Anthropometric Profile and Nutrient Intake of Overweight/Obese Women

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ABSTRACT The study included 77 household adult women from Mecheri, Salem District, Tamil Nadu. Women with risk of obesity and obese women were recruited for conducting the study. Data on General information, socio economic status, anthropometric measurements and nutritional profile were collected using interview schedule. The results revealed that overall, 65% of the adult women identified as overweight and obesity. Age, small family and income status were found to be risk factors of Obesity. Positive significant correlation was observed between the Body Mass Index and Waist Hip Ratio of the selected obese subjects. Data on assessment of the nutrient intake against the Recommended Dietary Allowance (RDA) indicated that the nutrient intake was significantly (P<0.01) higher than RDA. A low degree (less than 0.5) and non significant correlation was observed between nutrient intake and anthropometric measurements like weight, waist and hip circumference and waist/hip ratio except body mass index.