

20.23: TV and Hypertension

Learning Objectives

- TV viewing time and adverse health

Research conducted by

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Overview

A strong, evidence-based association exists between TV viewing time and the risk of being obese in children and adolescents. Little or no research, however, has explored adverse health outcomes associated with TV viewing among obese children. This study aimed at identifying whether or not time spent watching TV is associated with hypertension (high blood pressure) in obese children.

Obese children aged 4 to 17 years were recruited and evaluated at three pediatric centers. Obesity was defined as a body mass index (BMI) greater than or equal to the 95th percentile for the child's age and gender.

Questions to Answer

Is TV watching associated with hypertension in obese children?

Design Issues

The study involved a cross-sectional design, which prevented the determination of possible causality among the associations found. There could be unmeasured factors that play a role in the association between TV viewing and hypertension.

Descriptions of Variables

Table 20.23.1 : Description of Variables

Variable	Description
Hypertension	Defined as a systolic and/or diastolic blood pressure greater than or equal to the 95th percentile for the child's age, gender, and height
Age	A child's age in years
BMI	A child's body mass index, calculated as: (weight in kilograms) / (height in meters) ²
Hours of TV/day	An estimate of a child's average daily time spent watching TV in hours

Links

Pardee et al. article

Luma et al. article

References

- Pardee, P. E., Norman, G. J., Lustig, R. H., Preud'homme, D., Schwimmer, J. B. (2007). Television viewing and hypertension in obese children. American Journal of Preventive Medicine, 33, 439-443.
- Luma, G. B., Spiotta, R. T. (2006). Hypertension in children and adolescents. American Family Physician, 73, 1558-1568.

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