

Nutritional status through Body Mass Index (BMI) among single living female in Bhopal

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This paper deals with the assessment of nutritional status through body mass index in single living female in Bhopal. The data were collected with the help of "Questionnaire cum Interview Technique." The questionnaire having all relevant information was pretested and predesigned the data was collected. The study was conducted on 178 single living female (Widow, Divorcee, Unmarried and Separated) aged 25-45 years were purposely selected from eight areas of the city. Anthropometry showed heights and weight close to the mean height and weight values of Indian women. Body mass index was indicating the absence of chronic energy deficiency (CED). Screening for hemoglobin levels showed single living female suffering from anemia. Diet survey carried out by the 24 hours recall method revealed adequate and low intake of nutrients. The inferences were drawn with the help of suitable statistical tools.

Key Words : Nutritional status, BMI, Hemoglobin, Nutrient intake, Single living female

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