

Body composition in relation to economic status among adult females

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■ **ABSTRACT** : This cross-sectional nature of research investigation consists of assessing nutritional status and body composition of 629 young women in the age range of 18-28 years. Mean BMI and waist hip ratio was revealed 20.3 ± 3.4 and 0.83 ± 0.05 , respectively. Fat per cent showed an increasing trend in accordance with income slab. A decreasing trend was observed for fat free mass (%) and total body water (%) in relation to income range. Mean observations for fat (%) have been found to be 21.27 ± 6.55 , 22.74 ± 6.77 and 23.91 ± 6.86 at three corresponding income ranges. FFM (%) and fat (%) had significant difference ($p < 0.01$) at 1 per cent level for the groups viz., low income group-middle income group and middle income group-high income group. Anthropometric characteristics such as weight, BMI, waist circumference, hip circumference, triceps, biceps, sub-scapular and sum of skin fold thickness had rising trend with advancing income ranges while height, MUAC, WHR and supra-iliac revealed no such trend. Waist circumference showed to have significant difference ($p < 0.05$) at 5 per cent level for the groups viz., low income group-middle income group and low income group-high income group. Waist hip ratio revealed significant difference ($p < 0.05$) at 5 per cent level for the group low income group-middle income group.

■ **KEY WORDS**: Nutritional status, Body composition, Economic status, Adult females

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