In recent times attention is being paid by Biological Anthropologists more particularly to conduct and understand the epidemiological studies pertaining to certain diseases and their associated risk factors. Technological advancement and rapid changes in socioeconomic conditions of the population groups profoundly altered the life expectancy and ways of living while creating an unprecedented human capacity to use science to both prolong and enhance life changes. Among these health transitions, the most globally pervasive change has been the rising burden of noncommunicable diseases (NCDs). Epidemics of NCDs are presently emerging or accelerating both developed and developing countries. India too illustrates this health transition, which positions NCDs as a major public health challenge of growing magnitude in the 21st century.

Several factors are responsible for the causation of NCDs. Overweight and obesity pose a major risk for chronic diseases, which include hypertension, type 2 diabetes, cardiovascular diseases, stroke, musculoskeletal disorders and certain forms of cancers. Though the association of BMI with hypertension and diabetes has long been the subject of epidemiological research, it has not been sufficiently explored in many populations. India being multiethnic and multilingual, with its unique population structure based on the caste system and there is an extensive disparity in their cultural practices and lifestyle patterns, population differences observed with respect to the prevalence of NCDs. For this reason, there is a dire need to have data on overweight and obesity and its association with blood pressure and diabetes mellitus risk factors.

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