

## **Anthropometric Assessment of Nutritional Status of Adolescents of Kolkata, West Bengal**

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**ABSTRACT** A cross-sectional study of 559 Bengalee adolescents (314 boys and 245 girls) of North 24 Parganas, West Bengal, was undertaken to study their age and sex differences in nutritional status. The subjects were classified into four age groups with one-year intervals. Individuals falling below the age and sex specific fifth percentile of the World Health Organization (WHO) recommended National Health and Nutrition Examination Survey (NHANES I) were defined as undernourished. The overall rate of undernutrition was 36.49%. Regardless of sex, the rate of undernutrition progressively increased from 31.88% to 39.80% with the advancement of age. However, a clear-cut age variations in the change of the rate of undernutrition have been observed in both the sexes. The prevalence of undernutrition (combining all ages) varied between boys (41.08%) and girls (30.61%). In general, this study provided evidence that the Bengalee adolescents had moderate rates of undernutrition. These rates were, in general, lower than those reported in other developing countries including previous Indian studies.