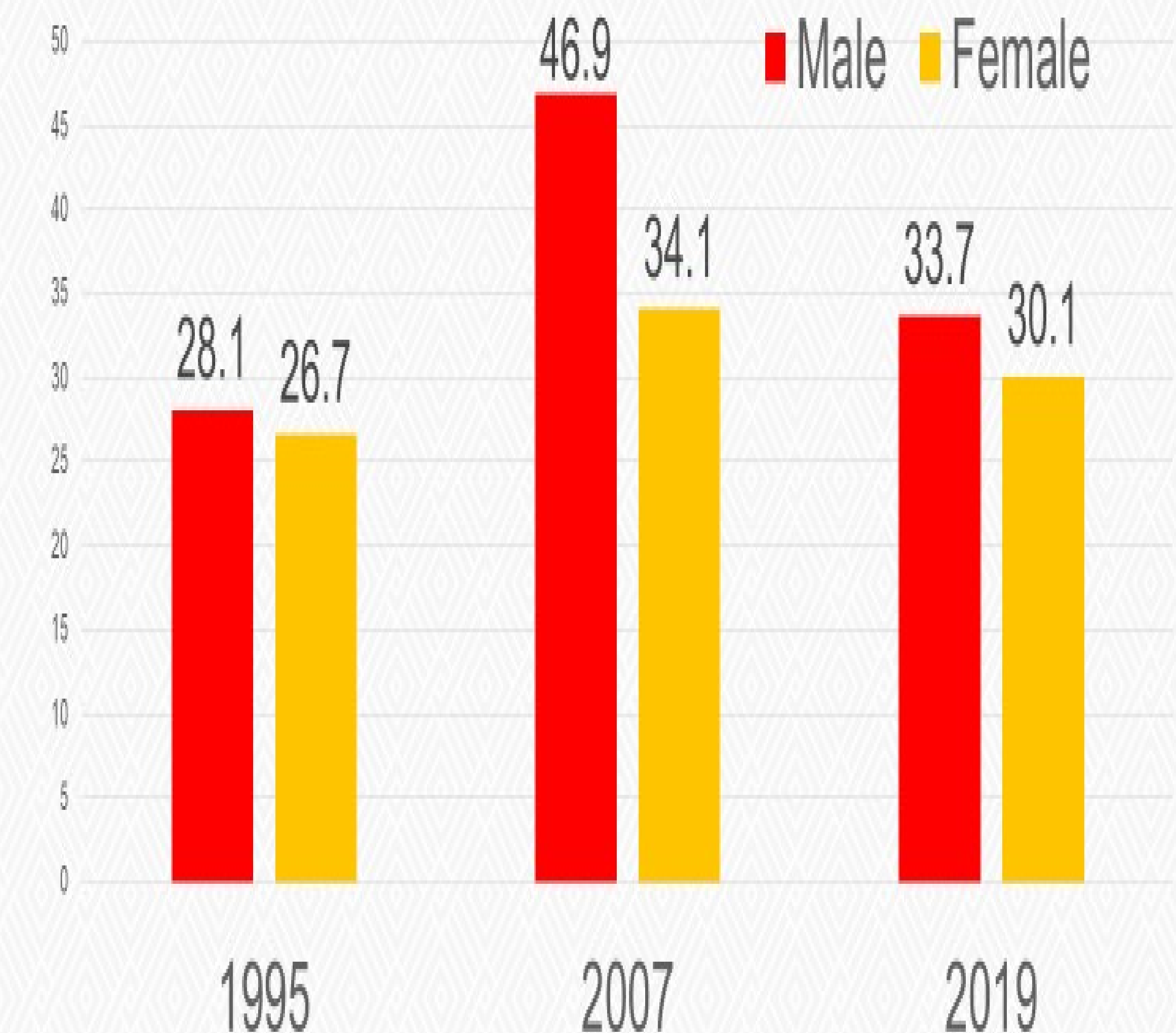
Few data were available about nutritional status of adults aged 18 years and older in Himalayan mountain villages of Ghizar in Gilgit Baltistan province of Pakistan. The present study aimed to identify the nutritional status including Underweight (body mass index of <18.5, Normal (BMI 18.5 to 24.9), overweight (BMI>=25.0 & BMI <30) and Obese (BMI>=30.0)

Study design: We used a Cross-sectional design and selected a random sample of households (n=1000) in 1995, 2007, and 2019 in same villages of Ghizar district. We used Seca scales to measure height and weight. We used an interviewer-administered questionnaire to assess socioeconomic and lifestyle variable.

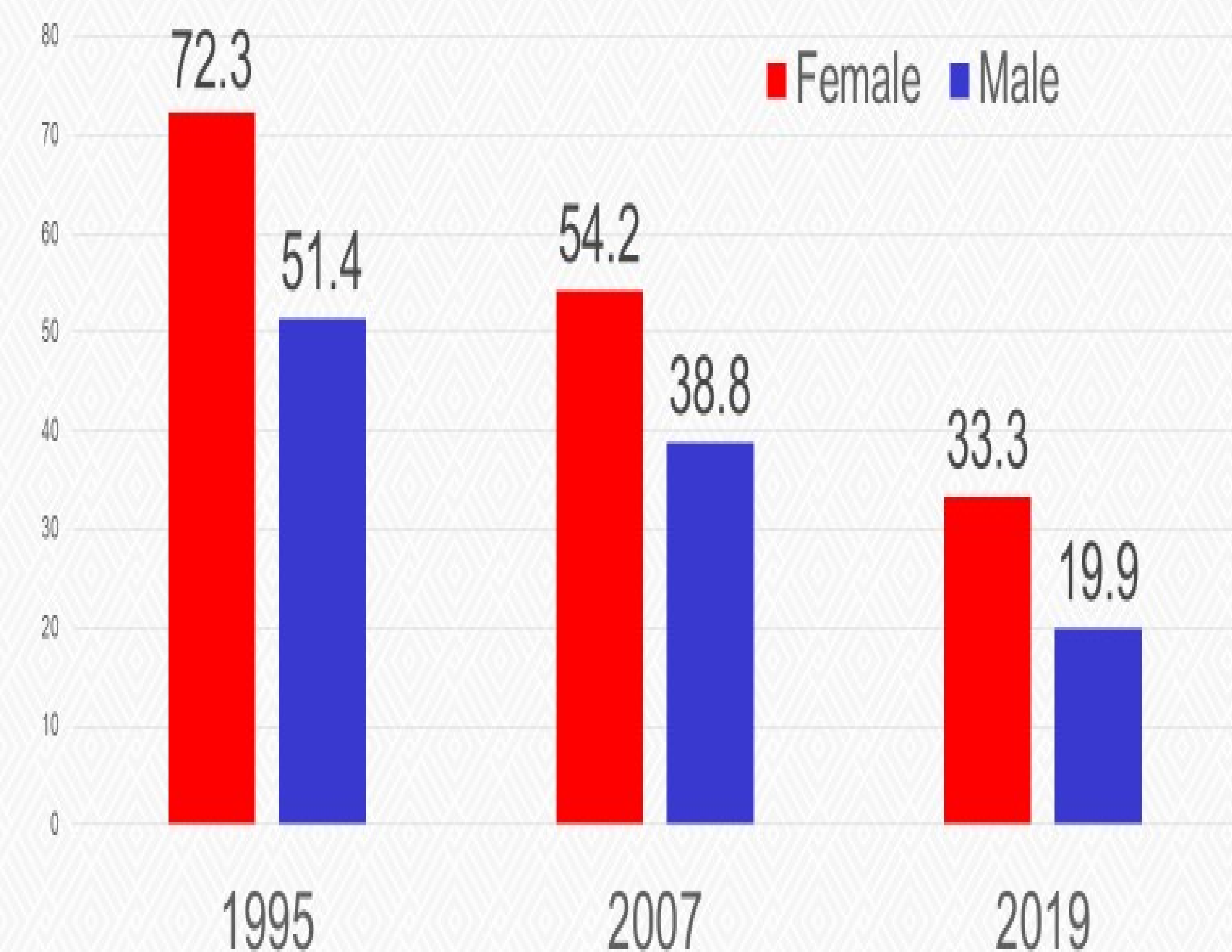
Female participants with Underweight (BMI <18.5), Normal (18.5-24.9), Overweight (25-29.9), and Obese (BMI>30.0)



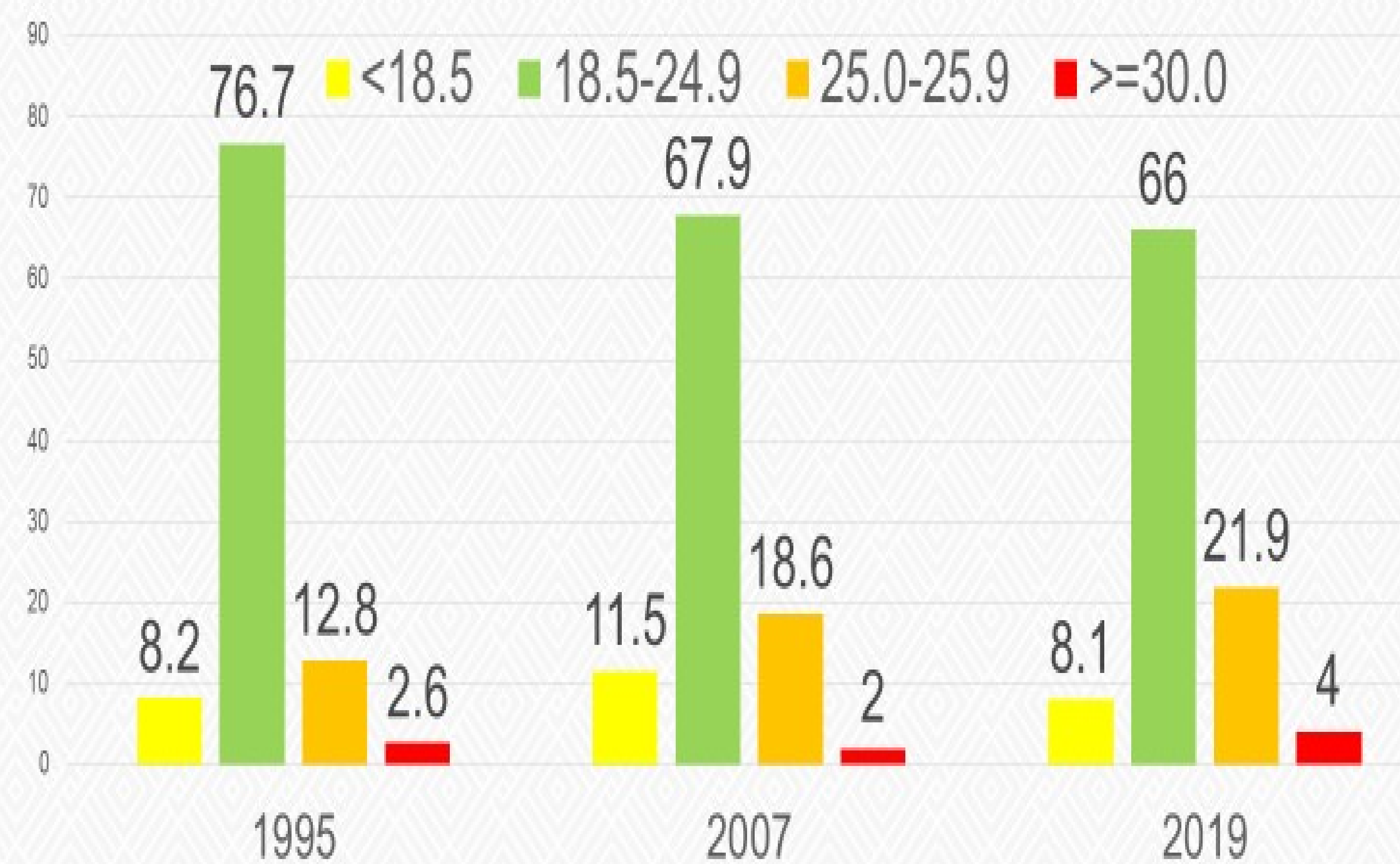
Prevalence (%) of hypertension (BP ≥140/90 mmHg or on medicine) by gender and year



Adults with no formal schooling (%)



Male participants with Underweight (BMI<18.5),Normal (18.5-24.9), Overweight (25-29.9), Obese (BMI>=30.0)



Conclusion

We noted that in addition to significant under-nutrition among study participants overweight and obesity increased over the study years and this reflect increased prevalence of hypertension in the study population in 2007 and 2019 as compared to 1995 More people will be dying premature due to non-communicable diseases such as cardiovascular diseases and type 2 diabetes. A significant promotion of the study participants are underweight.