Pollution $\rightarrow$ Stress $\rightarrow$ BP

Environment

Adulteration of food $\rightarrow$ Overweight/Obesity

Tensions $\rightarrow$ BP

Urban living

Diet

High fat diet/overeating $\rightarrow$ Overweight/Obesity

High salt diet $\rightarrow$ BP

Poor diet $\rightarrow$ Weakness/thinness of blood $\rightarrow$ blood flows faster

Attitudes

Creates tensions $\rightarrow$ BP

Reduced physical activity $\rightarrow$ Overweight/Obesity