

Dynamics of Body Fat and Circumferences in Post Menopausal Women of Chandigarh, India

Dolly Monisha¹, S.P. Singh¹ and A.K. Bhalla²

1. Department of Human Biology, Punjabi University, Patiala, Punjab, India

2. Department of Pediatrics, Advanced Pediatric Center, PGIMER, Chandigarh, India

KEYWORDS Circumferences. Body Weight. Abdominal Fat. Adiposity

ABSTRACT Present study has been undertaken with the objective of exploring the fat patterning amongst 600 post-menopausal women aged 50-60 years belonging to upper and lower socio-economic strata of Chandigarh, India. The household maids and women engaged in menial jobs formed the lower SES group. Women with high incomes or those who were from business families were included in the upper SES group. Anthropometric measurements which included weight and height, circumferences and skinfolds were taken on each subject by the first author (DM). Post-menopausal women of the present study with 39.0% of the cases in upper socio-economic strata compared to 19.3 % in lower SES were more inclined towards disease risks like CVD on the basis of increased waist circumference. Waist-to-Hip ratio has shown prevalence of high disease risk in the post-menopausal women of upper socio-economic strata with more than 50% of the studied sample found to be under this category. Post-menopausal women of lower socio-economic strata have also shown tendency towards high-risk category with their percentage increasing from 8.3% to 46.3% with the increase in years after menopause. There is a perceptible shift towards increasing values of waist and abdomen circumferences in both upper and lower class women with the progression of years after the onset of menopause. A trend of increase in percentage of body fat has taken place in the post-menopausal women of lower SES as the years after menopause increased, however, women from upper SES have shown comparatively higher values of % body fat than lower SES women.