

Nutritional Anthropometric Measurements and Indices of Adults in Delhi: Selected Centiles and Age Change

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ABSTRACT Mean values, standard deviations and selected centiles of standardized measurements of height, weight and upper arm girth of 1692 men and 362 women aged 20-59 years and working in different government offices in Delhi and New Delhi are presented. Data on monthly income and size of the family of the subjects are also given. Mean height of men and women were 166.1 SD 5.8 cm. and 153.6 SD 5.4 cm. respectively. Selected centiles of body weight at different heights are also presented separately for men and women. The values of lower centiles of arm girth were higher in men while those of higher centiles such as 75th, and 95th centiles of arm girth were higher in women. Arm girth showed high positive correlation with body weight and still higher correlation with height: weight ratio in men as well as women. Arm girth, therefore, may be considered as a very simple and important nutrition index. Age changes in height, weight and arm girth are also reported separately for men and women. Body weight and arm girth tended to increase with increase in age upto about 50 years in men as well as women. After about 50 years the mean values of height, weight and arm girth in men started decreasing. In all the age groups the mean values of height and weight of men as well as women of the present study are lower than those of their British counterparts reported by Rosenabbaum et al. (1985). Anthropometric ratios/indices and surface area are also studied. Mean values of height: weight ratio were higher in men upto about 30 years but after 30 years the mean values of this ratio were higher in women in all the age groups. Body mass index tended to increase with increase in age in both the sexes, and in all the age groups the mean value of BMI of women were higher than those of men. In all the age groups the mean values of arm girth: height index and 3" weight/height index were also greater in women than men. 3" weight/height can be used as an important index of underweight and obesity.