5	53	37	111.6	110.2	17.3	17.1	23.9	23.4	15.0	15.1	100.6	102.3	61.3	59.4	13.9	14.0
			6.1	6.7	2.1	3.0	1.4	1.5	0.8	1.2	11.7	13.3	8.3	9.5	0.9	1.4
6	64	58	116.9	116.5	18.9	18.7	24.1	23.6	15.1	15.5	102.1	98.4	61.3	59.7	13.8	13.7
			5.1	5.8	2.2	2.7	1.2	1.3	1	1.2	13.8	13.8	10.9	9.2	0.9	1.1
7	97	73	122.2	122.7	20.9	20.8	24.8	24.3	15.7	15.8	96.9	96.3	59.7	57.5	13.9	13.8
			5.6	6.4	2.8	3	1.3	1.4	1.1	1.1	12.2	12.8	9.3	8.4	1.1	1.1
8	117	115	127.7	127.3	23.4	22.8	25.3	24.6	16.1	16.2	97.3	96.4	59.1	59	14.3	14
			6.5	5.3	3.2	3	3	1.2	1.1	1.2	10.2	10	9.1	9.7	1.2	1.1
9	184	180	133.5	133.1	25.5	25.4	25.6*	25 <sup>*</sup>	16.5	16.5	99.7	99	61.9	61	14.3	14.3
			6.2	5.3	3.3	4.1	1.3	1.5	1.2	1.4	10.7	11.3	9.9	9.8	1.1	2
10	231	220	137.7	137.1	27.6	27.5	26 <sup>*</sup>	25.3*	17	17.1	99.5	99.7	60.2	59.8	14.5	14.6
			6.1	6.1	3.7	4.5	1.4	1.3	1.4	1.6	9.7	10.2	9.4	9.2	1.2	1.6
11	187	178	141	142.1	29.3*	30.4*	26.2									

11 187

Ramoshaba NE, Monyeki KD, Zatu MC, Hay L, Mabata LR (2015) The Relationship between Blood Pressure and Anthropometric Citation: Indicators in Rural South African Children: Ellisras Longitudinal Study. J Obes Weight Loss Ther 5: 243. Xc]. %\$"(%+&#82%)!+ \$("%\$\$\$&{"

DU[Y\* cZ+

W]XfYb UY)!%&mYtfgfl.6Yfl27=7cbZXbW=bhfjU2C6D Gngfc`]W CLfX]b]Ub W]XfYb UYX%4%(mYtfgfl.fY2cfYdfYgybhghXmWabWfg 6 ccXDfYgg fY/86D 8 Ughc W6 ccXDfYgg fYL

## Discussion

H\Y fYUjcbg\jd Wik Yib Ubh\fcdca YifjWjbXjWicfg UbX 6D jg ]a dcfhbh]b Yj Ui Ujb[hY \YUh cZW] XfYb UbX Uxc YgWbhyz gbW WfXjcjUgW/UfU/bcfaUjhjYgUfYVWvajb[acfYWvaacbh/YgYXLing" =b h ]g df Ygybhghi Xriz k Y Zci bX h Uhh Y df Yj UYbW cZi bXyfk Y][ \h fgy YYza cXxfUYUbXa ]`XLkUg\][\k\]`Ycj YfkY][\hUbXcV/gYVm  $6A = k \lg ck \ la \ cb[ghh \gy W] \ Xf \ b'' \ B7 \ lb X \ A \ I \ 57 \ g[b] Zf \ which \ bhim$ XjgMija ]bUhiX Vcng k ]h Vch  $\langle | ( GD UbX 86Džk ) Y ]b []fg B7$ UbX A I 57 cb'm]XYbh]ZYX || C6D' < ck Yj Yfž 6A = Xjgykija |bUhXVcngk]h\cb`m\][\G6D'

=bh]gghiXnžkYaYugi fYXB7UbXAI 57hcXigMjVYi bXifkYj[\h XYZJbYX Vm6A ="KY fYWva a YbX h\UhYUW Wvi bhfma i ghXvhhfa ]bY hYf ckb WhcZZdc]bhgZcf B7žAI 57 UbX 6A ="K \]YhYi gYcZ 6A = Ug Ugi ffc[UhYZcf ZhX]gff]Vi hcb Ua cb[W]`XfYb fUgygXVUhygz B7 UbX AI 57 UfY ]bWMUgb[`mfWw[b]nXX Ug U i gYZ` ]bXM Vg fYZYłjjYcZVch ZhXjgfjVi łjcbUbXfjg\_cZaYłU/c`jWghbXfcaYH\Y df]a UfmWohf]Vihcb cZh]g dfYgYohghiXmkUghUhVch B7 UbX AI 57 Web VYg Vgrjhi hXXzf cbYUbch Yf UgUb UXXjhjcbU Yj Ui Ujcb hcc bY h h c 6A = [b XYhWh]b[ i bXYfk Y][ h ]b h Y 9 ]g Ug fi fUW]`XfYb"

H\YfYg `hgg\ck YXUghfcb[ dcghj Yg[b]ZWbhUggcWUhcb Whk Yb 6D UbX Ubh fcdca Yff W bX Wg fB7 UbX AI 57Ł bh g gua d'Y hci [\hYUggcVJUhcb cZ86DUbXB7 XJgJddYUfYXUZhf UXi gha Ybhg Zcf U YUbX [YbXXf" Ga ]`Uf ZbXjb[gXc Yi ]gh]b `]hAfUhi fYh\Uhgi ddcfhg ci f fYgi  $\log Q$  = < ck Yi Yiž |hgYia gh\Lhh\Y dfYi UYbW cZcj Yfk Y|  $\frac{1}{z}$ cVyghmLbX\][\6DcZhYVWhXghiX]ygkYfY\][\WadUfYXk]hhY WffYbhghiXnžk\]Wg\ckYX\][\dfYjUYbWcZibXYfkY][\hfHU/Y & H\YeY XIZZYFYbWig a UmVY XiYhc h\YZUMihUhhceY ghiXIYg kYfY Wff]YX ci h]b XY YcdYX Wi bhf]Yg]b WobhfUghhc ci f ghi Xmk \]W ]g YIWigjYmVgX cb i bXYf!fYgci fWX fi fU gYhjb[g' 5WofX]b[hc K < C Q86)žhY dfYjUYbWy cZ cjYfkYj[\h cf cV/ghm]bWyyQyg Ug U WeibhfmXY Ycdg = h |g dcggVY h Uh bck UXLhg h Y UZcfYa YbhcbYX WUb[YgUbXXYjYcda Ybhg]bGcih\527]WV\UjYfYg`hXX]b]bWAYQbX dfYjUYbWcZcjYfkY][\hUbXcVYglm022]

: Ykghi XjYg \UjYfYdcfhXh YUggcVjUljcb cZ \][ \ 6D UbXgYjYfU Ubh fcdca Yf WbX Wrcfg' < ck Y Yf ih g g m Wbh fcj Yf g U k Yh YfWgc`ihYf[YbYfU UX]dcghnLcf fYU]j YVcXmZhfWbhfU UX]dcghnL]gU White df YX White Test \mathbaland mathbaland (3.1) A capacity of Ya decirible (3.1) A capacity of WohfU UX dcghmUghY [ccX dfYX]Wicf Zcf \] \ 6D Q& 28(]" B7 UbX kUghVfWaZfYbWfK7ŁUgUaUf\_YfcZWblfUUXJdcglmLddYUfYXhc \Y Yh YUW / FUM cZX gwija ]bU jb [W] Xf Yb k ]h \] [\6D ]b 5a Yf ]W ()ž&)]" A cfYcj YfžWa dUfYXk]h k UghVffWa ZfYbWžB 7 gYa ghc W Ub ]XXU a Yugi fY Ug ]h XcYg bch WUb[Y Xi f]b[ h Y XUm Qt ]" H Y dfYgybhghiXmU[fYYk]h\hYdfYj]cigghiX]YgUgB7X]gyNja]bUhX W] XFYb k ]h. \][ \ 6D UbXUgc UXXX h UhA I 57 Wb Ugc Wi gXhc XbhZnW XfVb k h \][ \ 6D'

: cf h\Y UggcVJULA;cb cZUbh\fcdca Yff]Vg/UbX 6Dž BUZii YhU" () Zci bXUdcghji YUggcWUhcb Whk Yb 6DUbXB7 ]b 5a Yf]Wb W] XfYb U YX\*!% mYufgʻ B7 gʻck YX Ub ]bXYdYbXYbhUggcVJUfjcb k ]h j Uf]ci g WfX]ca YfU/c`]Wf]g\_ a Uf\_Yfg ]bWiX]b[ 6D Q+] UbX \UX gffcb[ WoffYUIcbk h 6A = Oz | "A UIWic i Yhu" Q fYdcfhXh UhA I 57 g gfcb[`mLggcVJChXk]h Vch G6DUbX86D]bUXcYgVbbgU[XX%4% m/ufg/Zica Hi f\_Ym/6Ugg/fcYYhU" @ ] Ugc fYdcfh/Xh/uhA 5I 7 \UXU g[b]ZWbh fYUjcbg\]d k]h gnghc`]W6D Vih bch XJUghc`]W6D ]b

k]h\ dfYj]cigghiX]YgcbhYUgcVJUhcbcZB7UbXAI57k]h\ 6D'

### Study Limitations

=b cif gliXmkYXJX bchWobgXXfhXYgcVJcWobca]WglUhig cZ Zia])]Yg cZhY dUflyV/dUblg ]b hY UbUnggg = bgi ]b fYgghbbW Ug a YAUC`]WWXbXJhjcb WUFUMMf]nYX VmUb ]a dUjfYX U/j`]hmcZd`Uga U ]bgi`]b Uh bcfa U WobWobhfUhjcbg hc dfca chY dYf]d\YfU [`iWgY WYUFUbWyzgi ddfYgg[`i WygYbYc[YbYg]g]bhYY]jYfUbX]b\]V]hgjYfmck Xybghm`]dcdfchY]b ci hdi h'H\]gWobX]h]cb hc[Yh\Yf k]h\Ub]bWfX(gY]b 6A = jUiYg kcfgyb hY YbXchY]U dUfUaYhfgž ]bXydYbXybh cZ a Ubi hf]hcb cZW] XfYb k YfY bch]bj Ygh][UhXX]b ci f ghi XmO \$!' &]" : if h\YfacfYzYjYbh\ci[\h\YXLHUcZh\YghiXmkUgWo~YWXX]bmYUf %--ž]h]g dcgg]VY h\Uh dfYj UYbW cZ cj Yfk Y][\h UbX cVyghm\Ug ]bWMgXzUhdfYgYbhlja YzXiYhc XYjYcda YbhgUbXWUb[Yg]b Ccih 5Z[W08%]"

H\YUbh\fcdca Yff]WUbX6Da YUgi fYa Ybhgk YfYhU\_Yb XjfYMinžUbX \YbWy fYWy` cf Yghja Uhjcb VJUg k]`` bch dfYj Uj` ]b ci f ghi Xm' =b UXXJhjcbžk Ya Yugi fYX6D Xi f]b[YUf`mW]`X\ccXžXYa cbghfUjb[h\th dfcdYf a cb]hcf]b[g\ci XVYglLfhXZfca W]XfYbgYLfmXLhgZfca U j]Ykdc]bhcZgWAYb]b[Zcfji`bYfU/Y]bXjj]XiUgO']"

# Conclusion

H\Y dfYj UYbW cZi bXYfk Yj[\hfgyj YfYža cXYfUfY UbX a ]`XL kUg \][\žk\]YcjYfkY][\hkUg`ck Uacb[gh9``]gfUgfifUW]XfYb"B7 UbXAI 57 Wab dfYXJWaVch\ \][ \ C6D UbX86D ]b Vcngk \]`Y]b [ ]f`g B7 UbXAI 57 Wub cb`mdfYX]Wu(\][\ G6D' < ck Yj Yfž6A = Wub cb`m dfYXJWa'\][\ G6D Zcf Vcng cb`m" H\YfY kUg U dcgh]jY g[[b]ZJWbh UggcWillicb Wilk Yib 6D UbX Ubh fcdca Yif WibX Wincfg |b h |g gii Xm dcdi Ułjebžh ci [\ hYUggeVJUłjeb cZ86DUbXB7XJgUddYUYXUZAM UX'i gha Yohg Zof U YUbX [YbXxf": i fh\Yf fYgYUfW ]g fYWa a YbXYX hc YertWjexh YB7 UbXAI 57 WhcZZdc]bhgZcf cjYfk Yj[\hžYertWjU`m]b `ck!fYgci fWXgYHjb[gUgh\YgY]bX]WgUfY]bYi dYbgj Yhc i gYUbXWb WigXIb `U[Yf dcdi `U]cbg'

### Acknowledgement

H\YZbUbVJU gi ddcfhfYWjj YXVmhY9@GZfca h\YJI I b]j Yfghm A YXIW 7 Ybhyfž5a ghyfXLa /h YI b]j YfghmcZ@a dcdcžCci h 52f]W/ UbX h Y B UłcbU F YgYUW : ci bXUłcbž Gci h 5Z W g Uddf YWUX 5 bmcd]b]cbžZ[bX]b[gUbXWbWiglcbgcffYWa a YbXLf]cbgYldfYggYX |b h |g a Uhf |U UfY h cgY cZ h Y U h cfg UbX h YfYZcfY h Y U/cj Y a YbhcbYXZbXjb[gUbXgcifWgXcbchUWkdhUbm`]U4)`]hm]bfY[UfX h\YfYnc"KYh\Ub\_Jf]YaYXJW ghiXXbhgž5aghYfXLaZcfaYLgif]b[ 6D (b U` 9@G W) XFYb" HAY U hcfg UFY (bXWHX hc hAY 9@G UXa [b]gfUrcfgAf"HHAUUHžDDHgYUHXAUXF>AUUAVCXižZcf WAX1b[h\Y9@GXLHU

### References

- K cf X < YUh, Cf [Ub]nLhcb fR859 L" Df Yj Ybhb [Wfcb]WA gAUgag Uj ]hU % ]bj Ygha Ybh K < C [`cVU fYdcfh'
- & @cb[c!AWbnU6ž@[\_c\_]@[]`U9žAf6imbaWU?UVb[i >Ff8sS+Ł Bilf]hcbUghligžgcVkl!Webca]Welligž\YufhfUhžubXVccXdfYggifY ]b 52f]Wb gWcc`W]`XfYb UbXUXc`YgWbhg'=bh>7UfXjc`%&%%%%+
- K YlggFž8nli fUמ6i f[YfhHCžHLa Vcf UbYK J žHU\_gU] C9žYhU" fRSS(Ł CVYghmLbXh.Ya YHUc`]WgmbXfca Y]bW]`XfYbUbXUC`YgWbhg'B9b[` >A YX') \$ & \*&& +('
- Aluh Wc`i AAž< Uhjdc`i BžCnhüf\_5ž7]çY\_6žIghüb VU < 6žYn U" f865%SEKUjeh WyfWaZefYbW/UbX a jXiiddYf Ufa WyfWaZefYbW/jb

Yj Ui Uljeb cZeVýgl<br/>hm]b W] XfYb U YX VYlk YYb \* UbX % m<br/>Yfg  $>7\]b$  FYg