



RESEARCH PAPER

Assessment of nutritional status of obese women

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Abstract : Assessment of nutritional status of obese women was carried out with an objective to assess nutritional status by assessment of anthropometric measurements, food and nutrient intake by 24 hours recall method. Total 210 obese women of age group 30 to 60 years from overweight (120) and obese (90) areas of Parbhani district of Maharashtra was purposively selected. The general information, anthropometric measurements, dietary pattern by 24 hour recall method by the obese women were obtained through a well- structured interview schedule. Results of the study revealed that the mean value of weight of women was 82.44 ± 9.25 and the mean value of body height of women was 150.6 ± 5.95 , respectively. The BMI of women subjects was 33.22 ± 4.358 , mid upper arm circumference (34.89 ± 3.916). The skinfold thickness of selected women was 20.87 ± 2.808 . The mean values of waist and hip circumference of the subjects were 94.43 ± 3.26 and 114.2 ± 3.54 , respectively. The intake of all the nutrients were significantly higher than RDA's among overweight and obese women except for calcium intake was significantly lower than RDA's. In conclusion, the study stated that all the respondents were having more than normal BMI. The intake of all the nutrients were significantly higher than RDA's except calcium intake. The extra amount of energy associated with sedentary lifestyle might had resulted in positive energy balance, ultimately leading to deposition of fat in the adipose tissue. Findings regarding food consumption frequencies concluded that the consumption of calorie rich foods such as bakery products, nuts, oilseeds and dry fruits, soft drinks, sago, street foods and fried items was practiced by studied women which might have resulted in creation of positive energy balance among them.

Key Words : Obesity, Anthropometric measurements, Food, Nutrient intake

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