

Age Trends in Morpho-physiological Traits Among 19-24 Years Old Punjabi Female Youth of Amritsar, Punjab

Badaruddoza, Monika Sharma, Sandeep Kaur Brar and Raman Kumar

Department of Human Genetics, Guru Nanak Dev University, Amritsar 143 005, Punjab, India

KEYWORDS Punjabi Female Youth. Age Trend. BP and Anthropometric Traits.

ABSTRACT A cross-sectional study of 346 19-24 years old urban Punjabi female youth of Amritsar was conducted to study age related changes in anthropometric and physiometric characteristics. The variables included height, weight, BMI, waist circumference, hip circumference, WHR, SBP, DBP and MBP. Regression analysis revealed that there was a significant age effect on weight, waist circumference, hip circumference and SBP. However, the overall increase of mean values has been found with increasing of age for all measured variables. The data may be used for future long-term health effects associated with blood pressure and other anthropometric measurements of Punjabi female youth in this region.