

Table 2. Obesity (BMI) and blood pressure levels comparison between 2011 and 1989, among 12 to 14 years old adolescents, of rural areas of Heraklion Crete

12-14 years old	All participants			Girls			Boys		
	2011 N (%)	1989 N (%)	p- value	2011 N (%)	1989 N (%)	p- value	2011 N (%)	1989 N (%)	p- value
BMI									
Normal	35 (53.0)	116 (77.3)		18 (60)	68 (80)		17 (47.2)	48 (73.8)	
Overweight	17 (25.8)	32 (21.3)	<0.001	5 (16.7)	17 (20)	<0.001	12 (33.3)	15 (23.1)	<0.001
Obese	14 (21.2)	2 (1.3)		7 (23.3)	0 (0)		7 (19.4)	2 (3.1)	
Blood pressure									
Normal	54 (84.4)	35 (23.3)		27 (93.1)	21 (24.7)		27 (77.1)	14 (21.5)	
Pre-hypertension	6 (9.4)	45 (30)	<0.001	1 (3.4)	25 (29.4)	<0.001	5 (14.3)	20 (30.8)	<0.001
Hypertension	4 (6.2)	70 (46.7)		1 (3.4)	39 (45.9)		3 (8.6)	31 (47.7)	
Systolic Blood Pressure									
<90 th percentile	54 (84.4)	92 (61.3)	0.004	27 (93.1)	52 (61.2)	0.006	27 (77.1)	40 (61.5)	0.256
90 th - < 95 th percentile	6 (9.4)	30 (20)		1 (3.4)	17 (20)		5 (14.3)	13 (20)	
≥95 th percentile	4 (6.2)	28 (18.7)		1 (3.4)	16 (18.8)		3 (8.6)	12 (18.5)	
Diastolic Blood Pressure									
<90 th percentile	61 (95.3)	50 (33.3)		28 (96.6)	30 (35.3)		33 (94.3)	20 (30.8)	<0.001
90 th - < 95 th percentile	3 (4.7)	43 (28.7)	<0.001	1(3.4)	22 (25.9)	<0.001	2 (5.7)	21 (32.3)	
≥95 th percentile	0 (0)	57 (38)		0 (0)	33 (38.8)		0 (0)	24 (36.9)	

2011: Total = 66 (100%), Girls = 30 (45.5%), Boys = 36 (54.5%), 1989: Total = 150 (100%), Girls = 85 (56.7%), Boys = 65 (43.3%).
Chi squared analysis.