Introduction
Since the 1960s there has been a significant increase in the prevalence of obesity. According to the WHO global estimate, 650 million individuals are obese. Obesity is defined using body mass index (BMI). Obese individuals have a BMI equal or greater than 30. The obesity epidemic has become a priority of global health. In order to better the recommendations and policy surrounding obesity, there is a need to better understand the relationship between obesity and the risk factors of the condition. With the increase of obesity and age we have seen a rise of noncommunicable diseases (NCDs) (e.g. hypertension, diabetes, obesity). It is not understood if this rise of NCDs is expected or circumstantial. Participants were observed in 5 different countries, all varying in economic transition. These countries include, Ghana, Seychelles, Jamacia, South Africa, and the United States. Increasing prevalence of NCDs must be understood to create effective preventive measures to reduce risk factors.

Objectives
The aim of this cohort study is to investigate the increased prevalence of NCDs with age in African-origin adults within 5 countries of varying economic transition.

Methods
- Participants underwent yearly assessments. Anthropometric measurements were recorded each year.
- Initial health exam, including the Global Physical Activity Questionnaire (GPAQ), followed by a yearly assessment
- Measurements collected from African American origin adults within 5 countries of varying economic transition.
- Sites: 1-United States, 2-South Africa, 3-Ghana, 4-Jamacia, 5-Seychelles

Results
The average age increased by 7.25 years. With this increase of age, there was in increase in obesity, hypertension, and diabetes. In all 5 sites, there was a significant increase in hypertension (p=0.0001). All sites had a significant increase in obesity, except the U.S. However, prevalence of obesity in the US cohort in 2019 was 63.3%, which is more than 20% larger than the US prevalence of obesity in non-Hispanic whites at that time (42.4%). The only site with a significant increase in diabetes was the Seychelles (p=0.0454). Prevalence of diabetes in the Seychelles increased from 0.68% in 2009 to 23.08% in 2019. Prevalence of diabetes in the Seychelles was 9.95% in 2019.

Conclusion
The prevalence of obesity, hypertension, and diabetes increased in all countries of all varying development. Increases in prevalence of hypertension is expected to be higher within black adults than any other race [1]. These NCDs disproportionately affect African-origin adults when compared to their white counterparts. Preventing this disproportionate increase is of grave importance to public health.

References