

Anthropometric profile and nutrient intake of urban women

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The study included 200 urban women from Sambalpur district, Odisha. Normal women and women with risk of obesity were recruited for conducting the study. Data on general information, socio-economic status, and anthropometric measurements and nutritional profile were collected using interview schedule. The results revealed that about 21.5 per cent were normal women, 50 per cent were pre-obese, 24.5 per cent belonged to obese class-I type and only 4.0% belonged to obese class-III category. Data on assessment of nutrient intake against the recommended dietary allowance (RDA) indicates that the intake of protein and calorie were found to be higher than the RDA. Comparison of mean height, weight and BMI of urban women with ICMR and NNMB data of urban areas indicates that the mean height, weight and BMI of the women in this study were higher. Test of hypothesis revealed no association of calorie intake with BMI and WHR.

Key Words : Body mass index, Waist hip ratio, Obesity, Women, Nutrients

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