



**CALIFORNIA STATE SCIENCE FAIR
2017 PROJECT SUMMARY**

Name(s) Varun Salwan	Project Number J1312
Project Title How Does Weight Affect Blood Pressure?	
Abstract Objectives/Goals Objectives/ Goals: My project was to determine how weight affects blood pressure in adults. I believe that as our weight or BMI (body mass index) increases, our blood pressure will go up as well. Methods/Materials Methods and Materials: I measured the BMI (derived from the weight and height of the individual) and checked the average blood pressures of 30 people (15 men, 15 women) with a blood pressure cuff. I checked the blood pressure on 3 separate occasions over 3 weeks. I excluded people who had a preexisting condition of high blood pressure or on any medications that would lower blood pressure. Results Results: The experimental results supported my hypothesis by showing that as the BMI increased, so did both systolic and diastolic pressures. In people who are underweight (BMI <18.5) the average blood pressure was 110/68, 118/74 in people with a normal BMI (18.5-24.9), 132/82 in overweight individuals (BMI 25-29.9) and 138/88 in the obese (BMI>30). Conclusions/Discussion Conclusions: My conclusion is that as our weight (BMI) increases, so does our blood pressure.	
Summary Statement My project is about how our blood pressure changes in regards to changes in our weight.	
Help Received n/a	