

Investigation of Blood Pressure, Body Composition and Nutrient Intakes
in a Tibetan Population Habitually Taking "Tibetan Tea" in Nepal
- A Ten-Year Follow-up Study -

Terukazu Kawasaki, Tetsuro Ogaki, Atsushi Saito, Kazue Itoh*,

Gopal P. Acharya**, Sashi Sharma**

Institute of Health Science, Kyushu University, Kasuga,

*Nakamura Gakuen University, Fukuoka, Japan

**Institute of Medicine, Tribhuvan University, Kathmandu, Nepal

Summary

The purpose of this 10-year follow-up study is to investigate the Tibetan people living at Jawalakhel Refugee Camp, which is located about 6 km south from the center of Kathmandu, and to compare their physical condition in 1999 with that in 1990. A total of 148 males and 261 females, aged 20 to 85 years, participated in the present (99-) study. To compare the 99-study with the one carried out in 1990 (90-study), similar methods were used. The results are summarized as follows : (1) The weight, body mass index (BMI) and %fat in both males and females were significantly greater than those in the 90-study. (2) The maximal oxygen uptake ($\dot{V}O_2\text{max}$) was significantly lower in both sexes. (3) The average intake of energy was 1,840 kcal/day in males and 1,670 kcal/day in females, both of which were significantly lower. (4) The estimated average daily salt and potassium intake for both sexes was about 13-14 g and 1.9-2.0 g, respectively, which was almost identical with that of the 90-study. (5) The average systolic (SBP) and diastolic blood pressure (DBP) was approximately 9-5 mmHg and 8 mmHg higher in both sexes than in the 90-study. (6) The average serum cholesterol was 179 mg/dl in males and 182 mg/dl in females, both of which were significantly higher than in the initial study. Significant differences of body composition such as BMI and %fat, $\dot{V}O_2\text{max}$, nutrient intakes and so on between the 90- and the 99-study may account for the significant SBP and DBP elevation in males and females in the present study, even when due regard is taken of the different age distributions of the two studies. As in the 90-study, the salt intake seems not to have elevated BP in the 99-study.