

HYPERTENSION/ OBESITY

Obesity and hypertension have become epidemics worldwide and Ghana has not been spared.

Hypertension occurs about five times more frequently in the obese than in the non-obese. Diabetes Mellitus (Type 2) is more common in the obese than in the non-obese. Often the control of the body weight in the obese does control the hypertension and diabetes.

Therefore, if obesity is prevented, much of the diabetes and the hypertension are also prevented.

Obesity also causes arthritis in the middle and older age groups. Control of body weight is therefore helpful in preventing arthritis also.

In Ghana, the acquisition of foreign (western) dietary habits makes a large contribution to obesity, hypertension and diabetes in the country.