

Food consumption pattern and Body Mass Index assessment along rural-urban interface of the South Indian mega city of Bangalore

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■ **ABSTRACT** : Food consumption pattern are predictors of health and nutritional status. Bangalore is one of the rapidly urbanizing South Indian megacity with a population of 11 millions. Study highlights gradient changes with reference to food consumption pattern and Body Mass Index (BMI) among households in the rural-urban interface of Bangalore. A total of 300 middle income households were selected by purposive random sampling technique. Standardized schedule was used to collect information on food consumption pattern and BMI using standard protocols. Consumption of energy dense foods was significantly more than adequacy. Average dietary diversity score was less than 50 per cent which is indicative of routinely consumption of only few food groups among households. Fried (51.4%) and Ready-to-eat (51.0%) foods consumption was more frequent in rural. Prevalence of overweight (24.5%) and obesity was more in urban (7.1%). Overall, incidences of overweight and obesity were more compared to underweight. This reveals, that there is a need for intervention and promotion of diversified and functional foods to address overweight and obesity, which are the root causes for non-communicable diseases in order to protect health and nutritional status of individuals along rural-urban interface of Bangalore.

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