

Health profile of middle aged men and women residing in Bikaner city of Rajasthan

■ MADHU GOYAL, REEMA RATHORE AND VIMLA DUNKWAL

Received: 20.02.2013; Revised: 21.08.2013; Accepted: 14.09.2013

See end of the paper for authors' affiliations

REEMA RATHORE

Department of Food and Nutrition,
College of Home Science, S.K.
Rajasthan Agricultural University,
BIKANER (RAJASTHAN) INDIA
Email: neetumiglani83@gmail.com

■ **ABSTRACT** : A study was conducted on 100 middle aged each male and female subjects residing in urban areas of Bikaner city (Rajasthan). The results revealed that 54 per cent of the male subjects were preobese (BMI 26-29.99 kg/m²) and 83 per cent of them had almost normal WHR (0.96-0.98). Among female subjects majority (59%) of them were found to be obese with 27.18 to 28.09 kg/m² BMI and 0.86 to 0.87 WHR. Blood pressure levels were found to be normal for both men and women. Majority of the male subjects (64%) had 12-13.9mg/dl haemoglobin levels but majorities (78%) of women were found anaemic (9.55 g/dl to 10.44 g/dl Hb). The mean blood glucose level of men and women was found to be 127.7 ± 19.19 mg/dl and 114.26 ± 14.0 mg/dl. In case of men most of the parameters of lipid profile (Total cholesterol, Triglycerides, HDL-C, VLDL-C, TC/HDL ratio, LDL/HDL ratio) were above normal. Except triglycerides all the constituents of lipid profile in women were found to be within normal range. High prevalence of general obesity among both men and women and presence of anaemic condition in women emphasized urgent need for nutrition education amongst the subjects residing in the study area.

■ **KEY WORDS** : Obesity, Anaemic, Lipid profile, Triglycerides, Nutrition education

■ **HOW TO CITE THIS PAPER** : Goyal, Madhu, Rathore, Reema and Dunkwal, Vimla (2013). Health profile of middle aged men and women residing in Bikaner city of Rajasthan. *Asian J. Home Sci.*, 8 (2): 433-435.