

Height, Weight and Arm Girth of College Girls in Delhi: Selected Centiles

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ABSTRACT Mean values, standard deviations and selected centiles of standardized measurements of height, weight and arm girth of 771 girls aged 17 to 20+ years studying in different colleges in Delhi and New Delhi are presented separately for different age groups. The mean and selected centiles of body weight at different heights are also presented. A positive secular trend toward higher mean values of height of the present generation girls is observed. Mean SDs and selected centiles of surface area and anthropometric indices are also presented. 3"Weight/Height is independent of age and hence of great significance and practical importance in nutritional studies. Arm girth shows high positive correlation with body weight and still higher correlation with higher ration. Arm girth, therefore may be considered as a simple and important nutrition index.