

Out of Shape and Overweight at Young Age Drastically Increase High Blood Pressure

Hypertension, aka high blood pressure, is well known as a health risk. It is clearly linked to strokes and heart problems, among things. There is also clear evidence that hypertension is more likely among people who are considerably overweight and those not exercising regularly. To that knowledge base, an enormous study out of Sweden has recently demonstrated that the being either overweight or out of shape as a young adult greatly ups the odds of later hypertension. Worse, being both heavy and unfit has now been found to have a multiplying effect on that risk.

Much of the power of this study's results rests in the age link observed and the great magnitude of the heightened risks. Being out of shape (having a low aerobic capacity) at 18 made men 50% more likely for hypertension diagnosis later in life, even if they were not overweight. Being overweight or obese (based on BMI) at 18 increased the risk 151%, even if they were fit. Being both at 18 makes it considerably worse, with those men 3 ½ times as likely to later be diagnosed with high blood pressure. These results were also very important because they traced 97% of all Swedish males for 30-45 years.

Editorial: Based on this study's results, some basic health information is increasingly clear. Being out of shape early on, even if you are not overweight, increases hypertension risks. Stay in shape and at a reasonable weight starting early in life, because the high blood pressure risk is way higher if you do not. Being both too heavy and not exercising has extra consequences stronger than the sum of the parts.

Bibliography

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