

Anthropometric status of school going adolescent girls of Kanpur (U.P.)

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■ **ABSTRACT** : Adolescence is a time when physiological need for consumption of a diet with good nutritional quality is particularly important. During this period, adolescents achieve the final 15-20 per cent of adult height, gain 50 per cent of adult weight and accumulate upto 45 per cent of their skeletal mass. The present study was conducted to assess the anthropometric status of 400 school going adolescent girls (13-19 years) of Kanpur. The girls in the age group of 13 – 16 years have mean weight and S.D, 42.8±7.5kg, height, 153.6±6.6cm, BMI, 18.1±2.8kg/m², MUAC, 22.1±2.5cm, WC, 64.2±6.8cm, HC, 84.0±6.7cm and TSF, 2.4±0.5. The age group of 16 – 19 years of girls have mean weight and S.D 46.2±8.7kg, height, 154±6.5cm, BMI, 19.4±3.5kg/m², MUAC, 23.4±3.0cm, WC, 67.0±8.8cm, HC, 86.3±7.8cm and TSF, 2.5±0.6cm. The weight of the adolescent girls increased with age and correlation co-efficient (0.2223*) was significant at 5 per cent level of significance. Height of the adolescent girls in both the age groups was found to increase slightly and correlation co-efficient was non-significant. BMI of the adolescent girls increased positively with respect to age. Similarly, correlation co-efficient of MUAC (0.2486*), WC (0.1999*) and HC (0.1998*) were found to be significant at 5 per cent level of significance with positive response according to the age. The study also showed that 26.25 per cent of respondents were found to be underweight and 38.75 per cent of them were in the risk category of overweight.

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