

# Assessment of height, weight and BMI of school going children in Varanasi

■ SUSHMA TRIPATHI AND ARCHANA CHAKRAVARTY

Received: 16.05.2013; Revised: 29.08.2013; Accepted: 26.09.2013

See end of the paper for authors' affiliations

Correspondence to :

**SUSHMA TRIPATHI**

Department of Home Science,  
(Food and Nutrition) Banaras  
Hindu University, VARANASI  
(U.P.) INDIA

Email: sushma.tripathi85@  
yahoo.com

■ **ABSTRACT** : The present study was conducted on the growth parameters of school going children of 10 to 15 years of age in urban area of Varanasi. 150 school going children were selected by cluster and purposive random sampling method. Height (cm) and weight (kg) were taken as indicators for nutritional status for the study. BMI was calculated according to WHO criteria. Information was collected on growth pattern of school going children. The study revealed that weight, height and BMI of both boys and girls were comparatively lower in comparison with reference standards of ICMR (Indian Council of Medical Research, 1990) and NCHS (National Council of Health and Statistics, 2007).

■ **KEY WORDS** : Body mass index, Height, Weight, Children

■ **HOW TO CITE THIS PAPER** : Tripathi, Sushma and Chakravarty, Archana (2013). Assessment of height, weight and BMI of school going children in Varanasi. *Asian J. Home Sci.*, 8 (2): 496-498.