

The study sought to examine the effect of weight on blood pressure of hypertensive patients Y = 1.726 - 4.32E-03. The empirical findings of the study reveals that weight has an impact on the level of blood pressure and this falls in line with what have been mentioned in our literature review. Therefore, it is wise to say that weight loss may contribute positively in managing the problem of hypertension.

CHAPTER ONE

1.0 INTRODUCTION

1.1 Background of the Study

The number of people with high blood pressure is increasing and research has shown that this condition is heightened by overweight of the patient. That is to say, the more one increases in weight, the higher the tendency of him or her becoming hypertensive. Mori TA (2007).

In essence, there is a symbiotic relationship between being over-weight and being hypertensive or having high blood pressure. It is in the interest of people who are likely to develop high blood pressure (over-weight people) to seek out ways of managing their weight, as this research work will try to bring out the effects of weight on such people with high blood pressure. What seems unresolved here is the extent to which weight affects people suffering from high blood pressure. Many writers' views will be examined in the cause of this work to help resolve the issue at stake.

Over-weight here will be described or rather defined based on a calculation called "Body mass index" (BMI). According to this formula, one is regarded as over-weight if his BMI is greater than 25. Mancia G. (2007). High blood pressure on the other hand occurs when one's blood moves through the arteries at a higher speed than normal. It is also known that for now there is no cure for high blood pressure. Papadakis A, Macpherson J. (2008).

The seriousness of this adult illness (high blood pressure) is not just that it can lead to more serious illness or complications, raises the risk of stroke, kidney failure, heart disease and heart attack. The matter is made worse with the existence of too much weight or fat in the body as this tends to make the condition severe.

It is the duty of stakeholders in health sectors to keep the adult folk aware of the implication of over-weight by providing them with accurate, timely and up-to-date information

regarding this health condition. It is also the duty of health personnel to warn and educate adults who are more prone to high blood pressure, about the dangers of over-weight in the management of high blood pressure. This awareness is expected to affect the feeding habit of these people, since it has been observed that poor feeding (that is, poor combination of the classes of food, not necessarily the quantity) is one of the causes of over-weight. Sacks F.M (2008).

Statistics have it that between the years 2000 and 2008, there has been about forty percent (40%) increase in the number of people having high blood pressure. Manson J (2009). Another statistics show that in 2005, sixty percent (60%) of people suffering from high blood pressure were suffering also from kidney failure and heart disease, and that high blood pressure was identified as the remote cause of the disease that later led to the death of a greater percentage of the patients. Manson J. (2009).

It is believed in many quarters that some of the findings above and many more are the reasons for the recent step-up in action in the area of high blood pressure management. Hence, many Nigerians knowing the cost of managing such diseases that tends to originate from high blood pressure heightened by over-weight, seem to have woken to the call on "healthy and fit".

This research therefore, would not have been more timely than this. As a matter of fact, it is this situation on ground that necessitated this research work.

1.2 AIMS AND OBJECTIVE

- This project work is aimed at investigating whether there is a relationship between weight and blood pressure of patients with high blood pressure.
- To estimate the regression model between the variables based on the sample collected.
- To test the significance of the coefficient of regression.
- To determine the extent and direction of the relationship between the variables; weight and blood pressure.

1.3 SCOPE OF THE STUDY

This project work is designed to cover the statistical model of effects of weight on thirty (30) patients with high blood pressure in the University of Nigeria Teaching Hospital Ituku/Ozalla Enugu State. The data used is a secondary data collected from the laboratory

unit of the Hospital.

1.4 LIMITATIONS OF THE STUDY

The limitations of the project work is mostly the difficulties encountered during data collection some of these difficulties are as follows:-

- The cost of getting project materials, data and the time constrained in carrying out the project work.
- The unwillingness of the offices in charge, to release information and data as expected.
- The data used are secondary data and as such, some errors (generated errors) might have been committed.

1.5 SIGNIFICANCE OF THE STUDY

This project work will help individuals to predict their blood pressure given their weight and will equally help them to know what to do when their weight is becoming too much.

1.6 DEFINITION OF TERMS

- Weight: This is how heavy somebody or something is which can be measured in, for example kilograms or pounds.
- Height: This is the measurement of how tall a person or thing is.
- High blood pressure: This occurs when one's blood moves through the arteries at a higher pressure than normal.

The Effect of Weight on Blood Pressure of Hypertensive Patients

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